

Telepathy Group Practice: Organizational Guidelines & Exercises

By Su Walker

Before everyone arrives

Organizing a telepathy group in your area is a wonderfully fun way of meeting like-minded people as well as practicing your telepathy. Choosing your group practice location is important and there are several factors to take into consideration.

Telepathy group organizers are responsible for the physical, emotional and spiritual safety of participants while their telepathy practice is taking place. Location of your meeting (indoors or outdoors) is important of course should be based on practical physical factors such as comfort, availability, weather, accessibility, cost, etc. We also wish for you to choose an emotionally and energetically positive (or at least neutral) location. For beginning telepathy students, we recommend that this practice should NOT take place in or near a church, cemetery, battlefield, or place of historic emotional extremes so as not to confuse your beginners with too much potential input. Know a little of the history of the area and the location you choose for your meetings.

Protecting your space

Before other telepathy students arrive, we recommend clearing the energy of the area using a tradition from your own cultural background. If you do not have one, we recommend the smoke from white sage (*Salvia apiana*). It works well.

Following this clearing, install right-minded intent and put up protection for the duration of the event. Teach and encourage students to set up their own private, personal protection at home. Many methods can be used for this. Again, if you have a cultural or historic preference that you know works, use that. If not, you can review the *My House My Rules* section at the end of this document for other ideas.

We also recommend that, as individuals arrive, they each individually get smudged (energetically cleared) front and back to remove negative energy from their physical person that might be accidentally brought in from outside the telepathy group practice meeting space.

Grounding and centering

We begin our group sessions by grounding and centering everyone. There are many guided meditations available for doing this and your group may wish to research and try a new technique in each meeting.

One quick way to ground and pull your energy back in, is to stand or sit and then extend your arms all the way out above you. Close your eyes and picture yourself gathering the energy from all around you. Then bring your palms together in front of your heart or chest with the fingers pointing upwards. Exhale once, sharply, saying “Hah!” or “Ah-ho!”

Next, picture roots growing from the soles of your feet down deep into the earth. Once you have sunk your roots deep into the planet, pull that Mother Earth energy up through the roots, through the soles of your feet and up into your abdomen and into your core self. It is a warm earthy energy that provides everything you physically need in life: the clothes you wear, the home you live in, the food you eat, the water you drink and the air you breathe. This is the energy you are centering in your core. Swirl it within you. Feel the heartbeat of the planet. Bring it into your core as well.

Then, picture a circle at the top of your head. Send a beam of pure white light-love out into the sky and into the Universe and see the end of the beam widen to form a funnel. Draw down all the positive energy you can from the Universe, through the funnel, into the top of your head and let that white light shower over and through you. Feel it filling you with light. This is the energy of the Universe, the energy of creation, the energy of pure potential. Breathe it in deeper and feel yourself start to glow from the inside out.

Now, mix the white light positive energy from the Universe, that you’re pulling through the top of your head, with the Mother Earth energy you pulled up from your feet. Pull energy into your body from above and below at the same time. Spin these two forces gently together, like a yin and yang symbol swirling, as you inhale and exhale. When the spin feels balanced to you, and you feel that you can hold the blended energy in your core, open your eyes and proceed.

Asking for help

After everyone in the group has grounded and centered, we recommend you ALL telepathically only ask for help from *right-minded* individuals in the Collective Consciousness. Every group member needs to be very clear that the wrongminded (be they Earth Human or otherwise) are NOT invited to your telepathy party!

In every meeting, strongly set your group's intention!

Group leaders, we would ask you to help participants to feel confident by encouraging them to celebrate their own and each other's telepathic successes. Mistakes are part of the learning process. Don't turn your telepathy practice into a competition. Together, as a group, have everyone set their intention to have fun while learning. Create an energetic bubble around your group and with everyone's help, set the level of positive energy and joyful learning to the maximum!

KNOW in your cores, before you all begin, that all of you WILL perceive accurately and succeed in growing telepathically; even if today you just take a baby step. Set that intention! Like Jonathan Livingston Seagull, "You must begin by knowing that you've already arrived."

