**Module 5 : Telepathic Communication**

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# Module Introduction

For those skilled in its use, telepathy is the single most powerful tool an animal communicator has. It has the potential to be the most efficient communication method available in any context. It can transcend language, time and space. This allows instant communication over remote distances, which gives us the ability to practice online and not have to be in person in order to communicate.

The role of telepathy in animal communication is twofold. Firstly, it is often the primary tool that most animal communicators use. This is because it allows for instant communication over great distances, without any barriers like language or culture getting in the way. Secondly, telepathy allows us to become more sensitive to all other forms of communication, including non-telepathic signals. This intuition then allows us to interpret the meaning behind behaviors more accurately.

Overall, telepathy is an incredibly powerful tool for animal communication and should be worked on diligently by all animal communicators. By developing our telepathic abilities, we can improve our communication with animals enormously.

## Summary of Key Points

* For those skilled in its use, telepathy is the single most powerful tool an animal communicator has. It can transcend language, time and space.
* This allows instant communication over remote distances which gives us the ability to practice online and not have to be in person in order to communicate.
* This is often the primary tool that most animal communicators use. Telepathy allows us to become more sensitive to all other forms of communication, including non-telepathic signals.
* Overall, telepathy is an incredibly powerful tool for animal communication and should be worked on diligently by all animal communicators.
* By developing our telepathic abilities, we can improve our communication with animals enormously.

## The Objectives of this Module:

The primary objective of this module is to provide you with the knowledge and exercises you need to develop functional telepathic abilities. This will open a new channel of animal communication for you while also improving the quality of all other communication channels. In service of this objective we will learn:

1. What telepathy is and its role in animal communication;
2. Important case studies to strengthen your belief in the reality of telepathic communication, motivate you, and help shift your mindset;
3. How to practice telepathy using key breathwork, visualizations, and step by step process to achieve telepathic communication;
4. Ways to overcome obstacles to Telepathic Communication
5. The most important tips and tricks to achieve and sharpen your ability to communicate telepathically with animals.

Keep in mind that this will likely be the most challenging module yet. You will likely have many obstacles to overcome.

Telepathic communication is often seen as a 'spiritual' or 'esoteric' topic, and thus there is often a lot of misinformation and misunderstanding surrounding it. In addition, it can be difficult to know where to start, and easy to get discouraged along the way. Telepathic ability is like any other skill - it takes time, practice, and dedication to develop. But the rewards are more than worth it, and we are confident that you can achieve success if you approach this work with an open mind and a willingness to persevere.

The exercises, tips, and mindsets laid out for you in this module will serve you for many years to come. You will find yourself continually referring back to these and leaning on them to practice and hone your telepathic ability long after you have passed this training and acquired your certification.

# Telepathic Animal Communication

## What is Telepathy?

Telepathy is a phenomenon that has been around for centuries. Many people believe that it is nothing more than a myth or superstition. However, telepathy is actually a very real phenomenon. It is the ability to communicate thoughts or ideas to someone else without the use of the known senses.

There are many misconceptions about telepathy. The most common misconception is that it is some kind of magic. People also believe that it is impossible to practice telepathy. This is simply not true. Telepathy can be learned and practiced just like any other skill.

Another misconception about telepathy is that it is only used for communication between two people. This is also not true. Telepathy can be used for communication between multiple people, as well as animals.

Telepathy can be a very useful tool. It can be used for communication purposes, but it can also be used for healing purposes. Telepathy can help to connect with others on a deeper level and create stronger relationships.

Despite the evidence to the contrary, many people still dismiss telepathy as superstition or magic. This is a shame, as telepathy has the potential to be a very powerful tool. It could be used to improve communication and cooperation between people and animals, or to help those who are suffering from mental illness, trauma or physical impairments.

### Unpacking telepathy

Telepathy is the ability to communicate thoughts or ideas from one person to another without any of the known senses being involved. This communication can take place over any distance, and does not require that the people involved be in the same place.

The word telepathy is derived from the two Greek words tele, meaning "distance," and pathos, meaning "feeling" or "experience." This reflects the fact that telepathy involves experiencing or feeling something at a distance, without using any of the known senses.

Telepathy is often described as a form of communication between minds, but it is actually more like a transmission of experience from one person to another. Thoughts and ideas are not actually transmitted in telepathy; instead, what is transmitted is the experience of those thoughts or ideas. This is why telepathy can sometimes be difficult to describe in words.

### Telepathy is not like thinking

When we communicate verbally, we use words to convey our thoughts. We think about what we want to say, we organize our thoughts into a logical sequence, and then we speak those thoughts aloud. Telepathic communication doesn't involve any of that. There is no thinking involved in the transmission of the message. Instead, the message is conveyed through feelings and perceptions.

In order to communicate telepathically, you need to be able to open yourself up empathetically and connect with the other being on a deep level. You need to be able to sense what they are feeling and perceive their world from their perspective. It takes a lot of practice to develop this skill, but once you master it, you will be able to connect with any being, no matter where they are or what language they are speaking.

The beauty of telepathic communication is that it doesn't depend on words or logic. It's a direct connection between two beings, bypassing the need for translation or interpretation. You can communicate with animals, other humans, spirits, and even extraterrestrials using telepathy.

### Different ways of receiving telepathic information:

There is no single form in which telepathic messages may come to us. It is different for everyone. Some people see images in their mind's eye, others hear words or sounds, and still others feel emotions or physical sensations. The most important thing is to pay attention to what you are experiencing and trust your intuition.

You most likely have already heard of clairvoyance. In popular culture this term is often used to describe those who can see the future. Though there is some truth to this in that telepathic messages can transcend time, there is more to it. Plus there are 5 additional ways of receiving telepathic messages. These different ways of receiving telepathic information are know as "The Clairs".

* Clairvoyance really means clear seeing. It is the reception of telepathic messages in the form of images, symbols, or colors.
* Clairsentience is clear sensations. This can be physical sensations such as pain, warmth, or tingling. It can also be emotional sensations such as happiness, sadness, anger, or love.
* Clairaudience is clear hearing. This can be in the form of voices, music, or other sounds.
* Claircognitive is clear thought. This is like receiving information in general packets of knowing and intuition that is not informed by a specific sensory impression.
* Clairalience is clear smell. This can be in the form of scents or aromas.
* Clairgustance is clear taste. Telepathic messages can come to us in the form of flavors or tastes.

You may find that you prefer to receive information in certain ways more than others. Everyone is different, and there is no right or wrong way to receive information. However, we frequently receive telepathic messages in combinations of these different forms. Honing your awareness of how you receive telepathic messages will give you an edge in interpreting them.

All of these ways of receiving telepathic messages can be enhanced through practice and focus. To improve your ability to receive telepathic messages, you need to focus on what is working for you and really nourish that instead of thinking about what you are doing wrong. If you focus on the negative, you will produce negative intention towards yourself, and you will become resistant to receiving and interpreting energy flows. The best way to improve your ability to receive telepathic messages is to practice regularly and to stay positive and open-minded.

### Telepathy vs Psychic Reading

When most people think of communication, they think of talking. However, communication exists in many forms. One such form is telepathic communication, which does not involve thinking in the same way as verbal communication.

With verbal communication, the speaker and listener use language to share thoughts and ideas. This type of communication involves transferring information back and forth between two or more people. In order for it to be effective, both the speaker and listener need to be using the same language.

Telepathic communication, on the other hand, does not rely on language. Rather, it involves transferring thoughts and emotions directly from one person to another. This type of communication can take place between any two people, regardless of whether they share a common language or not.

One of the main advantages of telepathic communication is that it is much faster than verbal communication. Thoughts can be transmitted instantaneously, whereas words can take time to form and send. This makes telepathic communication ideal for situations where speed is essential, such as during emergencies or negotiations.

Another advantage of telepathic communication is that it is less likely to be misinterpreted than verbal communication. Since thoughts are being transferred directly from one person to another, there is less opportunity for misunderstanding or confusion. This can be particularly helpful in situations where clarity and precision are important, such as in business or legal settings.

However, there are also some disadvantages to telepathic communication. One disadvantage is that it can be difficult to establish trust between people who are communicating telepathically. Since thoughts are being transferred directly into each other's minds, there is potential for deception and manipulation. Additionally, telepathic communication can be emotionally draining, particularly if it is used frequently or in high-stress situations.

In conclusion, while telepathic communication has its drawbacks, it also has a number of advantages over verbal communication. Its speed and clarity make it an ideal choice for certain situations, while its lack of ambiguity makes it a better option than verbal communication in certain contexts, such as animal communication. This is because humans often understand their feelings better through words than through firsthand experience of the feelings themselves. That's why we need to think about the way we feel in order to resolve those feelings. Animals, on the other hand, are less likely to "think" about their feelings and are content to simply be present with them.

### Intuition, Empathy & Telepathic Animal Communication

The connection between telepathic animal communication, intuition, and empathy can be summed up quite simply: They all involve perceiving reality without the filter of thoughts. Thoughts can often distort our perception of reality, leading us to make judgments and assumptions that may not be accurate. Intuition allows us to bypass the thought process and perceive reality as it is. Empathy allows us to connect with other beings on a deep level, feeling their thoughts and emotions as if they were our own. And telepathy allows us to communicate directly with other beings through empathy and intuition.

All of these abilities are essential for effective telepathic communication. In order to transmit or receive telepathic messages, we need to be able to perceive reality clearly and without distortion. We need to be able to connect with other beings empathically, and we need to be able to communicate our thoughts and feelings clearly and accurately. These abilities are all enhanced by meditation and mindfulness practices, which help us to clear our minds and focus on the present moment.

## Animal Telepathy

The telepathic abilities of animals versus their human counterparts vary tremendously. Though we too are animals, our overdependence on verbal communication has caused us to become blind to the most fundamental form of communication, telepathy.

This is not to say that humans are not telepathic. We most certainly are. However, our Telepathic abilities have become so weak and undeveloped that they're practically nonexistent in comparison to other animals. In general, the Telepathic ability of an animal is inversely proportional to its level of evolution. The more primitive the animal, the stronger its Telepathic ability. As animals evolve, they begin to develop more sophisticated forms of being consciousness and communication, such as verbal and nonverbal conceptualization and communication. These abilities eventually replace Telepathy as the primary form of communication.

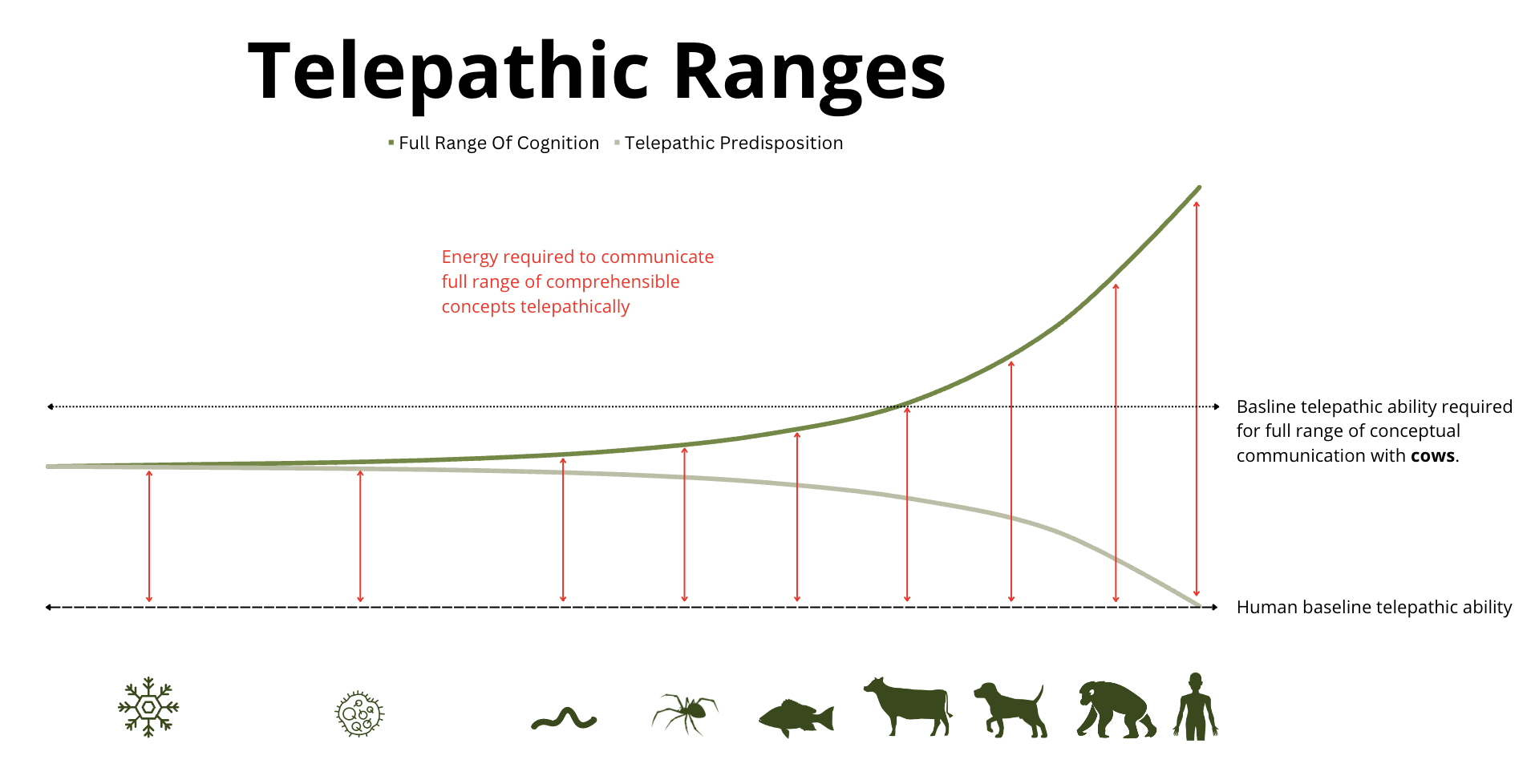
The more primitive the concept, the easier it is to communicate that concept telepathically. The more we can abstract from reality, the more difficult it is to rely on universals and the more specific applications of language. Therefore, the further an animal's consciousness drifts from pure being towards ideas, the more they make use of contextual or specific representations with thoughts, and the less they make use of pure being with feelings.

