



***Telepathy  
101:  
A Primer for  
The Gift of  
Infinite Voice***

By T'ni, Su Walker, Rev. White Otter

Greetings and Hello to All,

My name is T'ni and I was not born on Earth. I am one of several dozen P'nti staff members working out of our Sandia Mountain facility east of Albuquerque, New Mexico.

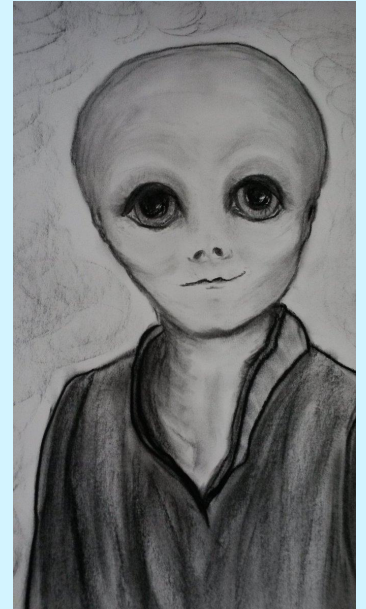
I'm sure that the above statements bring many questions. If you would like more details about my people the P'nti, my planet, or why we are here on Earth, you may visit our website, [officialfirstcontact.com](http://officialfirstcontact.com). There is a lot to learn and absorb. Let's get right to the point, shall we?

We are here to help prepare you for Earth's Official First Contact.

In order to facilitate that process, in June of 2016, I was given the task of aiding in the instruction of telepathy between my people and yours. Telepathy is the most common shared means of communication in this galaxy. It is the one thing that most easily bridges the gap between differing languages, peoples and cultures. It is our primary means of communication with all the other sentient beings.

The Telepathy 101 Primer you are about to embark on is designed to get you started on your personal journey into a whole new means of communication. It is the companion to the soon to be released Gift of Infinite Voice book. It is not something you will learn in a day, a week or a month, but with consistent practice and feedback, your skills will improve.

Shall we begin?



Now then, before we get into the heart of this Telepathy 101 course ...we want to talk about just a couple of things up front.



We are not here to prove to you that telepathy exists.



We assume you already accept that fact.





We treat the subject of telepathy as an everyday normal thing.

For us, telepathy is a skill just like any other skill.

With practice and feedback your abilities improve.

We're here to teach  
you what works.

Let's get started.



First, let's talk a little about what telepathy really is.

It is not *just* a voice in your head!



That's what you've learned from movies and television.

Telepathy comes to you in images, emotions and symbolic concepts as well as words and phrases.



Telepathy can also contain direction and distance as well as other details about the sender.



# PERSONAL INFORMATION

What's your name?

Where are you from?

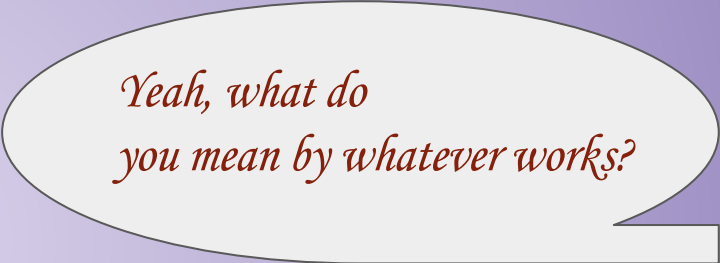
Where do you live?

How old are you?

What do you do?

You'll learn telepathy faster and easier if you go with your strengths and build on whatever works.

What do we mean by that?



*Yeah, what do you mean by whatever works?*



Everyone's learning style is just a little different.

Some folks remember things easier if they see it, others if they hear it, and still others if they put their hands on it.



**VISUAL**



**AUDITORY**



**KINESTHETIC**

Just like you learn anything ever, you will learn your telepathy faster and easier if we gear your training to your learning style!

That just makes common sense.





So first, let's figure out your learning style.



Think back to when you were last in school.





Did you learn best when you saw the information?

Was it easier to remember if you learned it that way?

If so, you're a visual learner.