If you and other participants try proactively to help each other by encouraging and celebrating each other's successes with a much joy, laughter and endorphins creation as possible, you will all get much farther much faster with more fun!

Use percussion to get everyone in sync

Spontaneous jam sessions are an excellent way of getting the individuals in your telepathy practice group to synchronize with each other. Have each participant bring an instrument from home. Bring extras so you can share and trade. With everyone sitting in a circle, have one person pick up an instrument and begin. As others listen and feel inspired, one by one they all join in. Continue to jam for 5 minutes or more and listen telepathically to each other. Observe what happens as the song evolves and takes on a life of its own once the group gets in sync.

A little about sending and receiving telepathic images

In your telepathic exercises, remember your goal is ultimately to be able to *fully* describe something accurately, not just put a word or name to a telepathic perception. Remember, *you will often* receive a blend of information all at the same time...sights, sounds, smells, sensations, emotions, distance, direction, and time can all be combined in one telepathic message. We often tell students to "talk around" a perception if it is difficult for you to put it into words by trying to describe it directly.

Always, always pay attention to your very *FIRST* perceptions...even if you don't understand them fully at that moment. Be okay saying, "I'm not sure I understand what I got, but this is *what* I got." (Translation, I don't know if I fully understand everything I perceived telepathically, but this is what it was in as much detail as I can describe.)

For example, for visual exercises involving images, encourage telepathy students to concentrate on light and shadow and shapes instead of straining to name what they see. Remember, naming something (assigning a noun to a concept) is a left-brain function. Instead, stay in right brain; what do you see, hear, and feel? First describe EVERYTHING you can about a telepathic reception! Give it a name just at the very end!

What NOT to do in your telepathy group

In group telepathy practice there are a few things we recommend you do not do!

We do NOT recommend using photos of known people in a "name that person" kind of telepathic game for your beginners. Instead, try using photos of natural settings or objects. Choose photographs that have strong light and shadow contrast, basic shapes and a powerful emotional meaning.

We do NOT recommend using Zener cards. Don't waste your money or your time getting these. They have historically been used for telepathy research but the images have no emotional connection to you and the five little shapes they portray become far too boring, far too quickly.

We do NOT recommend holding your beginner's practice in a "haunted" location or one with a potent emotional history. It will overwhelm beginners and you may end up with a room full of sobbing people. This is NOT what you want for a neutral, healthy, learning-filled environment. Save "ghost busting" for the professionals who have more experience.

Ouija boards are NOT for beginners! We DO NOT EVER endorse the use of a Ouija or spirit board as a beginner's tool in telepathy practice. Too many things can go wrong. It is a powerful tool that does work *but requires advanced training!* If your beginner students try to bring them for use, we recommend they be put out of sight or removed from the location.

If your telepathy group is just forming, we caution students about "testing" each other by sending emotional images from negatively charged situations involving death, dying,

hatred, abuse, etc. Never ask a student to send images of harm to oneself (suicide) or another just to “test if they (the receivers) can get it.”

Telepaths *will* perceive emotions during their practice. However, to try something like “let me see if you can tell if this person is dead” is not acceptable! Why? Because it causes some telepaths to physically relive the death. Some natural empaths can feel the event within their own body: physically, emotionally and spiritually! That’s why!

When your telepathy group becomes established, trust will build leading to strong emotional bonding. You will start to share deeply personal and highly emotional stories. When that happens, have tissues and sage on hand. It is highly recommended to smudge students after sessions, particularly if a powerful emotional memory has been shared telepathically.

PLEASE REMIND EVERYONE. When choosing what emotional situations to share when practicing empathic telepathic understanding, be VERY aware of whether or not your receivers are sufficiently emotionally mature to handle what you are sending!

Tay Appention

During your entire telepathy meeting, remind everyone in your group to “tay appention” (pay attention) to ALL background fleeting thoughts when pinging to, or receiving information from, someone else. You may be asking for one sort of information but the Universe may decide to assist you by providing a little extra. You can think of it as a side note. It’s like someone saying “Oh, by the way, there’s also THIS little snippet of information.” It is very common to receive more than you requested.