Since human beings are so completely absorbed in the world of ideas, we even rationalize and create conceptual representations of our own feelings. Our consciousness then grapples with the ideas of the feelings rather than the feelings themselves.

This is not to say that telepathic messages are reserved for only the simplest concepts. However, complex ideas shared telepathically are almost always mediated by verbal knowledge as well as spatio-temporal knowledge that comes from our perceptions of ourselves and our environment across time. For this reason, the greatest range of accurate communication occurs between two minds that are most alike. You can refer to the "spheres of noise" diagram in course resources to help visualize this.

The closer an animal's mind is to that of a human's, the greater the range of ideas that can be shared. At the same time, the less a species relies on complex mental processes, the more sensitive they are to telepathic communication.

If we were to lay out a chart of animals to compare how close they were in terms of telepathic range, it would look something like this:



We can see from this chart that the more a human can increase their telepathic abilities, the more complex concepts they can communicate. This means that we can increase the range of potential communication.

It is important to note that this chart is positioned from a human perspective, meaning that we only consider concepts that a human could understand, and not those entirely outside our possible understanding.

Our goal is to bring our baseline ability high enough to communicate a full range of concepts with any given species.

There are other factors that affect an animal's telepathic ability as well, such as the potential amplitude of their magnetic field. Since telepathic phenomena seem to be mediated by magnetic quantum fields, bigger animals tend to generate more powerful electromagnetic fields with their massive hearts. This is because the heart is the greatest generator of electromagnetic energy in the body.

Heart size is not everything however. The frequency of heart beats is also directly related to the energy output of the heart's magnetic field. The faster the heart pumps, the stronger the magnetic energy.

The last factor related to the heart is whether or not the animal's heart rate and breathing are coherent. When heart rate and breathing are in coherence, waves from the lungs amplify those of the heart, resulting in a large boost to the body's magnetic field. Stress and thought tend to work against our ability to remain in a coherent state. For this reason, animals with a greater ability for entertaining hypotheticals tend to be less present and more stressed over-time.

Animals that constantly perceive predatory pressures or other threats in their environment will inevitably experience higher levels of stress, resulting in decreased telepathic ability through a lack of heart rate coherence. Therefore, fearlessness is associated with increased telepathy. This could be a young, naive animal that has not yet experienced fear; it could be a wise old animal that is confident in its ability to avoid harm; it can also be a domestic animal that is happy with their human guardians sheltered from threats.

That's why humans, who are the most cognitively advanced animals on Earth, have the weakest Telepathic ability. Not only do we constantly react to hypothetical situations in our own minds as if they were real, we've also replaced Telepathy with verbal and nonverbal communication to such a degree that Telepathy has become almost nonexistent to us. Again, this is not to say that Telepathy doesn't exist in humans. In fact, there are still some people who are naturally Telepathic, but they are very rare. The vast majority of us need to rediscover this ability through substantial guidance and practice. That is why you are taking this training.

Telepathic animal communication is much more common, and has been documented in almost every animal species, from the lowly worm to the mighty elephant. Telepathy is actually a primary form of communication for many animals, and it's only recently that humans have begun to study and understand this ability.

### Telepathy is a Universal Language

Telepathy is the oldest and most mysterious form of communication. It is a universal language that connects all animals, including humans. It is theorized that telepathy is at the root of all language since it is the first form of communication. It is innate and natural, and does not require any words or symbols. It is a proto-language directly mediated by quantum fields and the empathic sense, upon which animals have built other, more complex languages mediated by additional senses. Therefore, at the heart of all language is the invisible language of telepathy, which relies only on empathic perception and projection, that being empathy.

Relearning this universal language allows us to access the vastness of nonverbal communication. We can communicate directly without the use of words or symbols but rather with energy and feeling.

Despite telepathy being a non-verbal form of communication, we also receive messages in the form of words or sentences. This can be surprising when it is an animal we are communicating with telepathically.

### Telepathic Communication Through Words

When we communicate with animals telepathically, we can often receive impressions of words or sentences. Why might this be?

There are a few possible explanations. One is that our brains are primed to expect language in communication, so we interpret any telepathic impressions we receive in that way. Another explanation is that animals sometimes use words as a form of shorthand or code, to make it easier for us to understand their thoughts. For example, a dog might bark "Come!" to get its human companion to come to it, or a cat might meow "Feed me!" when it's hungry.

Regardless of the reason, it's clear that telepathic messages from animals can also be received through words. When we pay close attention, we can often learn a great deal about what our animal companions are thinking and feeling simply by listening to the messages they send us in this way.

### Telepathy With Animals is Often Surprising:

When we communicate telepathically with animals, we often find that the messages we receive can be surprising. This is because an animal's lived experience is often so different from our own, and they often communicate in ways that are contrary to our expectations.

However, while these messages may be surprising, this does not mean that they should be discounted. On the contrary, the fact that they are surprising often indicates their authenticity, and we should give them due consideration. After all, authentic communication is often the first one we receive, even before our thinking mind gets involved to cloud and corrupt the message.

So why is it that animal communication can often be so surprising? There are a few reasons for this. First of all, animals inhabit a very different world than we do. They see, hear, and feel things in ways that are completely foreign to us. For example, dogs can hear frequencies that are well beyond our range of hearing, and they can see things that are invisible to us. This means that when they communicate with us telepathically, they may be sharing information that is completely outside of our frame of reference.

Another reason why animal communication can often be so surprising is because animals often communicate in ways that are very different from how we communicate. For example, when a dog wags its tail, it is communicating something very different than when a human waves their hand. Similarly, the way an animal vocalizes can tell us a lot about what it is trying to say. Therefore, if we want to understand animal communication accurately, we need to learn to interpret the language of animals properly.

Finally, another reason why animal communication can often be so surprising is because animals often express themselves in ways that are emotionally charged. For example, when a dog barks at someone it doesn't like, its bark will usually be accompanied by a lot of anger and aggression. Similarly, when a cat purrs contentedly, it is usually signifying happiness and pleasure. This means that when we communicate telepathically with animals, we need to be prepared for some intense emotions!

In conclusion, while animal communication can often be surprising, this should not dissuade us from trying to understand it. On the contrary, the fact that it is so surprising often indicates its authenticity, and it should be given due consideration. By learning to interpret the language of animals properly and understanding their emotional expressions, we can come to understand them better than ever before!

## Summary of Key Points

* Telepathy is the ability to communicate thoughts or ideas to someone else without the use of the known senses.
* Honing your awareness of how you receive telepathic messages will give you an edge in interpreting them.
* The best way to improve your ability to receive telepathic messages is to practice regularly and to stay positive and open-minded.
* In general, the Telepathic ability of an animal is inversely proportional to its level of evolution. The closer an animal's mind is to that of a human's the greater range of ideas can be shared.
* Several other factors affect an animal's telepathic ability such as the potential amplitude of their magnetic field, frequency of heart beats and the energy output of the heart's magnetic field.
* Despite telepathy being a non-verbal form of communication we also receive messages in the form of words or sentences.

## Exercise: Reflections on Animal Telepathy

The following reflection questions will help you concretize what you have learned about telepathy and its role in animal communication in this section.

### Instructions

* Reflect on your own beliefs about telepathy. Do you believe it is a real phenomenon, or do you think it is a myth or superstition? Why do you hold this belief?
* What are some misconceptions you had about telepathy prior to reading this section?
* In your own words, describe the different ways that telepathic information can be received.
* ​​Can you imagine using telepathy to communicate with animals? Why or why not? Explain how you imagine using telepathy in an animal communication session would look like. Be specific and really build a strong mental movie of what you think it would be like.

# Case Studies & True Stories of Animal Telepathy

Coming to truly believe that animals can communicate telepathically with humans and vice versa is often the biggest obstacle students face when first attempting to learn the practice.

Everyone who attempts animal telepathy at least wants to believe that such a thing is possible, but they are unable to will their subconscious mind into accepting this reality. We spend most of our lives perceptually and culturally disconnected from telepathy, and the subconscious desire to remain in comfortable patterns of belief is strong.

That is why demonstrating its validity and truth in the following case studies will be so important. The more you can see telepathy in action and how effective it can be, the more your mind will start opening up to the possibility that telepathic ability is something you too can learn and develop.

## Rupert Sheldrake’s Study : Jaytee the Telepathic Dog

When Rupert Sheldrake first published his findings on animal telepathy in the late 1990s, many people were skeptical. However, after studying the behavior of Jaytee, a dog who seemed to know when his owner was coming home, Sheldrake's research has turned much of that skepticism around.

Jaytee lived with Pam Smart in England. For most of the time that Smart was away from home, Jaytee would wait by the window for her return. However, on some occasions, Smart would return at random times, and Jaytee would be nowhere to be found. In fact, Jaytee only waited by the window when Smart was actually returning home.

To test whether or not this was a coincidence, Sheldrake conducted a series of experiments in which Smart traveled away from home and returned at various times. In each case, Jaytee was waiting by the window when she returned. These results led Sheldrake to believe that dogs have some ability to telepathically sense when their owners are coming home.

Since the publication of Sheldrake's findings, many other studies have been conducted on animal telepathy. In most cases, these studies have found similar results to Sheldrake's, providing strong evidence that animals are capable of communicating telepathically.

One such study was conducted by Julia Mossbridge and colleagues at the University of Washington. In this study, dogs were placed in a room with their owners, who were asked to leave the room for a period of time. The dogs were then monitored to see how they reacted when their owners returned.

The results showed that the dogs exhibited behaviors that were consistent with those seen in Jaytee's case. For example, they would often go to the door or window to wait for their owners to return. This showed that, like Jaytee, these dogs were also able to telepathically sense when their owners were coming home.

In conclusion, there is strong evidence to suggest that telepathic animal communication is a real phenomenon. The evidence so far overwhelmingly suggests that animals are capable of communicating in ways that we do not yet fully understand.

## Sharon Loy Finding Lost Cat

When Sharon Loy received a call from a woman whose cat, Little Bear, had been missing for two months, she knew she could help. The woman had already tried everything to find her cat, including putting up flyers and posting on social media, but there was still no sign of him.

Loy is a professional animal communicator, and she was confident that she could help the woman find her cat. Loy asked the woman for a photo of her cat, and then she went to work.

After meditating on the photo for a few minutes, Loy was able to get in contact with the cat's spirit. There was no doubt in his owner's mind that Loy had found her cat when she described him in perfect detail, right down to his quirky personality.

During the communication, Loy caught the scent of Mexican food. And indeed the only restaurant in town was a Mexican restaurant some three miles or so from the owner's house.

She also caught a visual of a tall palm tree, an ornate fence and a drainage pipe where he might have crawled into to die in peace. That's where Sharon was convinced the Little Bear would be found. When the owner heard this, she thought the location sounded familiar. They got in the car and drove into town.

As they pulled up to the described location, there it was, a house with the tall palm tree, the ornate fence, and beside the driveway the drainage ditch. It had exactly matched Sharon's description. Grief struck the owner as she realized this could be Little Bear's final resting place.

