**Module 3. The Biology of Direct-to-Brain Communication**

[**Introduction to Direct-to-Brain Communication**](#_plrri0rn3p0g) **1**

[Summary of Key Points](#_f5saq8jakara) 2

[Module Objectives](#_pcc15p1n31zd) 3

[**Visualizing The Biomechanics of Direct to Brain Communication**](#_p3b31bv6438) **3**

[Electromagnetic Induction Affects Neural Impulses](#_pczgvxq00l7x) 3

[Cryptochromes in the Eye and Pineal Gland Perceive Magnetic Fields](#_42kzp9q9py0c) 4

[Mirror Neurons Read Intentions](#_wp2nzabt53e5) 5

[How the Mechanisms Work Together](#_blq43kii6ewf) 6

[Summary of Key Points](#_rzlv7xpz4i84) 7

[***Exercise : Mechanical Illustration of Direct to Brain Communication***](#_58m3p8rsz2s1) ***8***

[Materials](#_vp3rtql6plph) 8

[Instructions:](#_rhmzfc3rocp3) 8

[**Achieving Heart Rate Coherence**](#_s7ymvxv4lwp5) **9**

[Relaxation is Not The Same as Coherence](#_5hvx4bvodm23) 10

[The Role of the Heart in Animal Communication](#_okv2rd21azyz) 11

[Summary of Key Points](#_jf8a8qh11jjo) 12

[***Exercise : Achieving Heart Coherence To Boost Your Magnetic Field***](#_8az3vbkfol7p) ***13***

[Materials:](#_t58rn487bwez) 13

[Instructions:](#_85vsl7sod53o) 13

[**Module Conclusion**](#_lhuzu8db8msm) **13**

# 

# Introduction to Direct-to-Brain Communication

Direct to brain communication is the ability to connect to other beings directly, through telepathic channels. This is an essential part of animal communication. Whether we know it or not we are in constant contact with other beings through telepathic channels. Being able to understand and use these channels opens up a whole new realm of possibilities for animal communicators to share sophisticated information.

More broadly referred to as telepathy in this course, direct to brain communication is a term used to describe the conveyance of feelings from one animal to another without using the common sensory channels of communication. This includes communication between humans and animals, as well as animals and animals. Recent studies have shown that direct-to-brain communication outside the conventional five senses is not only possible between animals and humans but a fact that we have yet to fully understand.

In addition to studies that involve direct contact between humans and animals, research has been conducted on decoding human thoughts and emotions while recording electromagnetic activity in the cerebral cortex. This research has been aimed at translating thoughts in the human brain into readable text. While there is still much work to be done in this area, some progress has been made in being able to identify patterns of brain activity that correspond with certain thoughts or emotions.

One study, conducted in 2012 by researchers at the University of Washington, involved pairs of participants who were placed in separate rooms. Each participant was fitted with a cap that measured their brain waves, and they were then asked to think about a certain action, such as moving their left hand or right foot. The researchers were able to correlate the brain waves generated when the participants' thoughts about movement matched up, and they were able to achieve a 90% accuracy rate in translating these thoughts.

What is clear is that thoughts and feelings are being mediated, not by the traditional 5 senses but some other mechanism most likely related to magnetism.

## Summary of Key Points

* Direct to brain communication is the ability to connect to other beings directly, through telepathic channels. This is an essential part of animal communication.
* More broadly referred to as telepathy in this course, direct to brain communication is a term used to describe the conveyance of feelings from one animal to another without using the common sensory channels of communication.
* Recent studies have shown that direct-to-brain communication outside the conventional five senses is not only possible between animals and humans but a fact that we have yet to fully understand.
* In addition to studies that involve direct contact between humans and animals, research has been conducted on decoding human brain thoughts and emotions while recording electromagnetic activity in the cerebral cortex.
* This research has been aimed at translating thoughts in the human brain into readable text.

## Module Objectives

The goal of this module is to introduce you to the biology of direct-to-brain communication and prime you to make learning practical telepathy easier.

By the end of this module you will be able to:

* Visualize, understand and explain the biomechanics of direct-to-brain communication, also known as telepathy.
* Achieve heart rate coherence.

# Visualizing The Biomechanics of Direct to Brain Communication

A clear understanding of the biomechanics behind direct-to-brain communication will allow you to muster detailed visualizations. These visualizations will help you activate and exercise the organic structures in your body responsible for direct-to-brain communication. The result will be a greater facility and control of this ability.