Group Telepathy Exercise Ideas:

Visual exercises

As mentioned above, you can practice visual exercises using photos of emotionally powerful scenes in nature. Another possibility is to ask each student to bring 5 objects that they have a strong emotional connection to. They should keep these objects covered up, either in a box or bag of some kind. During the exercise, the sender can hold the object or place it on a table and focus on it, all the while ensuring that no one else can see the object in question. The sender concentrates on a single object for 2 minutes and the receivers sketch the light and shadow, and the shape, and write down their telepathic perceptions.

Sending and receiving telepathic sounds and vibrations

Have a number of pre-prepared envelopes with the title of one well-known song in each. These should be songs that everyone knows the tune to. (Notice we did not say that they should know the lyrics!) If the song is associated with particular images or emotions, such as Happy Birthday or Row, Row, Row Your Boat, then all the better. Obviously if we are dealing with a multi-lingual group with people from many countries make sure that any songs or nursery rhymes chosen are known to everyone. Divide the group into two teams. One team, the sending team members stand with their backs to the receiving team. Someone in the sending team picks an envelope and shows the title of the song to the other team members. One member starts a beat and everyone sings *the tune* telepathically. They send everything they can about the song (including the words) without making any body gestures that could reveal the particular song. The goal of the receivers is to pick up ANYTHING they can about the song. Then the teams switch places and repeat the exercise with another song.

Sending and receiving telepathic smells and tastes

This skill is not very common in the general population and may take more practice. It is best to use strong-tasting foods.

Divide the group into two teams: have one team, the tasters, consume a strong-tasting food or smell a pungent aroma. The receivers must write down their perceptions. Then the teams switch places.

In most cases, it is very difficult for students to perceive taste after taste or smell after smell in a single session. We recommend one taste or one smell per team per meeting.

Sending and receiving and emotions

In this exercise one person is the sender and the other students are receivers. The sender chooses a singular emotional situation from their personal lives that they don't mind sharing with the group. The sender turns his or her back to the other students and concentrates on the situation. The sender remembers as many of the emotions as they can, in exactly the same way as they originally happened. Each receiver writes down their perceptions: What is the sender physically feeling? What sensations - heat, cold, breeze, texture? Are they afraid? Are they joyful? Can you pick up anything of the situation?

Kinesthetic exercises

Some telepaths are naturally kinesthetic or touch oriented. Ask the students to bring a variety of objects from home. These should be things that they don't mind other people handling. Pass each object, one-by-one, around the group. Receivers should see what, if anything, they can perceive from the object or about its owner. These can be spoken or written down and shared after objects have made it all the way around the circle.

Practice perceiving a different environment

If the team usually meets online and the members are in different places, you can make use of the different locations and time-zones. Ask one member to visit an unknown location at an agreed time. The member should spend 10 minutes at the location and should absorb and project everything they can about that spot. At the same time, other members concentrate on receiving and write down everything they can about the sender's location. What sorts of things can you try to perceive about the sender or the environment? Is the light level high or low? Is the sender hot or cold? Comfortable or uncomfortable? Inside or outside? Alone or with others? Is there movement around the sender or not? What sounds are there? What smells or tastes? In what direction is the sender relative to you? How far? Can you get a map image? Can you perceive a thread between you and the sender? What is the sender feeling? What is he or she experiencing? Write down everything you can during the 10-minute period that the sender spends at the location. Compare notes when you next meet or speak.

Getting more details about direction and distance

For this exercise make sure your watches are synchronized. One person (the sender), known to the whole group, goes out of the meeting room and goes away. At a specific time, the sender STOPS. The receivers, stand up and use your ENTIRE body like an antenna. Pay attention to everything your body feels, as if each cell were a mini receiver. Slowly turn a complete circle and, first of all, eliminate where the person is NOT. When identifying the direction of the person make sure you choose the direction

that they are in NOW, at this very moment. You may pick up more than one direction because IF they are moving or have moved, you may perceive their recent energy trail or path of travel. When you get a sense of their direction then mentally latch onto the person and dowsing for distance. Move your consciousness outward incrementally to find how far away they are: 100 feet (30 metres)? A block? A mile (kilometre)?, etc. Specifically, ask yourself “are they X distance away”, and keep moving farther outward until you get a change in response or a "yes" response.