As she called weakly to him, tears came to her eyes as Little Bear came dashing from the drainage pipe and into her arms. Little Bear was found, and he was alive.

If it weren't for Loy's amazing ability to communicate with animals, this cat may never have been reunited with his owner. This just goes to show that telepathic animal communication is a real and powerful tool that can be used to help lost pets find their way home.

## Penelope Smith & Peaches The Scared Cat

Animal Communicator Penelope Smith will never forget a certain, black and white cat who was left in her care long ago when her human guardians moved to a new city. Her name was Peaches.

Peaches was very fearful, hiding from people, dogs, and even other cats. One day, she came home with a horrible bite on her neck. It looked as though she had been bitten hard by another cat. Penelope, sprung into action, cleaning and applying ointment to the wound. Rather satisfied with her quick response time, she went about her day.

However, when Penelope suddenly spotted blood on the floor, she knew it belonged to Peaches. Something was wrong. She looked over to Peaches to find her scratching intently at her wound. As soon as it would scab over, Peaches would immediately scratch it off and start bleeding again. After trying numerous times to patch Peaches up and stop her from scratching at her scab, Penelope was beginning to lose hope as the bloody area extended from the original 1/2 inch to a gory 2-3 inches. Peaches had even begun to lose her fur around the wound. Naturally, Penelope was horrified!

At the time, Penelope was a spiritual counselor. Though she had often communicated telepathically with animals of all species in the past, she was about to surpass herself and expand the healing potential of telepathy far beyond what she thought was possible.

Determined to help Peaches, Penelope took her on as her first animal client. Just as she would in a spiritual counseling session with a human, she sat down beside Peaches and began to ask questions. As Penelope already had extensive experience communicating telepathically with animals, this was a simple task for her. In an instant, she honed her attention on Peaches and focused all of her energy into her sense of empathy. Completely submerged in positive emotion and gratitude, Penelope asked. "You hurt?"

Mental images came in a flash; other cats scratching and biting. Along with these images came an overwhelming sense of distress and anxiety. As Penelope looked more closely at Peaches, she could see that Peaches was visibly beginning to relax. The same way we humans immediately feel a sense of relief from expressing ourselves, Peaches was relieved to have shared her experience. She looked back at Penelope with the half blinks characteristic of feline affection and sense of security.

As the communication continued, Penelope was shocked at what she discovered. Peaches was not just picking at the scab because it was itchy or uncomfortable. No. Peaches was picking at the scab—to make herself ugly.

Peaches had learned that the cats and humans in the neighborhood stayed away from her once they noticed her wound. That's when she realized that if she made the wound more visible, people and animals would be even more likely to stay away from her. It worked. She was left alone, but in the process, she was in terrible pain and even more anxious than before.

Through the communication, Peaches realized that Penelope was different, that she cared and wanted to help. Peaches also realized that by making herself ugly, she was only attracting more negative energy.

Penelope encouraged Peaches to focus on the positive and visualize herself healed and happy. She also asked Peaches to trust in the process and to let go of her fears. By the end of the session, Peaches was purring, rolling on her back, and displaying all the behaviors of a happy cat.

Her wound had scabbed over by the end of the day, and within a week, nearly all of her hair had grown back and covered up the scar. Even her personality changed dramatically. Instead of running away from anyone and anything, Peaches likes to curl up purring on people's laps, and she explores the neighborhood confidently and without incident.

For this experience, Penelope found her calling as an animal communicator, and she is now one of the top animal communication professionals with a tremendously successful practice and a celebrated author of numerous books on the subject.

Penelope, like many animal communicators, has discovered the incredible potential of combining telepathy with conventional counseling techniques and other practices usually reserved for human use. Among these practices are things like meditation, Reiki healing, naturopathy, hypnosis, and positive psychology.

## Exercise: Reflections on Case Studies & True Stories in Animal Communication

This exercise will help you fortify your mindset and help persuade your subconscious mind to adopt a new worldview.

### Instructions

* Take a few moments to sit quietly and reflect on your own beliefs about animal telepathy. What do you believe is possible in terms of telepathic communication between animals and humans?
* Consider the case studies and true stories of animal telepathy presented in the section. How do these stories impact your beliefs about the reality of animal telepathy?
* Think about your own experiences with animals. Have you ever had a moment where you felt like an animal was communicating with you in a way that went beyond words? Or a time when you were convinced that an animal knew exactly what you were thinking or vice versa.

# How to Practice Telepathy

In order to achieve telepathy, we require two things: a strong intuition and a high-energy magnetic field. Intuition is necessary for detecting the magnetic and morphic quantum fields around and within us, while the magnetic field is necessary for projecting our thoughts. Some people are born with innately strong intuitive abilities and powerful magnetic fields. Most of us, however, need to substantially strengthen these in order to achieve effective telepathic communication.

There are a number of steps that you can take to strengthen your intuition and magnetic field. When followed in order they help guide you through a telepathic communication each step supporting the next and built upon the one prior. These 3 steps are setting positive intentions, breathing, visualizing the flow of energy, feeling over thinking and verification.

Advanced animal telepaths use these cornerstone techniques daily to hone and maintain their skills. We advise you to follow their example and practice the exercises you learn in this section as often as you can. If you make a routine of practicing these cornerstone techniques every day, you too will eventually become an advanced animal telepath. For students with no prior experience in telepathic communication, it usually takes 2 to 3 weeks of consistent practice to develop the competence to have their first genuine telepathic communication.

## Step 1. Achieve Heart Rate Coherence

Heart rate coherence is the physiological state most conducive to telepathic communication. Since your magnetic field and your focus and awareness is so greatly amplified in this state you can more easily project and receive telepathic signals.

### Set Positive Intentions

The first thing you’ll need to do to achieve heart rate coherence is to set positive intentions, expel all negative thoughts and emotions, and enter into a grateful state of mind.

Positive intentions catalyze heart rate coherence, boosting your magnetic field. Intentions are also easily detected by animals, who perceive negative intentions as threats. The result is that animals will almost always break the telepathic connection and refuse to communicate if they detect negative intention and emotion.

When you set positive intentions, you open yourself up to receiving guidance and inspiration from the universe. You also strengthen the energetic connection with the people or things you are targeting with your intention.

Here's how you can quickly and effectively set positive intentions:

Focus on the intention of your telepathy, whether it’s reaching out to someone or understanding the thoughts of an animal. Visualize this goal in its most beautiful form as if it has already been achieved.

Push away any negative emotions you may have about the situation or outcome.

Remind yourself that everything will be alright in the end.

Feel a sense of gratitude for the opportunity to connect with others through telepathy.

You can also use a gratitude totem.

#### Use a Gratitude Totem

A gratitude totem can be a powerful tool to help you immediately dissipate negative intentions, and emotions and generate positive energy.

Find something that reminds you of the things and people you are grateful for in your life, such as a small stone, item or piece of jewelry. Whenever negative thoughts come up during your practice, hold it in your hand and repeat a mantra or affirmation related to gratitude. This will help shift you back into a more positive, open mental and emotional state.

Intention permeates everything around us. Everything resonates with the intention infused energies that it interacts with. As you have seen in previous modules, even water droplets crystallize in more chaotic forms the more negative the intention of the energy forms around it. For example, death metal music, threats, lies, and other terrifying ideas, either spoken or written, will produce horribly chaotic patterns in the formation of water crystals.

All matter is energy and reacts to negative intentions and other energies in a similar way. They create chaos, dissonance, and noise rather than order, harmony, and meaning. This is likely the source of hauntings as negative emotions and intentions resonate through a space, corrupting its energetic structure and leaving it in a semi-permanent state of negative energetic resonance.

Even structures erected or objects created with malevolent purposes in mind distort and corrupt the energies around it, such as military bases, abattoirs, prisons, and other places designed for the destruction of life. Since these spaces often exist all around us and negative energies and intentions are pervasive, it is important to cultivate an extremely positive attitude. Ideally, your personal energy should be so positive that it shines a light in the darkest of places and is unaffected by the negativity around you.

To ensure that there are no energetic disturbances emanating from your surroundings you can take the following action:

* Radiate love – By radiating loving energy, you create an environment or space where negative energies and intentions simply cannot live.
* Visualize white light – If a space is still affected by negative energies, visualize a bright white light that is so powerful it can penetrate anything in its path and transform any existing discord into harmony.
* Construct energetic shields – You can also create energetic shields around yourself and those you are connecting with in order to protect against negative energies by visualizing a bubble or shield of white light surrounding you all.

If at any point during the communication you feel negative energy again, bring yourself back to this first step and start from the beginning. That is how important positive intentions and gratitude are for successful telepathy.

### Breathe

After you have set positive intentions and cleared yourself of negative emotion and thoughts you can start to focus on your breathing.

Breathing is essential to enter into a state of heart rate coherence which will be made much easier having already set yourself in positive intentions and gratitude.

To breathe properly, recall the exercise you practiced in Module 3 on achieving heart rate coherence. Start by inhaling through your nose and focus on the sensation of air entering your body, then, exhale slowly and deeply with every breath.

As you continue to breathe, try to deepen each inhalation and exhalation so that they become smoother and more rhythmic. This will help you enter into a heightened state of awareness where telepathic communication is stronger.

The rhythmic sweet spot to achieve heart rate coherence is to inhale for four seconds, hold for one, then exhale for 5. Sustain this for at least a minute before moving on to the next step.

## Step 2. Visualizing Energy Flow

After achieving heart rate coherence, the mental work of telepathy begins. And for telepathy, the bulk of that work is visualization. Since telepathic messages are unmediated by our 5 senses, the only way to detect them is with our mental senses, like reason, intuition, and visualization. These are the faculties through which telepathy is mediated.

However, reason and intuition will come into play in the final step. For now, you must cast yourself into a mental world that you must construct through visualization.

There is not a singular visualization that works for everyone, and indeed, your own mental representations of the same visualization may be characteristically different from those of other students. No matter how you personally perceive it in your mind, the power of this visual representation is undeniable.

Close your eyes and picture the following:

* You are the animal you are attempting to communicate with. What does it feel like to have their body? What kinds of things can you smell and hear?
* Feel the energy flowing through your body and become aware of how it radiates from your heart outward into your surroundings like a shining sun piercing everything with its rays.
* These light rays produce a corresponding magnetic field.
* Imagine that this magnetic field is like a donut with you in the center, with energy flowing out from your head and looping around to come through your pelvis.
* Energy is distributed unevenly along the field and the distribution keeps changing.
* In your mind's eye imagine that the field is condensed into a ball of energy passing through the tunnel.
* As it passes through the tunnel, the ball of energy is stretched out into a thin beam of light
* The beam comes out the other side of the tunnel and hits you directly in the eyes.
* If you have done everything correctly so far, a telepathic channel between you and the animal will then open.
* At this point you should let yourself visualize freely, without any structure of limitations. What you receive in this state will be telepathic signals from the animal.

However, this state is fragile and you can easily be shaken from it, but consistent practice will keep you focused and attuned to the animal for sustained periods of time. Eventually you even be able to open your eyes while maintaining that telepathic connection.

Visualization is a powerful tool for strengthening our intuition and energy field. By visualizing what you want to achieve, you create a roadmap for the universe to follow. You also put yourself in a state of positive expectancy, which helps you attract what you desire into your life. You may not even visualize things exactly as they are or will be, but you will attract the outcomes you are looking for either way. This is the power of visualization.

Visualization allows us to project ourselves into the future and hold that projection as reality in the mind's eye; as if it were the present. Our psychology is warped around our visualizations and our beliefs and personal identity begin to take the shape of our visualizations. This is how we can change our reality through our own imagination. The more clearly we can visualize something, the more real it is.

One of the most powerful aspects of visualization is that it allows us to break from our mind's subconscious programming and actually force ourselves to be conscious. We spend so much of our day on autopilot. Even when we think we are having "conscious" thoughts, they are not really ours. We are not choosing to have them, instead, we are locked in comfortable patterns of thought that act as shortcuts and prevent us from having to make conscious decisions.

The brain's mental processes take an incredible amount of energy to execute. The more we can automate these processes, the more energy we save. This is why we have things like "muscle memory" where we can perform complex tasks without having to think about them. Everything from riding a bike to cooking our favorite meal becomes second nature and effortless over time as we create neural pathways that become ingrained in our subconscious.

The problem is that these shortcuts and patterns often prevent us from adopting new mindsets and behaviors. They prevent us from acquiring new skills because they force themselves out of their programming.

This is where visualization comes in handy.

By consciously and intentionally visualizing what we want to achieve, we can override the subconscious programming and install new neural pathways. We can force our minds to think about things differently and open up new possibilities for ourselves.