Skeptics have long argued that there is no such thing as telepathy, claiming that any supposed cases of it can be explained through normal means such as deduction, intuition, or lucky guesses. However, a growing body of research suggests that there is something more to this phenomenon than simple chance.

One recent study, published in the journal Neuroscience Letters in 2021 by Ehsan Hosseini, provides a theoretical framework for the mechanisms behind direct-to-brain communication or DTBC. Hosseini's study suggests that multiple neural structures are involved in mediating and processing electromagnetic fields and that these fields may be used to transmit vital and accurate information between different animals, including humans.

There are three main theories about how DTBC works in animals. However, the theories are not mutually exclusive, and the various mechanisms likely work in concert to produce telepathic phenomena.

1. The first is that neurons are stimulated by electromagnetic induction.
2. The second is that cryptochromes which are light-sensitive chemicals mediate a chemical-based reaction that results in action potentials sensitive to magnetic fields.
3. Third is that mirror neurons, a special class of neurons involved in imitation, stimulate neuronal activity in subconscious centers of the brain.

## Electromagnetic Induction Affects Neural Impulses

It is thought that direct communication between brains is mediated through magnetic induction at the cellular level.

This means that the transmission of information between cells occurs not just through the exchange of chemicals and electrical signals but also through the creation of magnetic fields. Among other examples, this process has been found to occur between bacteria.

The potential implications of bacteria-mediated magnetic communication with neurons have yet to be fully explored, but the idea that direct communication between cells could be mediated by magnetic induction is a compelling one. The electromagnetic field created around the potassium channels of a bacterial cell is able to induce action potential in adjacent bacterial membranes, thus transferring the encoded memory to another bacteria. This process works with other cell varieties, such as neurons.

Therefore, when a neuron fires, it creates an electromagnetic field that can interfere with the typical firing of neural networks and "rewire" them. The result is a change in character of the neural firing and our experience of that firing. This interference can be caused by magnetic fields, such as those from cell phones, power lines, or other living beings. The extent to which these external and internal fields can affect our neural networks is still being studied, but it is clear that they can have a significant impact on our thoughts, emotions, and behavior.

Interestingly, different animals seem to be able to understand the magnetic field in different ways. For example, while some animals (like bees) use it to navigate their way around, other animals (like rats) appear to use it to communicate with each other. However, the effects of magnetic induction seem to work on all living cells, regardless of species.

## Cryptochromes in the Eye and Pineal Gland Perceive Magnetic Fields

Another way that the perception of magnetic fields is thought to be mediated in animals is through cryptochromes. Cryptochromes are thought to have originally developed in primitive bacteria as a way to protect themselves from sunlight during a period before the formation of the ozone layer. They are primitive photoreceptors that today can be found in many animals, including amphibians, insects, and mammals. In animals that have them, cryptochromes are found in the retina and the pineal gland.

In a study published in the journal Nature in 2013, researchers found that the cryptochrome in the eye and pineal gland is able to read the magnetic field and send electrical signals to the brain.

It was originally believed that cryptochromes were sensitive to specific light frequencies. However, a study published in the journal Nature in 2013 found that identical cryptochrome activated at all frequencies, suggesting that the cryptochrome reacts not to the light itself but primarily to the oscillating electromagnetic field generated by light rays.

When they detect a magnetic field, cryptochromes initiate a series of events that ultimately lead to the production of nitric oxide (NO), a chemical that plays an important role in neural communication. Action potentials, the electrical impulses that travel along neurons, have been shown to be enhanced by the presence of NO. Therefore, what we see is that cryptochromes react with magnetism and produce NO that amplifies neural impulses, thereby altering brain states.

This is important for animal communicators, as the eyes and pineal gland, or "the third eye", have long been believed to play an important role in intuition. It is the seat of the sixth chakra, which governs intuition and the perception of the invisible. An animal communicator that has made the link between cryptochrome and the sixth chakra is better able to tap into telepathy. In ancient teachings, telepathy is thought to be channeled through the third eye. As animal communicators, we can use this scientific validation of ancient teachings to dispel doubts and skepticism associated with the more esoteric teachings of animal communication and telepathy more broadly.

Together, these two mechanisms (the sixth chakra and the pineal gland) may provide a framework for understanding how thoughts and feelings can be transmitted directly from one person's brain to another person's brain without any external communication taking place. While much more research is needed in order to fully understand this process, the current evidence suggests that DTBC is a real phenomenon that deserves further study.