Ask your body to respond when you are "getting warmer" or "hot" (remember the old childhood games we used to play with each other to locate a hidden object?) If you have gone beyond the correct distance, you may feel cooler or colder, null, or empty.

Sending and receiving information via someone's name

Ping another person by their name. Names have incredible power. Make sure you have the individual's full name the way they write or spell it. Also, if they have a common name you will definitely need more detail. You don't just want to reach out to just ANY John Smith on the planet. We find it easiest to use a triangulation of three different variables, such as someone's full name, date of birth and location. You can repeat these three details in your head to move yourself into a deeper state of consciousness and send out a PING! (asking or calling for any information you can telepathically glean about that individual.)

Working with your telepathic filters

Practice creating your own personal safety filter telepathic bubble.

Start by sitting or lying down. Visualize or perceive yourself surrounded by a bubble that in some way filters out the energy of the rest of the world and everyone in it. It is, if you like, your personal “dome of silence.”

Once you can hold this bubble around you then start to play with its “filters”:

- What or who do you wish to allow in?
- Can you successfully perceive only the individual you wish to hear and tune into only to them?
- Can you keep out the cacophony?
- If you can create this space while sitting or lying down, can you also maintain it when you stand up?
- Can you still maintain it as you walk across the room?
- Can you maintain it and ping another person at the same time?
- Can you maintain it and have a conversation with another person?
- Can you maintain it as you go about your daily life, 24/7/365?

Radio Free Universe

In the Collective Consciousness, everyone and everything from everywhere and everywhen in the Universe is broadcasting 24/7 on “Radio Free Universe”.

Picture an old-fashioned radio with two knobs: one changes the channel, the other controls the volume. YOU can choose to tune into whoever and whatever you wish to listen to. Try playing with the dial. You don't have to listen to everything and everyone at once. You can focus on the channel or person you wish to tune into. Remember, YOU control the volume and the station!

Try working with map images and threads

You ARE connected to everything and everyone on the planet and sometimes you get a telepathic image or feel of a distant area from someone you telepathically are connecting to. Picture the connection you have with them like a red thread between the two of you. Send an extra stream of energy through that telepathic connection to make it more obvious or visible to you. I make the connection stand out as brilliant red, but you can make yours fluorescent blue, day glow orange, etc. Some students choose to ping another by first picturing the map or distance between them, establishing a thread, enhancing the thread, and then sending their telepathic information through the thread.

Can you access other's eyes

Do you have an affinity toward a specific species other than Earth Humans? Are you a cat person or a bird person? Do you spend a lot of time with horses? Is your best friend your dog? Can you see what or whom you are trying to locate telepathically via another's eyes?

What is it NOT?

Sometimes, when trying to put what you are perceiving into words, it is easier to say what something is not. You can simplify your telepathic search by eliminating whatever you can, instead of directly searching for what it is. What details can you eliminate telepathically? Can you say what it is not?

Are you thinking 2D or 3D? (Pinging on an X-Y-Z Axis)

Remember to ping on X, Y and Z axis. Someone may be at a higher or lower elevation than you. Don't forget to ping in 360 degrees! This is good when attempting to locate a pilot in a ship flying overhead. It is also useful in search and rescue missions in locations with varying topography.

Walk your telepathic path

Give participants a chance to do their telepathic work outdoors. How long can you telepathically work together without saying a word? If you are used to sitting and meditating, can you maintain your alpha state while in motion? Do you perceive the live energy around you different and distinct from indoors? What's different? How can you describe it best? Do you pick up anyone other than Earth Human around you? Can you walk your path absorbing telepathic input from all of your various strengths?