It is important to note that visualization is not just about "seeing" something in your mind's eye, it also involves feeling the associated emotions. When you visualize something, you should feel as if it is already happening. This creates a sense of expectancy which helps to change our beliefs, behaviors, and align ourselves with new energies. this attracts new opportunities into our lives that are aligned with our visualizations.

It is also important to be as specific as possible when visualizing what you want to achieve. The more specific you can be, the better. This is why we have attempted to elucidate, in detail, the mechanisms behind telepathic communication, both scientific and esoteric. The more detailed your visualizations, the more powerful their effect.

You should also continue to build on your visualizations. Take note of the spontaneous, inspiring, or useful things you find while practicing visualization and allow yourself to be guided by these inspirations. This will make practicing telepathy far more intuitive.

## Step 3. Identify & Interpret Telepathic Messages

The last step in telepathic communication is Identification and Interpretation of messages Another cornerstone of telepathy is verification. Without proper experience and training in verifying the authenticity of telepathic messages, you are likely to fool yourself into thinking you are receiving genuine telepathic messages even when you are not.

Errors in telepathic communication occur in one of two ways: An error in identification, or an error in interpretation. Energetic noise can be created both inside and outside of ourselves that disconnects us from telepathic communication. Strong energies overpowering our intentions, as well as our own personal mental projections, must be identified and overcome in order to secure the authenticity and accuracy of any telepathic communication. Practicing your ability to correctly receive and interpret telepathic messages is essential to developing the accuracy and consistency characteristic of true telepathy.

#### How to Identify Telepathic Messages

As we have stated earlier in this module, there are many ways that we may receive telepathic messages. The most important thing to remember is that just because a message comes through telepathy does not mean that it is authentic. For example, if you are projecting your own thoughts and feelings onto the other being in the communication, you may believe that they are telepathic messages when, in reality, they are not.

One way to identify an authentic telepathic message is by its fullness of information. Authentic messages often contain more information than sense-specific perceptions like seeing a color. For example, seeing a red color on its own is not enough to convey all meaning through visual perception. To perceive a red color through telepathy might just be the way the information is packaged, but it brings with it a fullness of knowing that is multi-sensory and complete even though its only packaged in a single sensory perception. In other words, for telepathy, much of the intentional meaning is often implicit under an explicit facade.

Another way to identify an authentic telepathic message is by its distinctiveness from sense-specific perceptions. Authentic messages often have their own unique qualities that set them apart from other types of sensory information. For example, the feeling of a hug might be transmitted through telepathy in a way that feels different than the feeling of a hug we experience when we are physically present with the person who is hugging us. Authentic telepathic messages often have their own unique "flavour" that sets them apart from other forms of sensory information. During practice sessions, the messages you this "flavour" should always be verified if at all possible. Do not ignore these feelings, dig deep and try to find out if the information was true or not. If the information was indeed true, you will have identified the unique "flavor" associated with an authentic telepathic communication.

Finally, another way to identify an authentic telepathic message is by its coherence and consistency across time and space. Messages that come through telepathy often have a sense of continuity and cohesion that helps to verify their authenticity. For example, if you consistently receive messages from your deceased parakeet, then there is good evidence that those messages are authentic telepathic communications. Similarly, if you consistently receive messages about future events that come true, then this too can be used as evidence of an authentic telepathic connection.

In conclusion, there are several factors that can help us to identify whether or not we are receiving authentic telepathic messages. These factors include the fullness of information contained within the message, the distinctiveness from other forms of sensory information, and the coherence and consistency across time and space. By paying attention to these factors, we can increase our chances of accurately identifying genuine telepathic communications.

#### How to Interpret Telepathic Messages

Once we have identified that we have indeed received an authentic telepathic message, we must also be sure that we can correctly interpret the significance of that message. Sometimes, we receive the fullness of the entire meaning of the message folded into a single sensory representation. In these cases, there is no interpretation to be done, we know everything about the message and its intention in an almost indescribable way. The more we develop our skills as animal communicators, the more our telepathic communications will be of this character.

However, this high level of intuition is usually reserved for the most gifted and experienced animal communicators. Most have many communications that are not exactly clear. We will receive a telepathic message that we know is authentic, since we recognize the unique "flavor " of telepathic communication, but we are unclear of its full significance.

For example, during a session, you—the animal communicator—might often say to the animal's guardian something like, "Your dog is telling me about someone named Sally. She's worried about Sally. Does this mean anything to you?". In this case, you may even have tried to probe the animal for a clearer picture of who Sally is, but just can't quite get an answer that feels authentic. So instead, you might turn to the animal's guardian to help complete the interpretation and provide some context to the content you have received.

The content and context of a telepathic message are the two elements that we need to understand in order to correctly interpret its meaning. Being able to understand both will give you the clearest picture possible of the true meaning behind the telepathic messages you receive.

#### Content Verification

Content refers to the specific information contained in the message. This information can be verified through logic, reasoning, and deduction. For example, if you receive a telepathic message from a dog telling you that they love blankets, you can verify the message by giving the dog a blanket. If the dog seems to genuinely enjoy the blanket, then it is likely that the telepathic message was authentic.

During an animal communication session, we get the feedback of their human guardians, that allow us to verify the messages. When animals share true information with us that only we could have known through telepathy, their humans are often amazed. They will tell you when you are uncovering true information or not.

However, a human guardian will not verify every message for you. If they knew everything about the animal, they wouldn't need you to help them communicate. There are usually a set of questions that we alone as the animal communicator can answer through a telepathic connection.

For this reason it is very important to start every session with some warm up questions to see if you are indeed connecting telepathically with an animal. These questions should be about things that their human guardians should already know about. Once they consistently confirm your answers to these types of questions, you can be more confident that you will receive authentic messages when asking the questions their humans do not know the answers to.

Sometimes, the content of a message simply does not make sense to us, that is when we need to consider the broader context of the message.

#### Context Verification

In addition to the content of the messages, we must also be able to identify the context in which that message was sent and received. The context of a message is determined by a number of factors including the states of mind of the sender, receiver, and other beings in their environment, as well as other subtle energies that may be interfering with the resonance pattern of the telepathic channel between the two communicants.

For example, if you are trying to communicate telepathically with an animal and there are other animals in the room who are feeling anxious or fearful, their emotional state will interfere with the telepathic channel and make it more difficult for you to receive clear messages.

Another example of context interference is when the receiver of the message is in a state of doubt or skepticism. If the receiver does not believe that telepathic communication is possible, they will likely not be able to receive any messages at all, no matter how strong the sender's telepathic ability might be.

## Summary of Key Points:

* Telepathy requires strong intuition, and a high-energy magnetic field. Some people are born with innately strong intuitive abilities and powerful magnetic fields.
* Most of us need to substantially strengthen these in order to achieve effective telepathic communication.
* The five cornerstone techniques to strengthen our intuition and magnetic field are breathing, feeling overthinking, positive intentions, visualization, and verification.
* If you make a routine of practicing these cornerstone techniques every day, you too will eventually become an advanced animal telepath.
* Heart rate coherence is the physiological state most conducive to telepathic communication. Since your magnetic field and your focus and awareness is so greatly amplified in this state, you can more easily project
* By consciously and intentionally visualizing what we want to achieve, we can override the subconscious programming and install new neural pathways.
* Authenticity of telepathic messages must go through a process of verification to ensure you are receiving genuine telepathic messages. Just because a message comes through telepathy, does not mean that it is authentic.
* Authentic telepathic messages can be identified by its fullness of information, distinctiveness from sense-specific perceptions and by its coherence and consistency across time and space.
* Strong energies overpowering our intentions, as well as our own personal mental projections, must be identified and overcome in order to secure the authenticity and accuracy of any telepathic communication.
* Practicing your ability to correctly receive and interpret telepathic messages is essential to developing the accuracy and consistency characteristic of true telepathy.
* Once we have identified that we have indeed received an authentic telepathic message, we must also be sure that we can correctly interpret the significance of that message.
* Most telepaths have many communications that are not exactly clear. So, you might turn to the animal's guardian to help complete the interpretation and provide some context to the content you have received.
* Understanding the content and context of a telepathic message provides the clearest picture possible of the true meaning behind the telepathic messages you receive and helps to correctly interpret its meaning.
* Content refers to the specific information contained in the message. During an animal communication session, we get the feedback of their human guardians about simple baseline questions, which allows us to verify the messages.
* Once they consistently confirm your answers to these types of questions, you can be more confident that you will receive authentic messages when asking the questions their humans do not know the answers to.
* The context of a message is determined by a number of factors, including the states of mind of the sender, receiver, and other beings in their environment, as well as other subtle energies that may be interfering with the resonance pattern of the telepathic channel between the two communicants.
* If the receiver does not believe that telepathic communication is possible, they will likely not be able to receive any messages at all, no matter how strong the sender's telepathic ability may be.
* The best way to overcome context interference is to ensure that both the sender and receiver are in a state of relaxation and openness.

## Exercise : Practicing Telepathic Communication

As we have said many times before, we cannot stress enough the importance of practice when trying to develop your telepathic abilities. As an animal communicator it is often difficult to get immediate feedback on our telepathic effectiveness. This is mainly because verifying messages received from animals can often be quite tricky since they do not generally have the ability to confirm verbally the veracity of answers to many questions. For this reason, practicing with humans can have its advantages.

First of all, humans are generally less telepathically inclined than animals. Therefore, if you can be successful in sending and receiving telepathic messages with humans, then you can be sure that you can do it even more easily with animals. This helps you get the sense of what an authentic telepathic impulse feels like. As a result you will become more confident that your telepathic communications with animals are indeed authentic.

Secondly, you have the advantage of being able to use detailed verbal communication to verify telepathic messages. The trick is to find a partner that you can trust; a partner that will not feed you false information for any reason.

### Materials

* A partner you can trust
* Cue cards

### Instructions

1. Sit with your partner in a comfortable space.
2. Have them write down a word or draw a simple image on a cue card. Make sure you don't know what it is.
3. Have them focus intently on the image or word for the duration of the exercise.
4. Use breath work while mustering feelings of gratitude to enter a mindful and coherent energetic state.
5. Continue until you begin to feel calm and centered. Close your eyes and continue to breathe.
6. Enter a meditative state, bring awareness to your pineal gland or third eye chakra. Imagine it is a lens that is peering at your partner and seeing deep into their being.
7. Consider what images and feelings are coming to you.
8. When you feel you are most in tune with your partner, your intuition will highlight certain thoughts and impressions coming to you. Trust this intuition, and use it to inform your answer.
9. Tell your partner what you think is on the cue card. You use your own cue card to write down the word or image that came to you.
10. Compare your answer with your partner's cue card.

Keep repeating this process and keep track of your hits and misses. If you manage to come relatively close to the correct answer 3 times in a row until you can feel confident that you are able to communicate telepathically with your partner. Be sure to end with some gratitude for your partner's willingness to help you improve your skills.

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## Exercise: Soundboarding for Telepathic Content Verification

The content and nature of a telepathic message can often be confusing. To a great extent, animal communicators must rely on intuition to verify the content of the messages they receive. However, we can strengthen that intuition by running experiments to test it. Many of the questions you will ask to animals will be difficult, if not impossible, to verify for certain. But practicing with questions that you *can* verify will help you develop your ability to recognize authentic from inauthentic content.

Since we typically have an easier time communicating with humans than animals, we can easily ask questions and get answers to verify our beliefs. For this reason, we will practice these telepathic content verification exercises with other people. Since humans typically have reduced telepathic abilities compared to animals. Being able to connect telepathically with another human even in very simple ways will be a good indicator of how effective you will be with animals.

For this exercise, use a trusted friend or family member as a sounding board. Find someone you know will be honest with you and who you feel comfortable confiding in. Explain to them what you are trying to do and ask them to help you verify your telepathic messages.

### Materials:

* A trusted friend
* Pen and Paper

### Instructions:

#### Part 1

* Find a comfortable place to sit with a trusted friend. You do not both need to be in the same room or even close to one another, as long as you are both in a relaxed and present state without distractions.
* Write down on a piece of paper a number from one to 3
* Do not divulge the number to your friend.
* Focus intensely on the number and visualize the idea of that number in it's completeness being sent down to your heart, filling your body with sensation and projecting that idea and those associated sensations out from your heart like a radio tower.
* Visualize the image penetrating the third eye Chakra (pineal gland) of your friend. Visualize that they are suddenly aware of the number you are trying to communicate. Imagine how they are feeling as they suddenly get the full telepathic impression of the number.
* Once you are satisfied with your visualization, have them guess the number.
* If they guess correctly, increase the number range by 2 and repeat the exercise.

The higher you go in this exercise the more difficult it will be to accurately communicate the number telepathically, but it will also make your ability to verify the content of your messages more reliable.

