

# Jess's Telepathy Techniques

It's true I can't tell you how to find your own self-awareness, but since the question was raised about telepathy, I thought I could at least tell you what I do and give you some practical hints that were told to me. It really is an ability that everyone has, but you have to practice using it and learn how to understand what is coming to you. With that in mind, I wrote these comments based on personal methods.

Comments arranged around personal experiences and instructions given in the

Sananda Course in Telepathy

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I had developed my own process before I read the instructions received telepathically by Helen Engel from the Department of Science on Pleiades, and I was pleased to see they corresponded in their focus. You can investigate the book through the website at <http://www.telepathycourse.com/>

Much of what I have adapted was also influenced by cleaning methods taught to me by a friend through insights from the Ho'oponopono founder Mornah Simeona. My comments here are an amalgam of both, but I am drawing on the outline provided in the Sananda Telepathy book.

In each method there is a focus on the breath, and on an awareness that one can connect telepathically. Sananda tells Helen, however, that one of the most important truths is that a telepath is not able to communicate with beings higher than the level to which the telepath can transport himself or herself. Transporting, in this instance, means allowing the higher conscious mind to leave the physical body while still attached.

All humans are telepathic, or they have the capacity to use the telepathic skills that are inherent in their makeup as a living being. These skills are controlled by the will. The will is the supreme controller in any living entity. It determines the process of thought and can control emotions.

Many people already see images with their third eye or higher consciousness (clairvoyance), or hear voices (clairaudience), or feel a presence nearby (clairsentience). The fact that you can do any of these means you are already approaching a higher level of vibration in which the higher consciousness is active. It is possible to focus these abilities to allow you to receive much more information.

- 1) You have to want to receive information. Get in a comfortable position before you start. I prefer sitting at this point on my bed with my computer on my lap. Don't eat just before and approach it with a clear head. It's not good to try to connect after

having a martini, for instance. Your mind wanders. Drinking lots of water helps your system be more open.

2) Decide who you want to contact before you start. This helps focus your mind. I used to type questions as I went along during contact, but I decided several years ago to just type questions at the beginning and let the message flow as it would once I connected with whomever I was addressing. I also find I use the question typing as an initial way to start focusing my thinking and eliminating some prejudices that may be coloring my point of view.

3) After I've chosen the guide I want to connect with and typed the questions for the discussion, I start a breathing process to get into a higher conscious state that allows a clearer mental connection.

The Sananda course book has a good discussion of the mechanics of breathing. This discussion is in sections 001.02.1 and 001.02.2, which explains that the breathing process is keyed to the nervous system in the body.

The organs connected with the nervous system include the brain and spinal cord, the nerves themselves, and specialized sense organs such as the eyes, ears, and skin surface. The system as a whole functions with two principal divisions: 1) the Central Nervous System, which is the brain and the spinal cord, and 2) the Peripheral Nervous System, which consists of the cranial and spinal nerves that connect the brain to other structures in the body. One subdivision of the Peripheral Nervous System is the Autonomic Nervous System. This consists of the structures that regulate the body's involuntary functions, such as heart rate, secretion of chemicals, or contraction of the stomach.

The Autonomic Nervous System is also subdivided into two divisions: 1) the parasympathetic system, which takes care of the normal functions such as breathing, heart rate, and digestion without conscious thought, and 2) the sympathetic system, which functions as the emergency system that operates under stress. Adrenalin plays a key role in these responses. The sympathetic system also stimulates breathing by increasing the rate and amount of air taken in with each breath. Both systems work together with no conscious thought.

The goal is not to increase one over the other, but to slow down the activity of both autonomic nervous systems so that the higher consciousness that functions telepathically is more dominant. Breath is the principal driver or energy source and the autonomic nervous system is affected by its input. When conscious thought is introduced to begin regulating the breathing pattern, you are willing the autonomic systems to have less control over your body.

Meditation is typically the conscious method used to channel awareness and transform the state of mind. There are many forms of meditation that take you to different levels of awareness, but the overall sensation is awareness and a feeling of balance and

harmony. Generally the focus comes from changing your breathing pattern. This has the two polarities of inspiration and expiration, breathing in and breathing out, contracting and releasing.

The method I typically use is my version of a method called "Ha" breathing associated with Ho'oponono. I breathe in through the nose for seven counts, hold for seven, breathe out through the mouth for seven counts, and then hold the exhalation for seven. I repeat this seven times. I imagine my body letting go of things while I am breathing. After the seven, I do one more where I breathe only through my nose. I look at this as a way of settling into a new focused state.

There are many variants of this method. You can place your tongue in the roof of your mouth during the process. You can clench throat and root muscles during the held in-breath. You can focus on the third eye as you go through the process. You can rest your hands on your knees in various Yoga positions. You can interlock the thumb and first two fingers of each hand into an infinity symbol. By the end of the breaths you should be relaxed and focused.

4) After the breathing process, I consciously clean my thoughts by imagining an energy hand reaching down in my brain and, in effect, removing all my thoughts since the last time I cleaned them. I place them into a cleaning solution and say mentally "I send all my thoughts, known and unknown, to pure light and ask for joy at their release." I typically have a sensation of energy pouring on me. I sit there for a minute or so in the balance and then consciously pull back a bit to focus on hearing a message. I am still in a higher consciousness, but I have my physical abilities functioning so I can record what I hear.

5) I usually say at that point, "X, are you there?" and I start typing the response. I basically hear a conversation in my head and I am taking dictation. I can interrupt, ask questions, make comments, or even leave and come back at this point, and the message will resume right where it was.

I hear this conversation generally as me talking to myself, and when you do that it may seem as if you are just making it all up. You can ask a question about yourself if you want to test your source. What is happening is the guide is sending you information as ideas and your brain is translating them into a form that seems understandable to you. In my case, that seemed naturally to develop into written messages. I had written a lot over the years and my mental circuitry is programmed to think in terms of verbal construction. That's not to say I don't see images, too, or be profoundly affected by what I hear through music or see visually, but my clearest channel, to use that word, is through text.

This was a focus I've been developing since 2001. At one point it was a daily meditative practice that gave me valuable personal instruction as well as strengthened my reception. My suggestion to you is to get in a receptive state, ask to connect with

someone, breathe, and then see what you hear or visualize. Then record it either then or afterwards. And keep doing it.