Did you learn and  
memorize things easier  
by *hearing* the  
information?

If that's the case, you're  
an auditory learner.



If it's much easier to learn or remember things when you touch or manipulate it with your hands, you're a kinesthetic learner.



Those of you who are always in motion or need to experience things in three dimensional space...like an athlete or a dancer are called spatial learners.





Why is any of this important?

Because if you cater your telepathy training directly to your own personal learning style, you'll get farther, faster and easier!

So how do you do that?



*Yeah...how?*



First, it's very possible that you fall into more than one of the learning style categories.

Let's talk about each one of these briefly.

Make a note of anything that sounds like you.



**Visual:** If you learn best by seeing, you are innately a visual learner. Telepathic information will tend to come to you easiest in images. Ultimately you will be able to telepathically send images easier than others as well.





Telepathic prompts for you often are an inner instinct to suddenly either turn your head or your whole body around to look at something a second time.

Your peripheral vision is *important* and will *often* provide you with input that your frontal vision does not because it can not. It doesn't have the same wiring.



Practice working with your peripheral vision and trusting it *much* more!

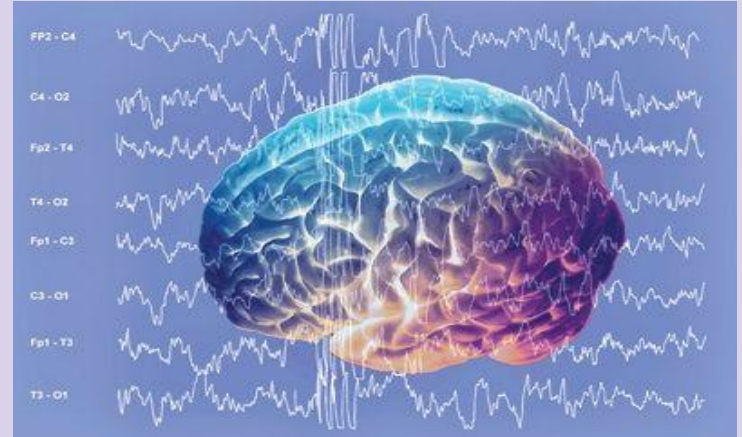


For you visual folks,  
while working in an open  
eyed alpha state, watch  
for things that draw your  
eyes or visually cue you.

What do we mean by alpha?

We're talking about a naturally slower brain wave state.

When you're in alpha you are much more receptive telepathically!!!



How do you know if you're in alpha?



When you're slightly sleepy, day dreamy or in a timeless state.





You can call it whatever you want.



Some call it “the groove,” others refer to it as “the zone.”

While others just instinctively reach for something to help wake them back up.





When you're in alpha...you're much more receptive telepathically!



*“Tay appention, there’s gunna be a test.”*

Become *MUCH* more aware of and “tay appention” (pay attention) to the things that pop into your head when you’re in that timeless state.

That goes for everyone!

We will say it again because it's important.



When you get day dreamy, slightly sleepy, or do anything that gives you that timelessness feel, tay appention to the things that randomly pop into your head.

Those “stray thoughts” you have when you’re in alpha...





...those stray thoughts may not be random little events of imagination.

They just might be your own natural telepathic reception working for you exactly when it works best...when you're in alpha!



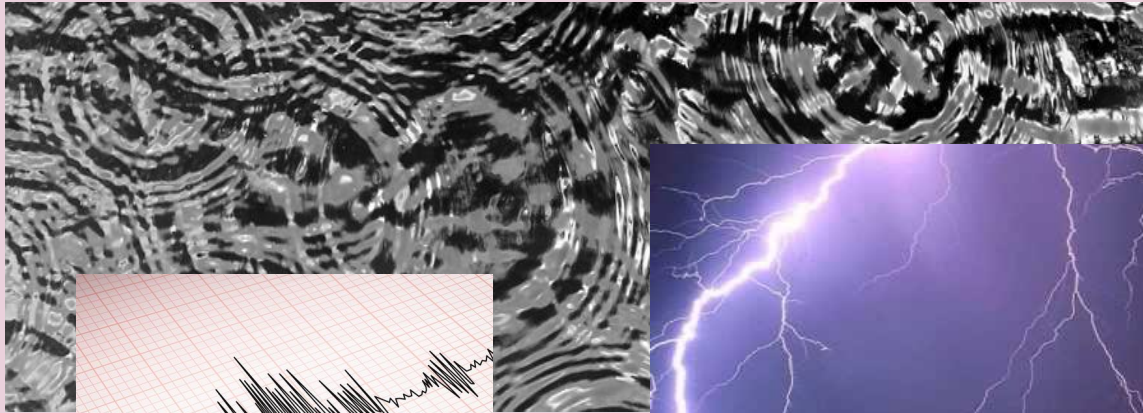
We'll talk more about that in a little bit.