## Mirror Neurons Read Intentions

Mirror neurons are brain cells that fire when we observe or perform an action. They are thought to be responsible for our ability to empathize with others and understand their thoughts and feelings.

There are typically 2 classes of neurons, motor neurons and sensory neurons. Motor neurons carry the messages from the brain that tell the body what to do. Sensory neurons bring information from the body back to the brain.

Mirror neurons are a third class of neurons that were discovered in the early 1990s by neuroscientists studying macaque monkeys. Mirror neurons fire both when the monkey performs an action and when the monkey observes another monkey or animal performing the same action.

For example, if a monkey sees another monkey reach for a banana, the mirror neurons in the first monkey's brain will fire as if the first monkey was reaching for the banana itself.

Mirror neurons are thought to play an important role in social cognition, the ability to understand the thoughts and intentions of others, and the adoption of mimicked behaviors.

A study published in the journal Science in 2009 found that human infants as young as six months old show signs of having mirror neurons.

In the study, the infants were shown a series of videos of an adult making different facial expressions. The infant's own facial expressions were then monitored to see if they matched the expressions being made by the adult in the video.

The results showed that the infants did indeed mimic the facial expressions of the adults in the videos, suggesting that they were using mirror neurons to understand the intentions of the people around them.

While the role of mirror neurons in social cognition is still being explored, the current evidence suggests that they may play an important role in the development of empathy and compassion. Which suggests that mirror neurons may play an important role in DTBC since empathy and telepathy are so closely related.

It is possible that mirror neurons may respond to action potentials created by magnetite-based particles in the brain interacting with magnetic fields. Mirror neurons allow us to directly mimic the brain states of other beings that we observe. This means that our body understands what it senses through mimicry. So in a sense, the brain of the receiver actually feels what the brain of the sender is feeling by mimicking the pattern of neural firing.

This would suggest that the more we fire the mirror neuron networks, the stronger the neural pathways for empathy and telepathy will become.

Finally, it is also clear that the subconscious mind plays a role in telepathic communication. The subconscious mind is responsible for a variety of functions, including the processing of information below the level of conscious awareness. It is possible that the subconscious mind is able to pick up on subtle cues and signals from others that are not available to the conscious mind, and this information may be passed on through the process of telepathic communication.

Mirror neurons, for example, clearly operate at the unconscious level. Therefore, the signals and cues that they mediate must be processed by the brain's subconscious centers.

## How the Mechanisms Work Together

It is more than likely that all these mechanisms work together to produce telepathic phenomena: cryptochromes in the eye and pineal gland encode certain magnetic frequencies, the electromagnetic induction between cells encodes another, and the magnetite-based particles encode a third frequency. These dimensions affect the path of mirror neuron firing and redirect it to the appropriate subconscious center in the brain. This produces the distinct character of a telepathic message. It is encoded in electromagnetic waveforms, which are composites of various signals hitting different magnetic receptors.

Visualizing this mechanistic process can really help an animal communicator direct their focus during meditations practice, or in a real session. You can break down the different processes into visuals that help bring greater mental awareness and improve your execution in practice. It works in much the same way as a mind-muscle connection.

The mind-muscle connection is your ability to focus on the flexing of a single muscle. It is the extent of mental control we have over our body. Visualization is a powerful tool to help with the mind-emotion-muscle connection because it helps us adjust our form to get the most out of an exercise.

An example of this is to imagine pulling from the elbow rather than the wrist to avoid flexing your arms and to put more stress on the back muscles.

Similarly, in animal communication, we visualize the process of the different mechanisms working together to produce the desired outcome of a telepathic message.

This visualization can be done in any way that works for you. The important thing is to focus on the different mechanisms working together to produce the desired outcome of a telepathic message. This will help improve your execution in practice and help you direct your focus during meditations and sessions.

It is also important to remember that the mechanisms are not the only thing that contributes to the success of a telepathic message. The intention, emotion, and energy that you put into the message are also critical factors. These will be discussed in more detail in future topics.