#### Part 2

Reverse the roles. This time it is your turn to try to guess the numbers. Make sure to help guide your friend to strengthen their telepathic output through the correct visualization.

This is likely the more important part of the exercise, as it is in this part that you will practice your ability to read the content of a telepathic message.

## Exercise: 4 Questions for Context Identification

Understanding and identifying the whole context of a telepathic message is essential in helping us correctly interpret its meaning.

To completely consider the context of the communication, we must ask the right questions and attempt to answer them in the greatest possible detail.

### Materials:

* Pen
* Paper, preferably with a clipboard if you will not be sat next to an appropriate writing surface, or your animal communication journal
* Access to an animal

### Instructions:

* Enter a space with an animal. This could be entering the room where your pet is right now, or heading to the park and sitting on a bench beside some birds.
* Sit comfortably where you can write on your piece of paper or in your journal.
* Sit quietly for 5 minutes just taking in the sights, sounds, smells. Let your awareness be flooded by the intimate experience of its surroundings.
* After 5 minutes, answer the following questions in as much detail as possible:

1. Who am I and how am I feeling? Go as deep as possible. You might think you know who you are but really starting to think about it will uncover new, valuable insights for you that will help you greatly in animal communication and every aspect of your life.
2. Who is the subject am I communicating with and how might they be feeling? Go as deep as possible : this question is much easier to answer when you already know the animal, but you would be surprised how much you learn about your pet just by trying to answer this question formally.
3. What can I sense in my environment that is affecting how I feel? Take the time to gain a greater awareness of the subtle energies around you. Whether your session is on location or from home using the internet it is important to consider how your environment may be exerting external pressure on your mind. Maybe you notice that there is a negatively charged feeling in the air or that there is a subtle unpleasant odor that you either hadn't noticed or have simply been ignoring. Take this into consideration.
4. What might your subject sense in their environment that may be affecting how they feel?

In order to prevent projecting your own impressions onto the communication, it is best to consider these questions only after you have identified an authentic telepathic message but are unclear as to its exact meaning. However, you should first approach a communication with the fewest possible preconceptions of who you are communicating with and what they are like. Only then will these questions help you make sense of the message without corrupting the telepathic channel with your prejudices.

Practicing this exercise frequently will make you much more sensitive to the contextual factors that obscure the ultimate meaning of a telepathic communication. It will also give you greater clarity of mind when communicating with animals.

# Overcoming Obstacles to Telepathic Communication

For most people, achieving a practical competency in telepathy is not easy. Besides requiring extensive practice to master, there are also many outer and inner obstacles that can prevent us from achieving effective telepathy. Outer obstacles include things like noise, distractions, and interference from other people's thoughts. Inner obstacles include things like fear, doubt, and self-criticism. Though these obstacles may seem minor, they have tremendous consequences in the extremely subtle and sensuous realm of telepathy.

Noise can be a major obstacle to effective telepathy. If we are trying to communicate with someone who is far away, and there is a lot of noise in the background, it will be difficult to get through. The same is true if there are a lot of distractions around us. It can be very difficult to focus on sending or receiving telepathic messages when there are constant distractions.

Interference from other people's thoughts can also be a major obstacle to effective telepathy. If we are trying to communicate with someone, and they are surrounded by people who are talking and thinking loudly, it will be difficult to get through. The same is true if we are trying to communicate with someone who is surrounded by electronic devices. The electromagnetic radiation from these devices can interfere with our ability to send or receive telepathic messages.

Another outer obstacle to effective telepathy is distance. If the person we are trying to communicate with is far away, it will be difficult to get through. This is especially true for beginners, who may not have developed their skills enough yet to overcome the distance barrier.

Inner obstacles can also prevent us from achieving effective telepathy. One of the biggest inner obstacles is fear. Many people are afraid of using their telepathic abilities because they don't want to become psychic vampires or because they are afraid of what might happen if they open themselves up to too much psychic information. Another big inner obstacle is doubt. Many people doubt their ability to use telepathy and wonder if they are just making it all up. And finally, self-criticism can also be a big obstacle to effective telepathy. Many people criticize themselves for not being good enough at telepathy or for not doing it the "right" way.

## Outer Blocks of Telepathic Communication

Outer blocks of telepathic communication with animals can be anything that gets in the way of a clear and meaningful exchange that is not coming from you as the animal communicator. This can include physical obstacles such as fences or barriers, environmental factors such as loud noise or distractions, or the emotional states such as stress or anxiety of your subject and beings around you.

### The Animal Refuses to Communicate

One of the most common outer blocks to communication is an animal that is not willing to communicate. This could be due to any number of reasons, such as fear, mistrust, or a lack of interest. It is important to remember that we cannot control another being's mind and we should not take it personally if an animal does not want to communicate with us.

However, there are a number of steps we can take to try to encourage an animal to communicate with us. First, it is important to relax and be patient. We should not try to force the communication but rather let it happen in its own time. Second, we should try to create a safe and comfortable environment for the animal. This means removing any physical barriers between us and the animal, such as fences or cages, and making sure there are no distractions that could upset the animal, such as loud noises or sudden movements. Finally, we should try to establish a connection with the animal by making eye contact and establishing rapport.

If we are still having difficulty communicating with the animal, we can try using some of the techniques described in the section on enhancing telepathic communication.

It is important to remember that every animal is different and will respond differently to telepathic communication. Some animals may be more open and willing to talk, while others may be more hesitant or guarded. It is important to be respectful of each animal's individual personality and approach communication in a way that feels natural and comfortable for both parties involved.

Animals also have free will, so it is important to respect their decision if they do not want to communicate. If an animal does not want to communicate, simply thank them for their time and move on. Do not take it personally, and do not force the issue. The most important thing is to remain open, positive, and respectful throughout the process.

If you find that an animal is refusing to communicate, it is possible that they are picking up on your own negative energy. In this case, it is important to go back and use some of the energy clearing techniques mentioned above. Once you have cleared away any negative energy, try again. Oftentimes, simply taking a few moments to clear your energy will make all the difference in the world.

The worst thing you can possibly do if you are unable to authentically communicate with an animal telepathically is to lie. Whether you are lying to yourself or your client, you are doing nothing but harm to all the stakeholders involved by lying about the communication in order to save face or any other vain, prideful, or otherwise selfish reasons. One cannot overstate the importance of total transparency when communicating with animals. If you are not able to authentically communicate with an animal, say so. This is the only way to maintain integrity in your work.

### Physical or Environmental Factors

Another common obstacle is communication that is interrupted or distorted by physical or environmental factors. This can be due to things like distance, interference from other objects or sounds, or simply the fact that the animal is moving around a lot. Physical and environmental factors can either be among the easiest or hardest factors to control, depending on the context.

For example, remote communication can be challenging for some animal communicators since they do not have the same ability to share the immediate experience of the animal. In a remote session, a communicator's experience is entirely limited to the telepathic connection with the animal and the internet connection between devices. They do not have access to other cues or the sense of closeness and connectedness that can only be achieved through physical proximity and touch.

On the other hand, some communicators find it easier to connect with an animal when they are not in the same room because they are not distracted by the animal's physical appearance or body language. They can focus entirely on the energy of the animal and the telepathic connection.

Objects in the environment, both in a remote and in person session, can also have profound effects on the quality of the telepathic connection. For example, if there are loud noises or bright lights in the room where the communicator is located, it can be difficult to focus on the subtle energy of the animal. In a remote session, if there is a poor internet connection or spotty cell phone service, it can also be difficult to maintain a strong and clear connection.

Furthermore, as we have mentioned before in this course, objects can also resonate with negative energies that have been imprinted on them, so to speak, by negative intentions in their creation. Objects also experience a kind of trauma from being exposed to or being part of malicious activity.

Though it is often difficult to pinpoint the exact object that is resonating with this negative frequency, we can often feel its presence when they are strong enough to affect our telepathic connections. At the very least, it is good to be aware of these facts as you develop your abilities. You will find that as you grow, you will become more sensitive to the effects of negatively charged objects and spaces.

Being aware of these is important, especially for a professional animal communicator. For example, if you are conducting a remote session with an animal and you start to feel very drained, it is possible that the animal is located near or in close proximity to a negatively charged object. If you have the experience needed to identify them, you will be able to tell the client, who will potentially move the animal to a better location away from these negatively charged objects. So rather than losing a client, you may be able to salvage the communication.

There are, however, a number of ways to try to mitigate the effects of physical and environmental factors on telepathic communication.

Some people find that they are able to better focus when they use headphones to block out external sounds. Others find it helpful to create an altar or space in their home that is just for communication with animals. This can be as simple as having a comfortable chair in a quiet room where you can sit and focus on your animal friend or from where you practice your remote animal communications.

Some people also find it helpful to use certain tools to help them focus and connect with the animal. They can include things like Crystals, Herbs, and Incense. These things can have both a psychological and energetic effect on your mind and body. Many of these objects can also be brought on location to help diffuse negative energies and get you into a more comfortable and focused state of mind.

#### Crystals for Telepathy

Crystals, rocks, and minerals have long been known to have energetic properties that can be harnessed for a variety of purposes, including aiding in telepathic communication.

There are many different crystals that can be used for this purpose, but some of the more popular ones include: amethyst, quartz, and tourmaline.

##### Amethyst:

Amethyst is known for its ability to calm and focus the mind, making it an ideal tool for use in telepathic communication. It is also said to promote creativity, which can be helpful in developing the ability to visualize the animal you are trying to communicate with.

##### Quartz:

Quartz is known for its ability to amplify and store energy, making it an ideal tool for use in telepathic communication. It is also said to promote clarity of thought and focus, which can be helpful in achieving a successful telepathic connection.

##### Tourmaline:

Tourmaline is known for its ability to deflect and disperse negative energy, making it an ideal tool for use in telepathic communication. It is also said to promote relaxation and stress relief, which can be helpful in keeping the mind clear and focused during the process of attempting to communicate with an animal.

#### Herbs for Telepathy

Herbs have been used for centuries for their medicinal and magical properties. There are many different herbs that can be used to aid in telepathic communication, but some of the more popular ones include: mugwort, lavender, and rosemary. The herbs are used by simmering them in water to make an herbal infusion, which can be drunk before or during the telepathic communication attempt. Even simply smelling the herbs can be beneficial.

##### Mugwort:

Mugwort is known for its ability to promote psychic awareness and dreaming, making it an ideal herb for use in telepathic communication. It is also said to promote creativity, which can be helpful in developing the ability to visualize the animal you are trying to communicate with.

##### Lavender:

Lavender is known for its ability to promote relaxation and stress relief, making it an ideal herb for use in telepathic communication. It is also said to promote clarity of thought and focus, which can be helpful in achieving a successful telepathic connection.

##### Rosemary:

Rosemary is known for its ability to promote memory and concentration, making it an ideal herb for use in telepathic communication. It is also said to promote alertness and intelligence, which can be helpful in interpreting the messages received during a telepathic conversation.

### Negative Mental States

Stress and anxiety can also be major blocks to communication. When we are feeling overwhelmed or tense, it can be difficult to focus on sending or receiving messages. The same goes for the animals with whom we are communicating.

Furthermore, the telepathic channel can also be distorted by the intentions, thoughts and emotions of other beings in proximity to the communicators in some way. These could be other animals in the area of the sender or receiver, it could be the human guardian if they have strong telepathic predisposition or if you are sensitive enough to pick up human telepathic signals. In fact this phenomenon is so pervasive that the emotional states of every being on earth seem to affect every communication in some way or another.

It is as if the sum of all the negative and positive intentions and emotions in the world average out to create the baseline emotional state in which all telepaths must operate. The more the average lean toward the positive, the easier it is for all beings to communicate telepathically. Conversely, the more the average leans toward negativity, the harder it is to communicate.

In order to avoid excessive telepathic noise generated by beings other than your target, we can employ a number of techniques. The first is a visualization tool called the Light Shield visualization.

#### The Light Shield Visualization

In this visualization imagine you are creating a shield of light around you that will protect you from negative energy and allow you to focus on your communication. To do this visualization, simply close your eyes and imagine a bubble of white light surrounding you. See the bubble getting bigger and brighter until it surrounds you completely.

#### Focusing With Intentions

The second tool is to set the intention to only communicate with beings that have your best interests at heart. This is done by picturing the animal you wish to communicate with in your mind and mentally saying something like, “I only want to communicate with animals that have my best interests at heart.”

It is also important to have the intention to communicate clearly and concisely. This is done by picturing the animal you wish to communicate with in your mind and mentally saying something like, “I only want to communicate clearly and concisely with this animal.”

#### Energy Clearing

The third tool is to use an energy clearing technique before you attempt to communicate. This will help to clear away any unwanted or negative energy that might be affecting your ability to communicate.