Outdoors & the working with the elements

Outdoor telepathy practice allows you more ease in working with earth, air, fire and water. Each element can be used as a means of focus to move into alpha state. Have you ever tried telepathically listening to the water or the fire? Try it.

Practice different methods of shifting into alpha

There are as many ways of achieving an alpha state as there are students. Have group members share different ways of achieving this receptive state.

- Visual telepaths can try open and closed eyed meditations.
- Auditory folks might try repetitious nature sounds or music recorded at 432 hertz.
- Kinesthetic telepaths could encourage movement exercises that achieve alpha (drumming, dancing, chanting, repetitive movements.)
- Spatial telepaths can share how they combine telepathic multi-tasking.

Play social games together

Ask students to bring a deck of cards. Divide the members into small groups of 3 or 4. Each group sits down at a separate table and plays an easy game everyone knows. Agree ahead of time that telepathic cheating is permitted and encouraged. As you play, you can practice sending and receiving. The more laughter and fun, the more success.

- Can you perceive a card that is about to be played?
- Can you ask someone telepathically to lay down a specific card?

As you play, pay attention to your background thoughts as well as to what you are concentrating on in the foreground of your mind, in other words, the details of the game.

You can also play traditional dominoes. A large set (Double 15s) works well for a group of 3 – 4. Can you sense who has doubles? If you lay down a certain domino, do you pick up a telepathic ripple from another player? What other games will work for this?

How do you know if you've been pinged?

How do you know if someone is pinging YOU?

- Usually a sudden background thought of them springs into your mind behind your foreground thoughts.
- You may feel a body response associated with them.
- You may feel suddenly triggered to ping them back.
- You may recognize a friendly greeting feeling, a "hello", a touch or kiss, etc.
- You may suddenly stop what you are doing to instinctively hush the noise around you as if you need to "listen" for something.
- You may have a sudden response that you need to get in touch with someone via phone or other means.
- You may not be able to get a person out of your mind.

Physical Reactions to Pinging

When you get a positive reaction to a ping or a question asked, you may experience a physical reaction. This might include:

Eye movement

Are you suddenly moving your eyes back and forth as if trying to read or comprehend something? Looking to the left helps access information intuitively. According to Neuro Linguistic Programming, looking left and up triggers visual processing, left and horizontally triggers auditory processing, and left and down triggers kinesthetic processing. Looking horizontally from left and right helps to trigger past to future connections. If you get pinged and find your eyes moving as if trying to "read" information, if you hit on a truth or accurate piece of information, often times your eyes will suddenly stop scanning left and right and stare for a moment. If there is more information to be gotten, you may feel a nudge to resume your back and forth eye movements because there is more to glean.

Other common body responses

- Gut feelings, butterflies in the tummy
- Nostrils flaring
- A funny taste sensation
- Goose bump response or nape of the neck hair response
- Slight headache or reaction in the forehead/third eye area
- Tingling hands or other body parts
- Itchy nose

Empathic telepathic connections and personal filters

Personal filters

Some telepathic students (especially the empaths) often pick up SO much at once, they can't seem to get a clear connection with one person. This often happens because the cacophony of the Collective Consciousness is SO loud or strong their reception gets overwhelmed.

Remember the bubble of protection we described earlier to help you shut out the wrongminded folks for your event? Create your own personal bubble of protection to enable you to exercise control over what you receive, how much and at what volume. If you're getting too much input, dial down the volume until you get to a state of silence and stillness. Then little by little, turn your bubble's filter back up focusing on a specific person.

Choose an "easy listening station" to begin with, such as your telepathy group only, or perhaps a single individual. Alternatively, set the filters of your protective bubble so that they alert you if someone is trying to ping you. The bubble's filters can also be set so that they act like an emergency broadcast system to alert you to serious or life or death emergencies you should know about.