## Summary of Key Points

* A clear understanding of the biomechanics behind direct-to-brain communication will allow you to muster detailed visualizations.
* These visualizations will help you activate and exercise the organic structures in your body responsible for direct-to-brain communication.
* One recent study, published in the journal Neuroscience Letters in 2021 by Ehsan Hosseini, provides a theoretical framework for the mechanisms behind direct-to-brain communication (DTBC).
* Hosseini's study suggests that multiple neural structures are involved in mediating and processing electromagnetic fields and that these fields may be used to transmit vital and accurate information between different animals, including humans.
* In a study published in the journal Nature in 2013, researchers found that the cryptochrome in the eye and pineal gland is able to read the magnetic field and send electrical signals to the brain.
* Together, these two mechanisms (electromagnetic fields and the pineal gland) may provide a framework for understanding how thoughts and feelings can be transmitted directly from one person's brain to another person's brain without any external communication taking place.
* Evidence suggests that mirror neurons may play an important role in the development of empathy and compassion, and may play an important role in DTBC.
* It is also clear that the subconscious mind plays a fundamental role in processing signals during telepathic communication.
* Visualization is a powerful tool in animal communication; we visualize the process of the different mechanisms working together to produce the desired outcome of a telepathic message.
* The important thing is to focus on the different mechanisms working together to produce the desired outcome of a telepathic message.
* The intention, emotion, and energy that you put into the message are also critical factors, and will affect your ability to communicate both telepathically and otherwise.

## Exercise : Mechanical Illustration of Direct to Brain Communication

Visualization is a powerful tool for exploring new mental spaces. For one, visualization helps us create a link between the sympathetic and parasympathetic nervous systems. the former being involved in conscious processes such as speaking, and the latter in subconscious processes such as heart rate and other supporting processes.

You can even increase your heart rate simply by visualizing it happening. This is a clear example of how visualization can bridge the gap between the sympathetic and parasympathetic nervous systems. By the same logic, visualizing the mechanisms involved in telepathy allows us to achieve a greater level of conscious control over it.

For a visualization that works best for you, it is a good idea to produce it yourself. For this reason, this exercise will provide you with instructions for producing your own mechanical illustration of direct brain-to-brain communication.

### Materials

* Colored markers or pencils
* Piece of Paper, or your animal communication journal.

### Instructions:

Draw an illustration or diagram that shows how all the different biological structures involved in DTBC work together. Your diagram must include the following elements :

* Electromagnetic induction
* Cryptochromes
* The pineal gland
* Mirror neurons

Consider this description of telepathic communication to help you draw:

* You see the being you want to communicate within your mind's eye.
* You imagine magnetically charged light waves hitting and being absorbed by the cryptochrome in their eyes and pineal gland.
* You then imagine the body’s cells harmoniously resonating with the magnetic charge that struck the eyes and pineal gland.
* You then focus on the brain and see the magnetite-based particles in the brain interacting with this magnetic charge.
* You see the mirror neurons firing in response to the magnetite-based particles and the magnetic fields.
* You then focus on the subconscious mind and see the message being processed and decoded.

Keep reworking the image until you find that it really helps you understand and visualize how telepathic communication works.

After you have put the final touches on your image, set it aside. Keep this image with you because we will be adding more to this diagram as we learn more about telepathic communication.

# Achieving Heart Rate Coherence

For ages, the heart has been believed to be the seat of emotions. However, recent scientific discoveries have shown that the heart is much more than that. The heart is actually a highly intelligent organ with its own consciousness. With its 40,000 neurons, it can process information on its own, make decisions independently, and even demonstrate learning and memory.

This new field of study, called neurocardiology, is showing that the heart communicates with the brain and the rest of the body through its own nervous system. The heart also produces hormones and other chemicals that affect our moods, thoughts, and emotions. What's more, it also seems capable of generating magnetic fields many times stronger than those generated by the brain.

All of this new information has implications for telepathic communication. If the heart is truly conscious and intelligent and generates larger, stronger magnetic fields, then it stands to reason that it can communicate telepathically with other hearts. This magnetic resonance and local consciousness of the heart could be the missing mechanisms, along with cryptochromes, cellular magnetic induction, and mirror neurons, in the mediation of telepathic communication through electromagnetic signals.

Recent research has shown that the heart’s rhythmic electromagnetic field is about 60 times greater in amplitude than the brain and is absorbed by every cell in the body. “The magnetic component is approximately 5000 times stronger than the brain’s magnetic field and can be detected several feet away from the body with sensitive magnetometers”

Curiously, the electromagnetic field of the heart has been found to be greatly amplified in a state known as "heart coherence", and it's thought to be key to communication on a deeper level. When our hearts are in a state of coherence, we're able to connect with others—both human and animal—in a way that goes beyond the exchange of information. We're able to connect on a heart-to-heart level.

Heart coherence is a natural and reflex-like phenomenon where heart rate changes in sync with the breath. This occurs when the body is allowed to do it and not obstructed by excessive thought and stimulus. It is a state of flow—being present and focused.