One popular energy clearing technique is called the **Feather Clearing**.

To do this visualization, simply close your eyes and imagine a feather floating down from the sky and landing lightly on your head. As it does, see the feather absorbing any unwanted or negative energy that might be affecting your ability to communicate. Then, see the feather floating away, taking all of the unwanted energy with it.

Another popular energy clearing technique is called **Light Body Clearing**.

To do this visualization, simply close your eyes and imagine your body filled with light. See the light getting brighter and brighter until it fills your entire body. Then, see the light expanding outward, pushing away any unwanted or negative energy that might be affecting your ability.

## The Inner Blocks to Telepathic Communication

Inner blocks constitute the vast majority of the obstacles we may face when learning and practicing telepathy. Simply the fact that we need to practice in order to improve is a considerable inner block. We live in a world that tells us we should be able to do things perfectly the first time we try them. This is not only untrue but also leads to feelings of frustration and discouragement. When we're trying to learn telepathy and find that it's not working as well as we would like, it's easy to give up entirely.

The first step to overcoming any inner block is simply to accept that you will need to practice in order to improve. Just like with any other skill, the more you practice, the better you will become at it. It's important to be patient with yourself and allow yourself the time and space to grow and develop your abilities.

When we are really in tune and well practiced, humans are sensitive to telepathic messages despite disruptions in the environment or even sometimes resistance on the part of the animal, though this is never recommended to do as an animal communicator.

In order to overcome your inner blocks, you first need to be able to recognize them. They may be limiting beliefs, like a lack of faith in your abilities, or they may be blocks related to your actual ability. There are many different inner blocks that can prevent us from achieving effective telepathic communication with animals. Some of these blocks are related to our actual ability to communicate, while most are actually related to our limiting beliefs.

### Limiting Beliefs

One of the most common blocks is limiting beliefs. We may believe that we are not capable of telepathic communication or that it is not possible to communicate with animals in a meaningful way. This type of belief can prevent us from even trying to communicate telepathically and can limit our ability to learn and improve our skills.

If you find that you have any limiting beliefs about telepathic communication, it is important to work on changing these beliefs. If everything you have learned in this course is still not enough to change your mindset about telepathy then you may consider doing some additional research of your own to learn more about the topic in ways that we have not discussed, and by practicing visualization and other techniques to help you develop your abilities.

#### Some Limiting Beliefs

**"I believe that I can communicate telepathically with animals, but I'm not confident in my abilities":**

Confidence is often a factor of our competence. Continuing to practice and striving for improvement will eventually lead you to trust in your abilities from experience. The best treatment for lack of confidence is therefore patience, and discipline. You'll also need to have faith in the process and appreciate the journey. I'm confident that I can communicate telepathically with animals but I think people will doubt or mistrust me.

You might feel confident in your abilities but that people won't trust you. In this case, ask yourself, "Why would you lie or deceive them?" Why would they agree to have you communicate with their animals if they did not trust you? If you think about it, you should only be concerned about whether people trust you if you are actually trying to deceive them which would defeat the whole purpose of an animal communicator as an interpreter.

**"I'm not sure I believe that telepathic communication is even possible":**

If you've gotten to this point in the training and still doubt the possibility of telepathic communication, then you most likely have some kind of social reservation related to someone who has or might humiliate you for even considering such things.

**"I believe that telepathic animal communication is possible but not for ME":**

Sometimes people who feel this way simply have not made a genuine effort yet. It may also be that you are getting frustrated with your progress and seeing no real results for yourself even after putting in so much effort. You try to be patient and continue working at it but you're distracted by your frustration which frustrates you further in a vicious cycle.

**"I haven't had enough practice":**

If you've experienced and recognize when you are in direct telepathic communication with an animal, then you HAVE had enough practice to consider yourself an animal communicator and to start offering your services.

**“I'm feeling stressed or fearful about animal communication”:**

The most common culprit for feeling nervous about animal communication is performance anxiety. We have a fear of failing that stops us from even starting.

**"It's hard to get centered, grounded and focused":**

A lack of focus and groundedness is most frequently a result of failing to make a habit of including mindfulness and meditation exercises in your daily life. It may also result from improper diet, sleep and exercise.

In other words your lifestyle and habits have a lot to do with our ability to stay focused and grounded. There may however be unresolved issues in our life that are pulling our attention and causing us constant anxiety. These are often outer blocks that need to be resolved externally.

**"What if I can't interpret the message correctly?"**

This is a valid concern. If you are unsure of what the animal is trying to communicate, ask them to show you or give you a sign. Remember that it is their communication, and they will know how to get their message across to you.

**"I don't want to know what they are thinking"**

Sometimes we are afraid of what the animal might tell us. We may not want to know what they are thinking or feeling because we are afraid it will be something negative. Keep in mind that the animal is trying to communicate with you because it needs or wants something. It is important to find out what that is so that you can help them.

**"I'm not ready"**

This is often a self-imposed block that we put on ourselves. We may not feel ready to start communicating with animals because we are afraid of what we will find out or what they might say. Remember that you can always stop the communication at any time. You are in control of the conversation.

## Summary of Key Points

* Outer blocks of telepathic communication with animals can be anything that gets in the way of a clear and meaningful exchange that is not coming from you as the animal communicator.
* One of the most common outer blocks to communication is an animal that is not willing to communicate. There are a number of steps we can take to try to encourage an animal to communicate with us.
* It is important to be respectful of each animal's individual personality and approach communication in a way that feels natural and comfortable for both parties involved.
* Energy clearing techniques can help remove blocks.Once you have cleared away any negative energy, try again.
* You will find that as you grow, you will become more sensitive to the effects of negatively charged objects and spaces.
* There are a number of ways to try to mitigate the effects of physical and environmental factors on telepathic communication.
* The telepathic channel can be distorted by the intentions, thoughts and emotions of other beings in proximity to the communicators in some way.
* We can employ a number of techniques to avoid excessive telepathic noise generated by beings other than your target. For example, by picturing the animal you wish to communicate with in your mind you can mentally say something like, "I only want to communicate with animals that have my best interests at heart."
* Inner blocks constitute the vast majority of the obstacles we may face when learning and practicing telepathy.
* The first step to overcoming any inner block is simply to accept that you will need to practice in order to improve.
* There are many different inner blocks that can prevent us from achieving effective telepathic communication with animals.
* You may have limiting beliefs, like a lack of faith in your abilities, or they may be blocks related to your actual ability.
* If you find that you have any limiting beliefs about telepathic communication, it is important to work on changing these beliefs.
* Continuing to practice and striving for improvement will eventually lead you to trust in your abilities because of your experience.
* If you've experienced and can recognize when you are in direct telepathic communication with an animal, then you HAVE had enough practice to consider yourself an animal communicator and to start offering your services.
* The most common culprit for feeling nervous about animal communication is performance anxiety.
* A lack of focus and groundedness is most frequently a result of failing to make a habit of including mindfulness and meditation exercises in your daily life.
* Sometimes we are afraid of what the animal might tell us.I f you are unsure of what the animal is trying to communicate, ask them to show you or give you a sign.
* Keep in mind that the animal is trying to communicate with you because it needs or wants something. Remember that you can always stop the communication at any time. You are in control of the conversation.

## Exercise: Identify & Overcome Inner Blocks

As we have seen, there are many inner blocks that can be affecting you at any given time. These blocks weaken your telepathic abilities sometimes to the point of making us unable to connect telepathically at all. Even outside the context of telepathy, inner blocks hold us back in virtually every aspect of our live. They prevent us from achieving and maintaining optimal performance and even from moving forward to meet new challenges in our lives.

Failing to overcome these inner blocks can have far-reaching and even devastating consequences. It is therefore important to be aware of them and to work on overcoming them on a regular basis.

Though there are many different ways of working through specific inner blocks, some of which we have already shared with you, it is good to have a general purpose exercise that can help with all of them.

In this exercise, you will identify the inner blocks that are currently affecting you and apply a broad strategy that will help you overcome it.

#### Materials:

* Pen or pencil
* Paper or your Animal Communication Journal

#### Instructions:

**Step 1: Identify an inner block.**

It can sometimes be difficult to even identify an inner block , let alone determine which one is currently affecting you the most. A good way to start is by thinking about a time when you have felt particularly stuck, frustrated or unable to move forward.

Once you have identified an inner block, write it down in your journal. Include as much detail as possible. If you can't think of a specific example, try to describe the feeling or thoughts that are associated with the block.

**Step 2: Identify a memory of the block.**

Oftentimes, our inner blocks have their roots in a specific event or experience from our past. If you can identify the memory associated with the block, it will be much easier to work through it.

Again, include as much detail as possible in your journal. If you can't remember the specifics of the event, try to describe the feelings and thoughts that you associate with it.

**Step 3: Feel your old feelings from that memory.**

Now that you have identified the memory associated with your inner block, it is time to feel the old feelings from that memory. This may be difficult, but it is important in order to work through the block.

Allow yourself to fully feel the emotions from that memory. Don't try to push them away. Just let them flow through you. If tears come, let them flow. If you need to scream, do it. Get it all out.

**Step 4: Say the words you couldn't say.**

In many cases, our inner blocks are rooted in a time when we didn't speak our truth or when we weren't able to express ourselves fully. This can leave us feeling powerless, stuck and resentful.

In this step, think about what you wanted to say in that situation. Give yourself the opportunity to say the words you couldn't say at the time. You can write them down in your journal or say them out loud. Either way, make sure that you express yourself fully and completely.

**Step 5: Identify the judgments you made against yourself in that moment.**

Often, when we can't express ourselves or we don't speak our truth, we end up judging ourselves harshly. We may tell ourselves that we're not good enough, that we're weak or that we don't deserve to be heard.

These judgments only serve to reinforce the inner block and keep us stuck in the past. In this step, it is important to identify the judgments that you made against yourself in that moment and to reframe them in a more positive light.

For example, instead of telling yourself that you're not good enough, try telling yourself that you're doing the best that you can. Or instead of telling yourself that you're weak, try telling yourself that you're strong for even considering speaking your truth.

**Step 6: Forgive yourself for the judgments. Make it specify "I forgive myself for x."**

After you have reframed the judgments in a more positive light, it is time to forgive yourself for making them in the first place. This is an important step in order to move on from the past and to release the inner block.

To forgive yourself, you can write a letter of forgiveness or simply say the words out loud. Either way, make sure that you are specific about what you are forgiving yourself for.

Remember that it is important to work through your inner blocks in order to move forward in life. By identifying an inner block, identifying the memory associated with it, feeling the old emotions from that memory, saying the words you couldn't say, identifying the judgments you made against yourself and forgiving yourself for those judgments, you can begin to release the inner block and to live a more full and authentic life.

# Tips & Tricks for Better Telepathy

The practice of telepathy can seem daunting at first, but there are a few tricks and tips that can make it easier. In this section, we'll share some mindsets, habits, and techniques that can help improve your telepathic ability.

One of the most important things to keep in mind when practicing telepathy is your mindset. You need to believe that you can do it in order to achieve success. If you don't believe in yourself, then the other person is likely to pick up on that, and it will be harder to establish a connection.

Your routines and habits also have profound effects on your ability to communicate telepathically. Whether or not your habits keep you mentally and physically primed for telepathy largely depends on these habits. Are you practicing consistently? Do you give yourself time to relax and meditate each day? Do you eat healthy foods and exercise regularly? All of these things make a difference.

There are many other techniques that can help improve your telepathic ability, but these are some of the most important. Remember, the key is to keep practicing and to never give up. With time and perseverance, you will develop the ability to communicate telepathically.

## Mindsets For Effective Telepathy

We've repeated it many times over the course of this training, adopting new mindsets is crucial to your success as an animal communicator. You may already have adopted some of the most important mindsets, however, we often think we believe something but we act as if we do not. Only once our behavior matches a mindset can we know that we have properly integrated it into our belief system.

Changing your mindset can quite literally change your reality. If you want to be successful at telepathic communication with animals, then you need to believe that it is possible. This may require some mental gymnastics at first, but it is worth it.

In this section, we will share some of the most important mindsets you can possibly adopt as an animal communicator. You will find that integrating these mindsets will have lasting beneficial effects on your ability to communicate clearly and fluently with animals through telepathic channels.

Some of these mindsets may seem obvious, but do not dismiss them or assume that you have already adopted the mindset. It is only in assessing our behavior that we can truly know if we have integrated a given mindset. For that reason, we will provide a list of the key behavioral indicators for each mindset that will help you assess whether or not the mindset has truly been adopted.

### Growth Mindset

This is the very first mindset that we mentioned in this training. Without a growth mindset, you can forget about ever improving past anything more than mediocrity, if you're lucky.