Emotions and empathic entrainment

When students who are empathic work to increase their telepathic skills they must take care to avoid taking on too much too fast (or too soon) and becoming emotionally overwhelmed. First, as an empathic receiver, be aware of where your own emotions are at BEFORE you try to connect with the emotions of another person. Why? Because your body may attempt to mimic the sender's emotions. If this happens, you need to be aware of where you were when you started so you can separate out your own emotions from the individual you are connecting with. Remember the empaths rule: If your emotions suddenly shift and nothing has happened in your world that provides a reasonable explanation, investigate external sources. Give yourself permission perceive the emotions of others without having to feel them all internally at full volume yourself! Only own the emotions that are yours! (You have plenty to deal with yourself already.)

Make sure you've done your grounding and centering. Establish a strong emotional balance and KNOW what YOU are feeling before you begin. That way, if your emotions

suddenly shift, and nothing in your world happened to cause the unexpected change, you can identify exactly which emotions are yours and which are NOT.

We will say this a second time so you will pay attention and let it sink in. **EMPATHS:** **You do not** have to feel anyone's physical or emotional pain at full volume nor do you have to absorb their pain into your body! You can simply observe what they are going through just enough to understand the situation. It is perfectly okay to touch on their emotions, but you don't have to take ownership of them.

Learn to energetically check your emotions and put down any and all that are not yours to keep. Make sure you always have a means of clearing yourself should you need to.

At the end and after your telepathy event

Before your telepathy group disbands, plan your next event and agree to remind one another ahead of time of where and when you will meet and what to bring.

Encourage the students of your telepathy practice group to exchange contact details and to keep in touch with one another. You are all in the process of finding your tribe; the people who understand, accept and respect you maturely and honestly. Within your group keep an eye out for anyone you are naturally and positively drawn towards.

- Do they gravitate toward you as well?
- Did you recognize anyone although you never recall meeting them before?
- Did you get a feeling of déjà vu with regard to anyone during the meeting?

Encourage everyone to journal their unusual experiences and dreams, and to keep telepathic practice notes. Also ask students to bring their questions to the next meeting.

Be understanding if one of your group hits emotional overwhelm during your meeting or afterwards when they get home. At one point or another, it's likely all of you will experience it. Tell everyone in your group that if they hit overwhelm, to reach out to one of your new telepathy buddies and talk. If someone calls you, just listen! Help each other understand new and unusual situations and grow from them.

What's the best way to close down your telepathy meeting?

- We recommend gathering in a circle, joining hands and then hearts.
- Breathe together and telepathically link to one another.
- Take the combined positive group energy and ask everyone to visualize it sinking it deep beneath their feet.
- Instruct the group that the intention is to place this group energy deep into Mother Earth and ask for it to be used in whatever way necessary to heal the planet.

Thank everyone in the Collective Conscious/Universe for their help and thank each other. Bid everyone a pleasant good-bye...until next time.

My House My Rules: One Method of Cleansing, Protection and Boundaries

By Su Walker and White Otter

Where Otter and I live, we have what we call an open-door policy for rightminded folks from the unseen world. We do not allow wrongminded folks in our home or even on our property. We have house rules for our unseen off world guests and have an interactive friendship with our regular residents as well as many kinds of visitors.

How do we make sure that whoever we interact with in our home is rightminded? How do we keep the negative off our property and out of our home? What do we mean by house rules? What kind of interactive friendship can you have with the unseen world?

Many spiritual cultures and traditions have methods of clearing negative energy from a physical space. Basically, you are looking for a practice of both asking the negative conscious energy(s) to leave, inviting the positive ones in, and blessing the space for its intended purpose.

While many tools can be used (incense, blessed oil, water, salt, sweetgrass, cedar, etc.) the energy clearing method we have always used is the smoke of white sage. This is not cooking sage, but it is a related plant. We are talking about smudging sage. Otter prefers California white sage, but there are a several varieties you can find or grow fairly inexpensively.