When animals are not under threat or asleep, they are almost always in a state of heart coherence. Humans, however, and also some traumatized animals, carry this stress with us constantly, and a state of coherence becomes harder and harder to achieve. The reason for this is that destructive emotions such as anxiety, anger, and frustration can block the rhythm. The effect is maximal at a particular rate of breathing, somewhere around 6 breaths per minute; this seems to be a kind of physiological "resonance point".

At this resonance point, the heart and breath are aligned in frequency such that their resulting waves amplify each other. As a consequence, the magnetic field generated by the heart is amplified by a large factor.

Heart coherence has been linked to better health outcomes. In one [study](https://www.heartmath.org/research/science-of-the-heart/health-outcome-studies/), heart coherence was found to be a strong predictor of mortality, even after controlling for other risk factors such as age, smoking, and high blood pressure. Other research has shown that heart coherence is associated with increased resistance to disease, improved psychological well-being, and enhanced cognitive function.

## Relaxation is Not The Same as Coherence

People often confuse coherence with relaxation when, in fact, they are not the same.

When you think of relaxation, you might picture someone lying on a beach in the sun with a drink in hand. This is an image of someone who is relaxed; their body is at ease, and they are not engaged in any strenuous activities.

Relaxation can be defined as a state of low energy in which the individual is resting both the body and mind, typically disengaging from cognitive and emotional processes. This state can be beneficial in that it allows the individual to recover from stress or tension, but it does not usually involve any active engagement of positive emotions and does not produce the same brain state as coherence.

When it comes to heart rate variability, or HRV, there is a big distinction between relaxation and coherence. Relaxation actually produces mostly irregular heart rate waves, while coherence results in uniform waves that create a much higher power output. This was discovered by comparing heart rate waveforms in an individual while focusing on being calm and relaxed, then again while focusing on gratitude and appreciation.

So what exactly is the difference between relaxation and coherence? Relaxation produces a state of calm and peace, where the mind is quiet and the body is relaxed. Coherence, on the other hand, is a state of focused attention that results in greater mental clarity and heightened awareness. Additionally, coherence is uniquely associated with a positive emotional state, as opposed to relaxation, which can sometimes lead to boredom or apathy and does not require a positive emotional state in order to be produced.

Overall, when it comes to HRV and its associated benefits, coherence is superior to relaxation. This is especially the case in the context of animal communication, where we need to focus and boost our magnetic resonance in order to communicate. Relaxation may have its place to help relieve mental blocks such as stress, but coherence actively and immediately boosts your telepathic potential.

## The Role of the Heart in Animal Communication

The heart has long been considered a vital organ in human communication, but scientists are now discovering that the heart also plays a significant role in animal communication. Not only does it pump blood throughout the body, but the heart has its own independent nervous system, which allows it to communicate with other parts of the body and with other fields of consciousness.

When a person achieves a state of heart rhythm coherence, the brain's natural magnetic field is amplified, making it easier to communicate with other fields of consciousness. This is just like increasing the signal strength of a radio wave, which allows the signal to travel further. The heart is also a type of biological radio transmitter. If we can boost our signal, we can increase its range so that it can be more easily picked up by a receiver.

The brain's natural magnetic field is too weak to be picked up by our magnetic receptors across any significant distance. That's where the heart comes in. It boosts the signal by thousands of times, making it strong enough to be picked up by magnetic sensory systems in the eyes, and the pineal gland, and magnetite based particles in the nervous system. This allows animals to communicate with each other without the use of the 5 senses.

Not only does the heart generate the magnetic field that allows for telepathic communication. Heart rate coherence boosts your focus and general performance in all activities. The result is that you, as an animal communicator, will be more sensitive to telepathic messages mediated by magnetic fields and will have a clearer, more focused mind to intuit and interpret these messages.