People with a growth mindset believe that intelligence and other talents can be developed through hard work and dedication. They view new challenges as golden opportunities to learn and grow. People with a growth mindset are not afraid of failure and know that even if they don't succeed at first, they can learn from their mistakes and try again.

People who have adopted a growth mindset are constantly learning and growing. They are curious about the world around them, and they are always looking for ways to improve their skills. They are willing to take risks, know that failure is part of the learning process, and are not afraid to try new things.

People with a growth mindset have a positive attitude towards life. They are optimistic, and they believe that anything is possible if they put in the effort. They are resilient and know that setbacks are part of life, but they don't let them stop them from reaching their goals.

In order to have a growth mindset, you must be willing to face new challenges and see them as golden opportunities. You must also be willing to start small and work your way up. Every little win counts, and even losses are learning experiences.

One way to help you adopt a growth mindset is to start using the word "yet" in your vocabulary. This word allows you to always see potential for growth, no matter the situation.

Lastly, in order to have a growth mindset, you must stay curious. Curiosity will help you ask the right questions when you face new challenges and find value in both wins and losses.

If you display any of the following behaviors, it is likely that you have adopted a growth mindset:

1. You face new challenges willingly and see them as golden opportunities
2. You are willing to start small and work your way up
3. Every little win counts to you
4. Even loses are learning experiences
5. You start using the word "yet" in your vocabulary
6. You are curious about everything, even when what you learn challenges your worldview.

### Assume That You Are Already Capable of Telepathy

When you adopt the mindset that you are already capable of telepathy, you begin to view yourself and the world in a different way. In this new perspective, telepathy is not some magical ability that only a select few can perform; it is simply a natural extension of communication. This change in perspective allows you to recognize your own telepathic abilities and situate yourself on a spectrum of competence rather than within a binary world between those who can and those who cannot.

Adopting this mindset is often as simple as recognizing the ways in which you already exhibit telepathic tendencies, regardless of the accuracy and quality of your intentional telepathic communication attempts. Think of a time when you knew someone was going to call just before they did, when you could sense someone's emotional state from across the room, or when you've had a dream that later came true. All of these experiences are examples of low-level telepathic abilities that we all have to varying degrees.

Some people may find it helpful to journal about their experiences with unintentional telepathy as a way of recognizing their existing abilities. Once you have become more aware of your capabilities, it becomes easier to develop them further through practice.

When you adopt the mindset that you are already capable of telepathy, you are more open to using it and recognizing when you are using it. This can be shown through your behavior in everyday life.

You can tell whether or not you assume that you are capable of telepathy if you exhibit the following behaviors:

1. You often omit verbal detail in your communications: you may be unconsciously assuming that your target is picking up more than just your words, but also your intentions.
2. You often pray to a higher power: this is an indication that we believe that we can communicate our thoughts through invisible or metaphysical channels.
3. You practice telepathy everyday. Making a daily practice of telepathy is a very strong indication that you believe it is real enough to invest your time into. We only spend our time on things that we think are valuable in some way whether consciously or unconsciously. And we also do not value things that we don't think are real. So if you are spending a sufficient amount of time practicing you can be fairly certain that you have indeed adopted the mindset of assuming that you are capable of telepathic communication.

## Tips For Effective Telepathy

### Expect Telepathic Communication From Your Animal Friends.

If you think about it, we often treat our animal companions as if they were already telepathic. We speak to them as if they understand us, we often attribute human emotions and characteristics to them, and we generally expect them to know what we want or how we feel. You'll find that when you expect animals to communicate, they do and when you assume they won't then they won't.

This is an important mindset to adopt because it allows you to build trusting relationships with your animal friends based on communication. It also opens you up to the possibility of receiving telepathic messages from them. If you are open to the idea of telepathic communication, you are more likely to receive and interpret messages correctly.

It also helps build the mindset that animals are not machines, but individual persons just like humans. This is a crucial mindset as without it we would put up barriers to communication by assuming that the animal has less value than humans. Animals intuitively pick up on this feeling and will often outright reject the communication as a result of such offensive negativity.

### Trust What You Receive From the Animal

Animal communication and indeed all communication is largely based upon trust. We need to have faith that the individuals we communicate with are acting in good faith and that they indeed mean what they say. This is especially important in the case of telepathic communication, as we often cannot physically confirm what is being communicated.

It is thus important to develop trust in the messages you receive from animals. Though it is possible for animals to lie and deceive, they do not do this unless they feel genuinely threatened. We will discuss lies and deceptions in a later module.

If we are constantly suspicious or skeptical about the messages we receive, we will inevitably break down the communication channel through the negative energy and intentions these assumptions carry with them.

Instead, it is better to trust the message and follow up with more questioning if you are unsure. This will help build a stronger foundation for communication that is based on trust and mutual understanding.

### Acknowledge to Yourself and Your Animal Friends that You Have Received the Message

It is important to validate the message you have received, not just for your own sake but also for the animal's. They need to know that you have received their message and that you are taking it seriously. This helps build trust between you and reinforces the idea that communication is possible.

You'll find that acknowledging the messages you are receiving helps move the communication forward. It engages the animal and builds a stronger empathic connection as the animal recognizes that you are understanding it.

You can validate the message in a number of ways. The most obvious way is to simply say 'thank you' to the animal. You can also nod or give some other physical indication that you have received the message. Alternatively, you can mentally validate the message by thinking to yourself, 'I acknowledge that I have received this message'.

Do not underestimate the power of this simple trick . It is often the acknowledgement that moves communication forward and allows for a deeper connection to be formed.

## Daily Habits of effective Telepaths

As we have said many times before, telepathy is not easy to acquire and master. It takes tremendous practice and experience to become proficient. For this reason, it is important to follow a daily routine that will help you build new habits. These new habits will eventually become second nature and will serve to enhance your ability as a telepath.

The most effective telepathic animal communicators have developed powerful routines that allow them to connect with animals on a regular basis and learn the fundamental skills, mindsets, and traits that keep them sharp. They use these routines to practice and master their craft.

There are a number of habits that you can adopt to help improve your telepathic ability. We have outlined below the core habits that you need to cultivate in order to be the most effective telepathic animal communicator you can be.

### Making a Habit of Affirmations

The first habit is to use affirmations.

You can use affirmations for any area of your life, not just telepathy. However, it is important to make sure that your affirmations are realistic. If you want to become a better telepathic animal communicator but you don't believe that it is possible, then your affirmations will be ineffective.

You need to find a balance between creating affirmations that are realistic and those that challenge you. You also need to make sure that your affirmations are in the present tense. This is because affirmations work best when they are said as if they have already happened.

You can use affirmations in a number of ways. The most common way is to simply say them to yourself on a regular basis, either out loud or in your head. Many animal communicators opt to make their affirmations either first thing in the morning or right before practicing telepathic animal communication. This helps keep the affirmations fresh in your mind as you execute tasks that align with that affirmation.

Some may prefer to write down their affirmations during their daily journaling sessions or even during meditations as a type of mantra.

The important thing to remember is to be consistent with your affirmations. Make sure that you are making your affirmations on a daily basis and always at similar times, either following or preceding the same action every day. Doing this you will be more likely to make a habit of your affirmations.

Besides helping you to remove inner blocks to telepathic communication, affirmations allow you to align your self-identity with your behavior. Practicing affirmations every day will even help you establish other new habits and behaviors by affirming to yourself that you are the type of person that does those behaviors.

### Sleep and Exercise

Another habit that you need to cultivate is making sure that you are getting enough sleep and exercise. This may seem like common sense, but it is important to remember that in order to be at your best telepathic animal communicators need to be physically and mentally rested.

Getting a good night's sleep will help to ensure that you have the energy levels needed for effective telepathic communication. It will also help to clear your mind and allow you to focus on the task at hand.

Exercise is also important, as it helps improve circulation and increase blood flow. This is important as telepathic communication relies on subtle changes in the magnetic field around the body, which are more likely to occur when there is good blood flow.

In addition, exercise releases endorphins and other chemicals that have mood boosting effects. This is important, as telepathic animal communication is more likely to be effective when you are in a positive state of mind.

There are a number of other benefits to exercise that can indirectly help with telepathic animal communication. For example, exercise has been shown to improve memory and cognitive function. This means that you will be better able to remember the details of your telepathic conversations with animals.

It is important to find an exercise routine that works for you and that you enjoy. This will make it more likely that you will stick to it in the long term. There are a number of different exercises that you could try, including walking, running, swimming, yoga, and Tai Chi. These two latter options are excellent choices since they will also help you align and balance your Chakras which will compound on top of the traditional benefits of exercise.

Remember that you don't have to do a lot of exercise to see the benefits. Even a moderate amount of exercise of 30 minutes 3-5 times per week, can have a positive impact on your health.

### Balanced Meals

Another important factor in achieving effective telepathic communication is making sure that you are eating balanced meals. This means eating a variety of healthy foods from all the different food groups.

It is important to eat breakfast, as it helps to jumpstart your metabolism for the day. A good breakfast should include complex carbohydrates, protein, and healthy fats. Some examples of good breakfast choices include oatmeal with fruit and nuts, eggs with toast, or yogurt with granola.

For lunch and dinner, it is important to include a balance of protein, complex carbohydrates, and vegetables. Good lunch and dinner choices include grilled chicken with quinoa and roasted vegetables, salmon with rice and steamed broccoli, or lentil soup with a side salad.

It is also important to make sure that you are drinking enough water. Most adults need 8-10 cups of water per day. This may seem like a lot, but remember that water is involved in all of the bodily processes and is essential for good health.

In addition to helping with general health and well-being, eating balanced meals provides the energy needed for telepathic communication. When the body has the nutrients it needs, it can function at its best and this includes being able to effectively communicate telepathically.

Besides consuming a traditionally nutritious diet, the use of Ayurvedic principles can also benefit you from a dietary standpoint.

Ayurveda, as we have mentioned earlier in this training, is the ancient Indian system of medicine. It takes a holistic approach to health and wellbeing, and includes principles of diet, lifestyle, and herbal remedies.

As we have mentioned earlier in this training, according to Ayurvedic teachings, the colors of the foods we inject are important indicators of Chakras. Foods whose color corresponds to the color of a given Chakra are thought to help strengthen that chakra. Refer to Module 4 if you need a refresher on Ayurvedic diets.

### Telepathic Communication Practice

Of course, the best way to become better at telepathic communication is to practice it as often as possible. The more you do it, the better you will become at it.

One simple way to do this if you have a pet is to always attempt to communicate telepathically before we resort to verbal communication. So, if you want to call your pet to you, try doing so telepathically first. If they don't come, then you can always try using verbal communication.

Make a point of trying to communicate with animals that you encounter during your daily commute or when going for a little walk in the park to get some exercise.

You can also join a local animal communication meetup group or participate in online forums and practice sessions. These are great opportunities to not only practice your skills, but also to get feedback from other communicators.

Another way to practice telepathic communication is to send messages to friends or family members who are open to receiving them. This can be done either in person or from a distance. If you are doing it from a distance, it is important to first get the permission of the person you will be sending the message to.

When you are first starting out, it is best to keep the messages simple. For example, you could send a message like "I hope you are having a good day" or "I am thinking of you". As you become more proficient at telepathic communication, you can start sending more complex messages.

The point is, you need to practice multiple times a day if you want to develop the telepathic proficiencies of a professional animal communicator.

### Journaling

Another great way to practice telepathic communication is to keep a journal. This can be done either by writing or by drawing pictures.

Journaling will give you a clear sense of progress, as you will be able to look back and see how far you have come.

Whenever you attempt to communicate telepathically with an animal, make sure to write down the following:

- The date and time of the attempt

- The animal you attempted to communicate with

- What you tried to communicate

- What, if anything, you received in return

Even if you don't receive a reply from the animal, it is important to write down what you attempted to communicate. This will give you a clear sense of your progress and help you see what is working and what is not.

If you find that you are not receiving any replies from animals, don't get discouraged. It takes time and practice to develop the ability to communicate telepathically. Just keep at it and eventually you will start to see results.

Not only does journaling provide a record of useful lessons that you can refer back to, it also helps instantly concretize our learning, much like taking notes in class. For that reason, you may even want to use your journal as a notebook as you continue through this training.

A journal is an excellent tool for making affirmations. You can write down what you want to achieve with your telepathic communication skills and then read it back to yourself multiple times a day. This will help program your subconscious mind and attract opportunities for you to practice.

### Meditation

Meditation is a great way to improve your telepathic communication skills. By focusing on your breath and clearing your mind, you will be able to achieve a state of relaxation that is necessary for successful communication.

Meditation is an excellent tool for helping us change our mindsets and behaviors. This is because meditation allows us to access the subconscious mind by quieting the conscious mind. When we tap into the subconscious mind, we can reprogram our brains through the will of our intentions.