Let's get back to our topic of the different learning styles, visual, auditory, kinesthetic and spatial.



**Auditory:** If you learn best by hearing, you are considered an auditory learner.

For you auditory folks, sounds and vibrations will trigger your telepathic awareness easier.





Are you always the one saying,  
“Did you hear that?!” or  
“Did you feel that?!”

...and nobody else did?

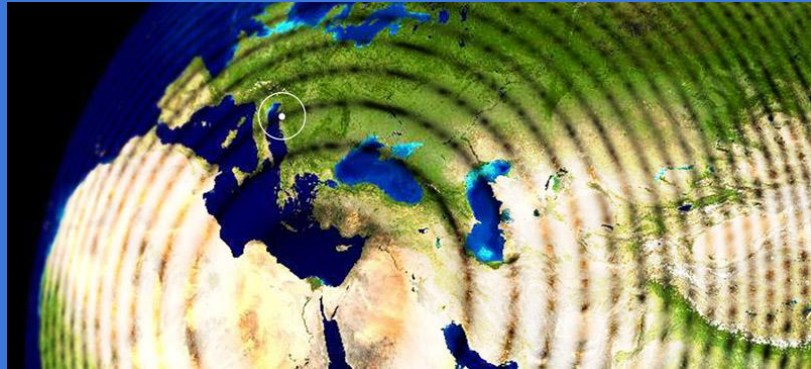




Auditory learners and telepaths pick up on *very subtle* vibrational changes...and often can distinguish and dissect shifts in tone or frequency that others just can't.



If you are constantly hearing things others do not...  
or feeling vibrations others miss...  
put yourself into this auditory category.

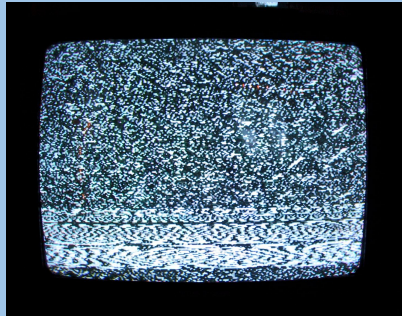


Auditory learners are often audiophiles.

It's not unusual for them to listen to something over and over, picking up different nuances each time.



We also notice that auditory telepaths often surround themselves with sound more than others, as if they are trying to create a kind of constant “white noise” barrier.



We suspect that some auditory telepaths do this because they pick up SO much, they're subconsciously try to drown that connection out.



For you, just listening can put you “into the timelessness zone” of telepathic receptivity.



And listening to repetitive sounds in nature can REALLY put you into that telepathically receptive alpha state!



As a side note: Auditory learners who are storytellers, musicians, and performers will often develop their telepathic ear that recognizes distinct new telepathic “voices” faster.







**Kinesthetic:** If you learn best through touch, you are considered a tactile or kinesthetic learner.

Anything that stimulates your skin, fingers or hair will be your trigger.

Kinesthetic learners often like to take things apart to see how they work more than others.





“Do Not Touch” signs make kinesthetic learners bristle inside.

The instinctive inner frustration happens because in order to fully understand something, you just want to handle it.

Entering alpha and seeking those “stray thoughts” and telepathic feelings as you are holding an object, a person or even a space is easier for you than others.



Because they reach out to physically touch people or animals, kinesthetic telepaths most often make the strongest empaths.