Traditionally, white sage leaves are burned loose in an abalone shell 4-5 inches in diameter, or they are bundled into a "smudge stick" with a fine cotton thread. The dried leaves in the shell, or the end of the smudge stick are lit on a fire, allowed to burn for a several seconds, and then the active flame blown out. The smoke is then swept away from the leaves, often using a fan made of bird feathers, or just your hand. As you sweep the smoke into all four corners of a room, speak out loud and ask all negative spiritual energies to leave, invite all positive rightminded ones in and bless the room for its intended purpose. If it's a kitchen, you bless it for healthy food preparation, caring interaction between individuals, etc. If it's a bathroom, you set your intent for the room at cleanliness, keeping an eye on your physical health, positive grooming, etc.

When you first smudge your home, you want to do your entire living space...not just one room such as your bedroom. Start at the top of the house and sweep all negative

energy out the windows and out the door, working it toward the main entrance. After you have used the smoke in a room in general, go around each window and door and set the intent with your words that nothing negative can re-enter through the window or door. Move on to the next room, repeating the process and moving everything negative out. We move the negative or wrongminded energy out the main door of the home. After cleaning and clearing each room, setting the intent, and energetically sealing the doors and windows, finally set the intent of protection strongly around *all* doors or entrances of any kind into the building from the outside.

We also walk the perimeter of the property, again sweeping out the negative and inviting in the positive and setting the rightminded intent. We picture our property under an energetic dome of rightminded filtering. If anything attempts to get past our perimeter, it sets off telepathic alarm bells for us.

How does *that* work? We simply ask all the rightminded unseen world folks who hang out with us to let us know what's going on or what's up. We walk connected 24/7 and we listen and speak with the unseen world all day every day. Our interaction with the folks outside in our garden and inside our home is just like you might have with a whole group of super trusted friends you have an open-door policy with. When Otter and I leave our home our resident invisible rightminded friends, who come and go or come over often to hang out, watch our house for us. When we return, they let us know if anything unusual has gone on.

We also highly recommend you have house rules for your unseen guests. You are in a physical body and your physical body needs sleep. If you really do not want company in the bathroom first thing in the morning who want to talk to you when you are in the shower, then that's YOUR house rule. Rightminded spirit folks will respect those rules.

That said, if you have requested Star Nation interaction, you do not always get to set their schedule. If you are a regular experiencer of CE-5s, do not expect your boundaries of protection using sage or holy oil to keep them out. Sage smoke energetically will clear a space, but it is not intended nor will it keep a Star Nation from interacting with you.

If you ever feel as if you personally have picked up negative energy of any kind from a person, place or thing, we call those energies cling-ons. Cling-ons is a general term meaning anything negative that decided it wanted to adopt you like a stray puppy and come home with you. Sometimes, you invite a cling-on and don't know you've done it. If you can't shake a feeling that emotions, thoughts or energies are affecting you that are

not your own, and you are having problems getting rid of it, you have a few options for clearing the energy from your person:

- Smudge yourself down, head to toe, front and back with sage, cedar or sweetgrass.
- Go take a hot bath with epsom salts. Let the water and the reverse osmosis from the magnesium salts help draw things off of you.
- Using a small personal spray bottle, mist yourself down with blessed or holy water.
- Go to a quiet place and move into an alpha state. Ask your trusted rightminded ancestors and friends from the unseen world to help you remove anything negative and keep you safe and protected.
- Some cultures employ the use of wearing protection of some kind. You may choose to do so if you wish.
- *If you've done all these things and you or a family member are still behaving in a bizarre way and you don't know why, don't sit and do nothing, get some help! Don't stop until you find it. Just because the first person you talk to doesn't know what to do or can't help you, does not mean you stop searching for assistance.*

In the unseen world, you may interact with everything from deceased friends and ancestors to multi-dimensional and dimensional beings as well as elementals and Star Nation peoples. If you hear, feel or in some way telepathically sense you may not be alone and you look and don't see anything, *that doesn't necessarily mean there is no one there!*

As Earth Humans, we just plain have to accept the reality that there are sounds we can't hear and there are parts of the visual spectrum we can't see. Deal with it. Use your other senses and learn to trust them. This is a new landscape and the laws of physics get bent in ways we all are still trying to understand and make sense of. Journal ALL your experiences and create an experiential map you can trust.