You will find that practicing meditation every day is critical to keeping you free from distractions, clearing mental blocks, and aligning your chakras. This will help optimize your performance in everything you do.

Make sure you have a place in your home dedicated to meditation practice. This space should radiate positive energy while also being free from distractions. You may consider carving out a corner of your bedroom for this purpose. It can also help to have healthy plants and natural light in the space, as they will help increase positive energy.

You may also consider burning incense or candles in your meditation space. It is important to use caution when burning candles, as they should never be left unattended.

You can also make use of sound to help amplify your focus, and block out distractions. There are many excellent meditation apps that offer guided meditations with relaxing music.

Binaural beats are also excellent for helping to achieve focus during meditation. Binaural means "having or relating to two ears." And "beats" refers to the pulses that we can hear when listening to these sounds.

It works by playing two tones at slightly different frequencies in each ear. When these tones are combined, they create a third frequency of pulses.

Binaural beats that result in higher frequency pulses such as Gamma and Alpha waves induce more conscious states. These states are related to high performance, they help us focus and make us more sensitive to stimuli.

Lower frequency pulses such as Delta and Theta waves are associated with less conscious states. These are states related to relaxation, deep sleep, and dreaming. These are hypnotic states where we can access the subconscious mind and tend to be the most useful during meditation.

While we are alert and operating in the world, however, we do not want to be in these low frequency states as we are highly vulnerable to suggestion. We think less for ourselves and give more control to external forces.

In telepathic communication, this could be useful in that it allows us to be more easily influenced by energies outside of ourselves, thereby making us more powerful empaths.

Listening to binaural beats puts both sides of our brain into sympathetic resonance. Right and left brain come into coherence and our thought patterns become more uniform and less scattered. This uniformity and coherence between brain hemispheres creates a synchronistic effect whereby brain waves from the left and right sides amplify one another rather than interfering with one another.

We need to be able to quickly shift the frequencies of our consciousness to serve us best in the moment. Do we need to be fully conscious and alert for focus and performance, or do we need to tap into the subconscious mind for inspiration, insight, and empathy? Being able to move between these states efficiently can be directly controlled through the use of binaural, but it can also be trained through meditation.

Whether you make use of binaural beats or not, be sure to make meditation an integral part of your daily routine. It is also important to try to meditate at the same time every day to help make the habit stick. We'll talk more about meditation in the next module and give you powerful tools and exercises to help you get the most out of your meditations as an animal communicator.

## Summary of Key Points

* The practice of telepathy can seem daunting at first, but there are a few tricks and tips that can make it easier. In this section, we shared some mindsets, habits, and techniques that can help improve your telepathic ability.
* Mindset is important when practicing telepathy. You need to believe that you can do it in order to achieve success. Your routines and habits also have profound effects on your ability to communicate telepathically.
* Adopting new mindsets is crucial to your success as an animal communicator. Once our behavior matches a mindset we know that we have properly integrated it into our belief system.
* We reviewed a list of the key behavioral indicators for each mindset that will help you assess whether or not the mindset has truly been adopted.
* People with a growth mindset believe that intelligence and other talents can be developed through hard work and dedication.
* People with a growth mindset are not afraid of failure and know that even if they don't succeed at first, they can learn from their mistakes and try again. They have a positive attitude towards life. They are optimistic, and they believe that anything is possible if they put in the effort.
* When you adopt the mindset that you are already capable of telepathy, you begin to view yourself and the world in a different way. This change in perspective allows you to recognize your own telepathic abilities and situate yourself on a spectrum of competence rather than within a binary world between those who can and those who cannot.
* Making a daily practice of telepathy is a very strong indication that you believe it is real enough to invest your time into.
* We often treat our animal companions as if they were already telepathic. We speak to them as if they understand us, we often attribute human emotions and characteristics to them, and we generally expect them to know what we want or how we feel. This also opens you up to the possibility of receiving telepathic messages from them.
* Animal communication is largely based upon trust. We need to have faith that the individuals we communicate with are acting in good faith and that they indeed mean what they say.
* It is important to validate the message you have received, not just for your own sake but also for the animal's. They need to know that you have received their message and that you are taking it seriously.
* You'll find that acknowledging the messages you are receiving helps move the communication forward. It engages the animal and builds a stronger empathic connection as the animal recognizes that you are understanding it.
* You can validate the message in a number of ways: simply say 'thank you', nod or give some other physical indication, or you can mentally validate the message by thinking to yourself 'I acknowledge that I have received this message'.
* It takes tremendous practice and experience to become a proficient telepath. The most effective telepathic animal communicators have developed powerful routines that allow them to connect with animals on a regular basis and learn the fundamental skills, mindsets, and traits that keep them sharp.
* Affirmations are positive statements that you say to yourself on a regular basis. An affirmation for telepathic animal communication might be 'I am a powerful telepathic animal communicator'. Besides helping you to remove inner blocks to telepathic communication, affirmations allow you to align your self-identity with your behavior.
* Make sure that you are making your affirmations on a daily basis and always at similar times, either following or preceding the same action every day. Doing this you will be more likely to make a habit of your affirmations.
* Make sure that you are getting enough sleep and exercise. This is important as telepathic communication relies on subtle changes in the magnetic field around the body, which are more likely to occur when there is good blood flow.
* In addition, exercise releases endorphins and other chemicals that have mood boosting effects. This is important as telepathic animal communication is more likely to be effective when you are in a positive state of mind.
* Another important factor in achieving effective telepathic communication is making sure that you are eating balanced meals. In addition to helping with general health and well-being, eating balanced meals provides the energy needed for telepathic communication and other energy intensive brain states.
* When the body has the nutrients it needs, it can function at its best and this includes being able to effectively communicate telepathically.
* Besides consuming a traditionally nutritious diet, the use of Ayurvedic principles can also benefit you from a dietary standpoint. Ayurveda takes a holistic approach to health and wellbeing, and includes principles of diet, lifestyle, and herbal remedies.
* The best way to become better at telepathic communication is to practice it as often as possible. The more you do it, the better you will become at it. One simple way to do this if you have a pet is to always attempt to communicate telepathically before we resort to verbal communication.
* Make a point of trying to communicate with animals that you encounter during your daily commute or when going for a little walk in the park to get some exercise.
* When you are first starting out, it is best to keep the messages simple. For example, you could send a message like "I hope you are having a good day" or "I am thinking of you". As you become more proficient at telepathic communication, you can start sending more complex messages.
* You need to practice multiple times a day if you want to develop the telepathic proficiency of a professional animal communicator.
* If you find that you are not receiving any replies from animals, don't get discouraged. It takes time and practice to develop the ability to communicate telepathically. Just keep at it and eventually you will start to see results.
* Another great way to practice telepathic communication is to keep a journal. This can be done either by writing or by drawing pictures. Journalling will give you a clear sense of progress as you will be able to look back and see how far you have come.
* Not only does journaling provide a record of useful lessons that you can refer back to, it also helps instantly concretize our learning, much like taking notes in class.
* By focusing on your breath and clearing your mind, you will be able to achieve a state of relaxation that is necessary for successful communication.
* Meditation is an excellent tool for helping us change our mindsets and behaviors because it allows us to access the subconscious mind by quieting the conscious mind. When we tap into the subconscious mind, we can reprogram our brains through the will of our intentions.
* You will find that practicing meditation every day is critical to keeping you free from distractions, clearing mental blocks and aligning your chakras. All of which will make you a better animal communicator.
* Binaural beats are also excellent for helping to achieve focus during meditation. It works by playing two tones at slightly different frequencies in each ear. When these tones are combined, they create a third frequency of pulses.
* Binaural beats that result in higher frequency pulses such as Gamma and Alpha waves induce more conscious states that help us focus and make us more sensitive to stimulus. Lower frequency pulses such as Delta and Theta waves are associated with less conscious states.
* In telepathic communication this could be useful in that it allows us to be more easily influenced by energies outside of ourselves, thereby making us more powerful empaths.
* We need to be able to quickly shift the frequencies of our consciousness to serve us best in the moment. This can be directly controlled through the use of binaural beats, but they can also be trained through meditation.
* Be sure to make meditation an integral part of your daily routine; the same time every day to help make the habit stick.

## Exercise : Domestic Animal Telepathy

To bring this module to a close, let's take everything that you’ve learned about telepathy and apply it to animals. Besides the fact that practicing on animals is the whole purpose of animal communication, there are a number of advantages to practicing telepathy with our domestic animal friends.

First and foremost, our animal friends already trust us and are more likely to give us their undivided attention. They are non-judgmental and will love you no matter how accurate or inaccurate your messages may be. Secondly, they cannot tell us what they are thinking, so we don't have to worry about them accidentally spoiling the experiment with their words. Thirdly, they live with us, so we can often get a lot of practice without having to go out of our way to find a telepathic partner.

With a domestic animal, we can have them sit and focus on an image that we present to them in a way that is much more difficult with feral animals. For example, if you have a dog, you can bring them to a space with zero distractions and easily have them sit and focus on objects that you present to them. This is similarly the case with most domestic mammals, birds, and even reptiles.

For this reason, we can adapt the telepathy exercise for humans to practice with animals.

This is a slightly more difficult exercise, but with the same principle in mind. The main difference is that you will be trying to communicate with an animal rather than a human.

### Materials

* A domestic animal, preferably one that you are familiar with. You can also try with animals that you have never met, if you have access to them, for a more challenging exercise.
* 20 Cue cards
* Animal communication journal

### Instructions

1. On all 20 cue cards, draw simple shapes or images. Stack the cue cards into a deck and then shuffle them.
2. Approach the animal you have chosen and sit down a few feet away from them. Make sure they are aware of your presence, but that you are not threatening in any way, and that there are the fewest possible distractions in the space.
3. Again, use breath work to enter a mindful and coherent energetic state. This is even more important when working with animals, as they can sense your energy and intentions. Do not close your eyes, but rather stay focused on the animal. You are guiding this exercise and without your engagement the animal may lose focus and the exercise will fail.
4. Continue until you feel calm and centered.
5. Now without looking at it, present the first card to the animal. Make sure that they are looking at the image. You can also send your own telepathic messages asking them to stay focused on the image.
6. Bring awareness to your pineal gland or third eye chakra. Imagine it is a lens that is peering at the animal and seeing deep into their being.
7. Consider what images and feelings are coming to you. If nothing comes to you immediately, formulate a question for the animal and send it telepathically. This could be as simple as "What is this?" as you hold the card up to them.
8. When you feel you are most in tune with the animal, your intuition will highlight certain thoughts and impressions coming to you. Trust this intuition, and use it to inform your answer.
9. Write down in your animal communication journal, which card you think you presented to the animal
10. Now turn the cue card and look at the image. Compare the answer you wrote down in your journal to the image on the cue card.

Keep repeating this process and keep track of your hits and misses. If you manage to come relatively close to the correct answer 3 times in a row, you can feel confident that you are able to communicate telepathically with animals. Be sure to end with some gratitude for the animal's willingness to help you improve your skills.

# Module Conclusion

Telepathy is the ability to communicate thoughts or ideas to someone else without the use of the known senses. It is an incredibly powerful tool for animal communicators, allowing us instant communication over remote distances, which gives us the ability to practice and not have to be with the animal in order to communicate. By developing our telepathic abilities, we can improve our communication with animals enormously.

The telepathic ability of an animal is inversely proportional to its level of evolution. Practicing your ability to correctly receive and interpret telepathic messages is essential to developing the accuracy and consistency characteristic of true telepathy. Understanding the content and context of a telepathic message provides the clearest picture possible of the true meaning behind the telepathic messages you receive.

Blocks to telepathic communication with animals can be anything that gets in the way of a clear and meaningful exchange. Outer blocks include anything that is not coming from

you as the animal communicator. Inner blocks radiate from you, the telepathic communicator and can include limiting beliefs, like a lack of faith in your abilities, or they may be blocks related to your actual ability.

It is important to acknowledge when you have received a telepathic message. You can say 'thank you', nod, or mentally validate the message by saying, 'I acknowledge that I have received this message'. It is often the acknowledgement that moves communication forward and allows for a deeper connection to be formed.

Telepathic animal communication relies on subtle changes in the magnetic field around the body, which are more likely to occur when there is good blood flow. The most effective communicators have developed powerful routines that allow them to connect with animals. You will find that practicing meditation every day is critical to clearing mental blocks and aligning your chakras. In telepathic communication, this could be useful in that it allows us to be more easily influenced by energies outside of ourselves.

The best way to become better at telepathic communication is to practice it as often as possible. When we tap into the subconscious mind, we can reprogram our brains through the will of our intentions.