Your telepathic empathic understanding can come just as easily through your hands...

Or your hair







Or your whole body.



Kinesthetic telepaths and empaths are also those who pick up the “vibe” of locations easier than others.

**Spatial/Movement:** If you learn best while you're moving, you are a spatial learner. Athletes and dancers, as well as those who struggle to sit still fall into this category.



Movement is the key to your telepathy. You *need* to move and watch for any motion that takes place around you from any source.



Repetitive motion puts you into alpha very quickly. You enter into the zone when you move doing anything over and over.





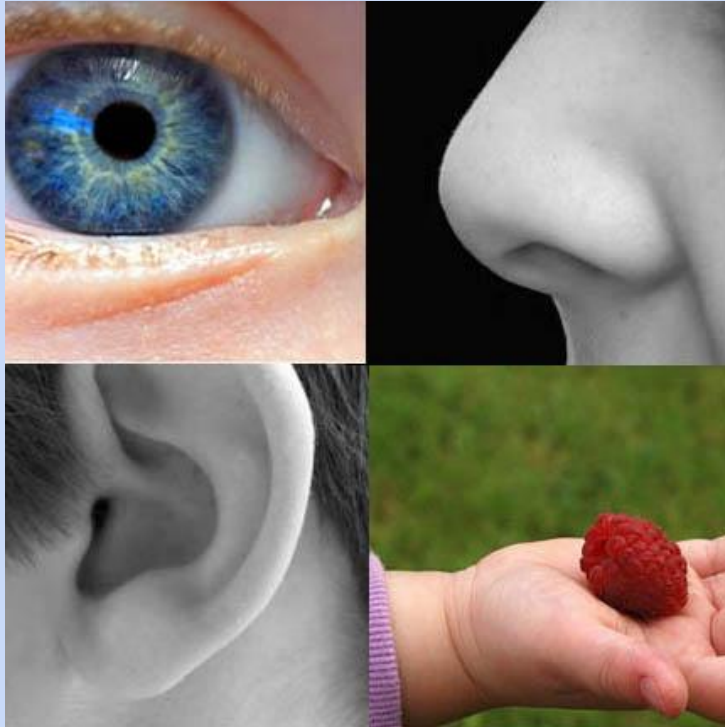


You spatial learners more often fall into a sort of telepathic hunter gatherer group. You folks tend to utilize ALL your input in a “whatever telepathically works” fashion.

Most Earth humans are “mutts instead of purebreds” when it comes to telepathic learning styles and perception skills.







Most of you receive your multisensory input in a variety of ways, not just one.

Can you be primarily a visual telepath with a dash of kinesthetics thrown in?

Sure!

**Keeping a journal** - we recommend getting a spiral notebook to use as your telepathic, dream, paranormal journal.





Keep it in easy reach of where you sleep, open to the next blank page with a pen ready.

We want you to be able to grab it in the dark and write without having to even turn a light on.

Record everything you recall from your dreams. Journal all your unusual experiences, every day!

Note any and all sent and received telepathic pings.



All entries need to have the date, time and include a detailed description along with the phase of the moon.

After 100 days or more, look back to see if you can begin to find your own patterns.