## Summary of Key Points

* This new field of study, called neurocardiology, is showing that the heart communicates with the brain and the rest of the body through its own nervous system.
* The heart possesses its own consciousness and is capable of generating emotions and making decisions independently from the brain.
* The heart also produces hormones and other chemicals that affect our moods, thoughts, and emotions.
* What's more, it also seems capable of generating magnetic fields many times stronger than those of the brain. All of this new information has implications for telepathic communication.
* This magnetic resonance and local consciousness of the heart could be the missing mechanisms, along with cryptochromes, cellular magnetic induction, and mirror neurons, in the mediation of telepathic communication through electromagnetic signals.
* Recent research has shown that the heart's rhythmic electromagnetic field is about 60 times greater in amplitude than the brain and is absorbed by every cell in the body.
* The heart has long been considered a vital organ in human communication, but scientists are now discovering that the heart also plays a significant role in animal communication.
* When a person achieves a state of heart rate coherence, the heart’s natural magnetic field, which is already 60 times greater than that of the brain, is further amplified by almost 100 times, making it easier to communicate with other fields of consciousness.
* The heart is like a type of biological radio transmitter. If we can boost our signal, we can increase its range and be more easily picked up by a receiver.
* This means that the heart can play an important role in animal communication. Not only does the heart rate coherence generate the magnetic field that allows for telepathic communication, but it is also associated with high performance, focus, and awareness.
* The result is that you, as an animal communicator, will be more sensitive to telepathic messages mediated by magnetic fields and will have a clearer, more focused mind to intuit and interpret these messages.

## Exercise: Achieving Heart Coherence To Boost Your Magnetic Field

So, how can you achieve heart coherence? The first step is to simply become aware of your breath. Pay attention to the way your chest and abdomen rise and fall with each inhalation and exhalation. Once you are aware of your breath, try to synchronize it with your heart rate. Breathe in for a count of four seconds, hold your breath for a count of 1 second, and then exhale for a count of five seconds. Repeat this cycle for 20 breaths. As you practice, you will find that it becomes easier to achieve heart coherence. The effect is maximal at a particular rate of breathing, somewhere around 6 breaths per minute; this seems to be a kind of physiological "resonance point".

The ability to generate HRC is a skill that can be learned and improved with practice. When we're upset, our breathing becomes shallow and rapid, which interferes with the normal flow of energy through the body. Learning to control our breath can help us calm down and regain balance. The following exercise can help you achieve heart rate coherence.

### Materials:

* A comfortable seat. It could even be on the floor as long as it is comfortable.

### Instructions:

1. Sit or recline in a comfortable position, close your eyes and relax your muscles.
2. List 3 things you are most grateful for. For the 3 things you listed, repeat yourself “I am grateful for x”.
3. Inhale deeply through your nose, counting slowly to 4. Hold your breath for one second before exhaling slowly through your mouth for another 5 seconds.
4. Repeat this cycle 20 times.

When you become more proficient at this exercise, you can gradually increase the number of cycles to 30 or 40. At first, it may be hard to sit still for this long. It's best to practice regularly, preferably twice a day. You may discover that simply practicing on a regular basis will help you sustain heart rate coherence for longer periods of time after initiating it.

# Module Conclusion

Direct-to-brain communication, also known as telepathy, is a process that allows animals to communicate with each other over great distances without ever having to speak a word. It is a real phenomenon that is taken seriously in scientific communities. We are just now beginning to discover, or perhaps rediscover, an understanding of this phenomenon.

Biologically, all animals have some or all of the biological structures or substrates required for direct brain-to-brain communication. Cryptochromes in the eyes, mirror neurons, and magnetic particles in the nervous system all work with the help of cellular magnetic induction to read magnetic fields and process them in the brain's subconscious centers.

These biological mechanisms seem to play a critical role in empathy, which may suggest that empathy is a type of telepathy or at the very least that they are intimately correlated in some way.

The heart plays an important role in this communication by generating a magnetic field that is strong enough to be picked up by our magnetic receptors across any significant distance. This field can also be boosted dramatically by achieving heart rate coherence wherein the frequencies from the heart, brain, and breath are all in sympathetic resonance with one another. This not only makes telepathic communication easier, but also improves your focus and general performance in all activities.

By practicing the exercise on heart rate coherence in this module, you can also learn how to control your breath and achieve heart rate coherence, making you more sensitive to telepathic messages mediated by magnetic fields. This works by achieving sympathetic resonance between your breath, heart rate, and brain waves through breathing and gratitude affirmations.

If you want to better control direct-to-brain communication, it is important to have a strong understanding of biomechanics. By being able to visualize the process and how different organic structures work together, you can exercise greater control over your telepathic abilities.

As we have seen in this module, there are several elements in the neuroanatomy of animals that support telepathic communication. It is our goal to fine-tune these sensitivities and capabilities to support Animal Telepathic Communication.

With your new abilities to visualize, understand and explain the biomechanics of direct-to-brain communication, and to achieve heart rate coherence, achieving practical telepathy will be much easier for you.