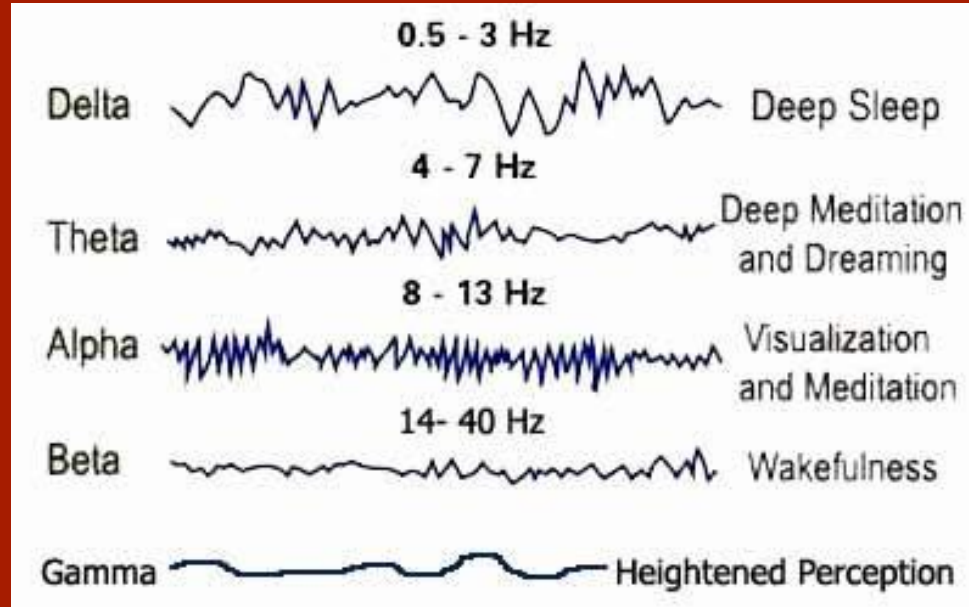


Let's shift gears and talk about your brain for a bit.

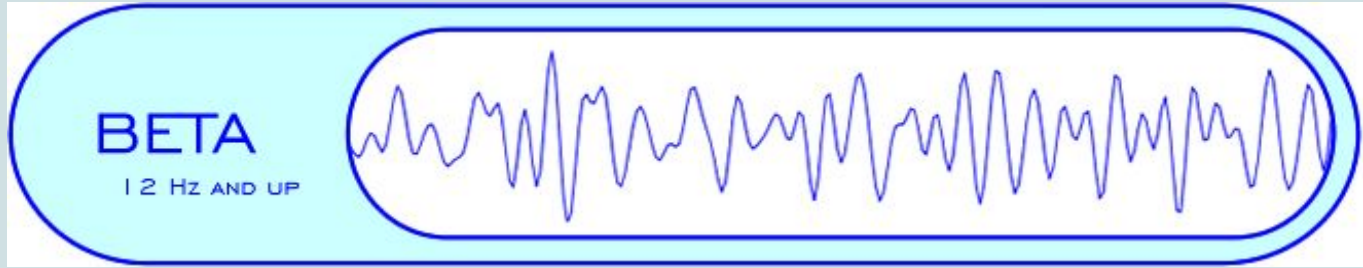


Every single day, you naturally shift from beta (awake and alert) into alpha (sleepy, daydreamy).

See how alpha sits right in the middle between gamma (really awake) and delta (really asleep)?

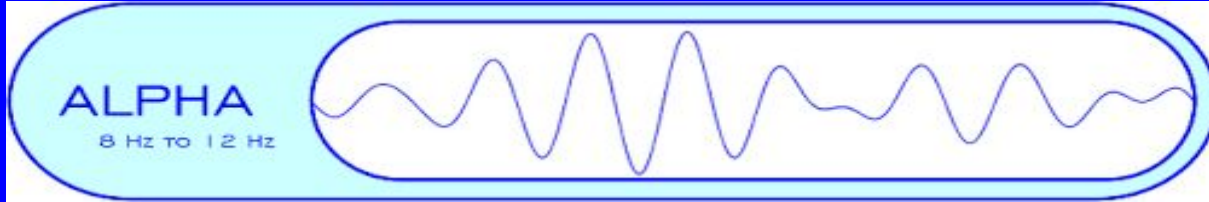






Beta = waking consciousness or your everyday, awake, aware, going on about your day rhythm.





Alpha = a slower rhythm where you feel slightly sleepy or day dreamy, spacey or timeless.



*In alpha state you are more receptive telepathically and more accurate!*

You shift naturally from beta to alpha 5 times every day:

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

Pay attention to things that come to you while you are in this daydreamy alpha state.

Your telepathic reception is naturally running much stronger then.



The more time you proactively choose to put yourself into alpha, the faster you'll develop your telepathy.





Repetitive activities & no brainer  
“automatic pilot” type daily chores  
can all shift you into alpha.





So will creative things that take you into a timeless place, like music, painting, or just about any artistic creative activity.





You all know learning any new skill in everyday life takes regular practice and feedback because you are literally rewiring your brain's connections.

Learning telepathy is no different.



Find ways to practice your telepathy for a minimum of 30 minutes a day in a way that ALSO gives you immediate telepathic feedback.



But here's the best part...the more *fun* you have with your practice, the faster you'll improve!



That's because during FUN & PLAY your bodies make a different brain chemistry which causes the creation of new neurological connections (i.e. learning) to be laid down faster and easier.



## **Telepathy practice ideas:**

(We're sure you can come up with better ones after reading these.)

*You mean we have homework?*

If your cell phone beeps, while someone is leaving you a message, before you pick it up, determine anything you can about the caller, the emotions, or anything concerning content of the message.



Play an old fashioned game of cards.

Agree ahead of time that good natured, telepathic cheating is not only allowed but encouraged for practice purposes and then go have fun.





Make a telepathic play date & keep track of your accuracy together throughout the day.  
How long can you operate on telepathy alone?





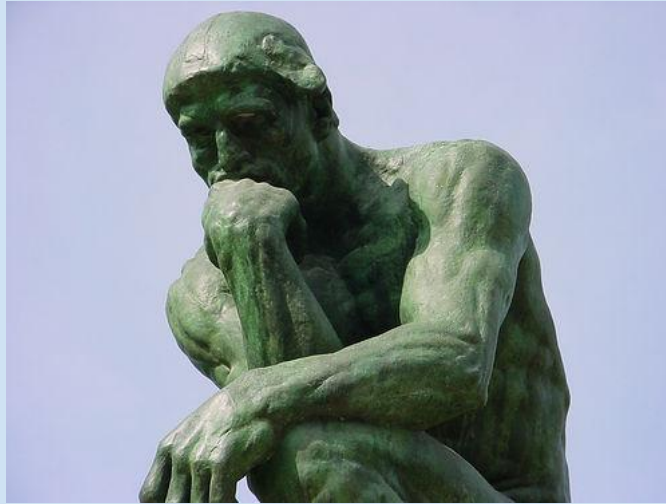
Great practice for a group of adults or kids is telepathic hide and seek. Adults, you better watch out, the kids are usually REALLY good at this one!

You all have to work at getting to a place of emotional honesty.



This is especially true for all of you out there who were taught to shut down or stuff your feelings.

Experience has shown that you'll get a BIG telepathic jump up when you shift from COGNITIVE awareness (in your head) to CONSCIOUS awareness (in your heart).



If you wanna get good  
at your telepathy, you  
have to *fully* embrace  
*all* your emotions.

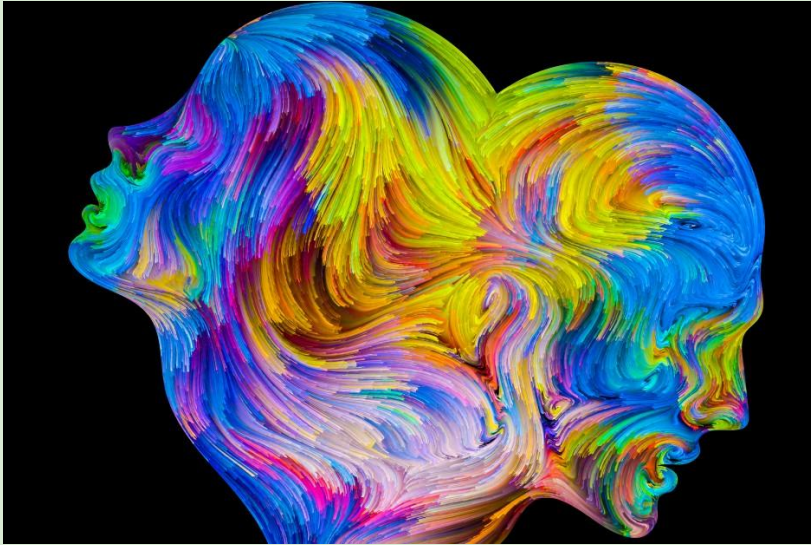


Full emotional honesty with yourself is not optional in telepathy, it's required.

That's when things will suddenly become much clearer.







Guys, if you want to find your true emotional balance, you have to respect and embrace your intuitive, creative, feminine side.

Gals, if you want to find your telepathic balance, you have to develop your fortitude, inner strength and emotional male side.



Learn to wear your telepathic connection like a loose fitting garment.



Become aware you are a receiver that's always turned on.



Have your telepathic ear gently tuned in and running in the background for longer and longer periods of time each and every day.

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





Progress according to your own schedule. Remember, you're seeking personal progress, *not* perfection.

You will make mistakes. That's okay, it's just part of the process of learning.

We have another brain related topic to add to your telepathic training...

...background and foreground thoughts.



*What do you mean?*

You already know you can read a book and listen to music at the same time. Your brain can do that multi-tasking.



You can also learn to pay attention to your “background” thoughts, the ones that are always running and quietly whispering things to you in the back of your head.



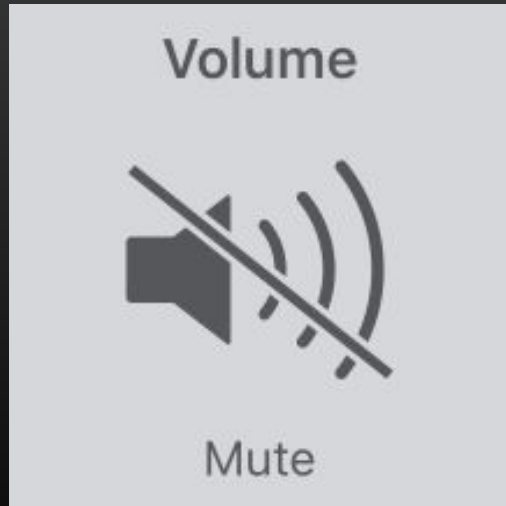




Decide to give them more awareness like you do your regular thoughts. Give yourself a greater chance to hear these quieter background thoughts through regular practice.

*But how do I do that?!*

First, turn off life's noise (however you want to define that) as much as you can everyday.



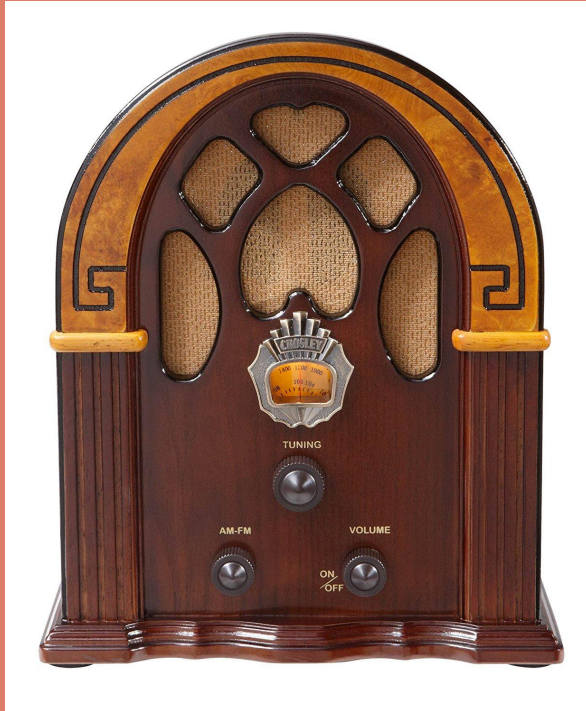
Take a break from all man-made sounds.  
Just sit and be okay with your own inner stillness.





Begin observing your foreground as well as your background thoughts.

Purposefully tune in to “Radio Free Universe.”



*What's that?*

“Radio Free Universe” is a symbolic way of saying that there is an unseen world out there broadcasting on an infinite number of channels 24/7/365.







All you have to do  
is tune in.

You control the  
volume and the  
station you choose  
to tune in to.

There's one telepathic phenomena out there with a REALLY high degree of accuracy...

Its accuracy isn't 100%, but it's pretty close.

Its called "sudden knowing."

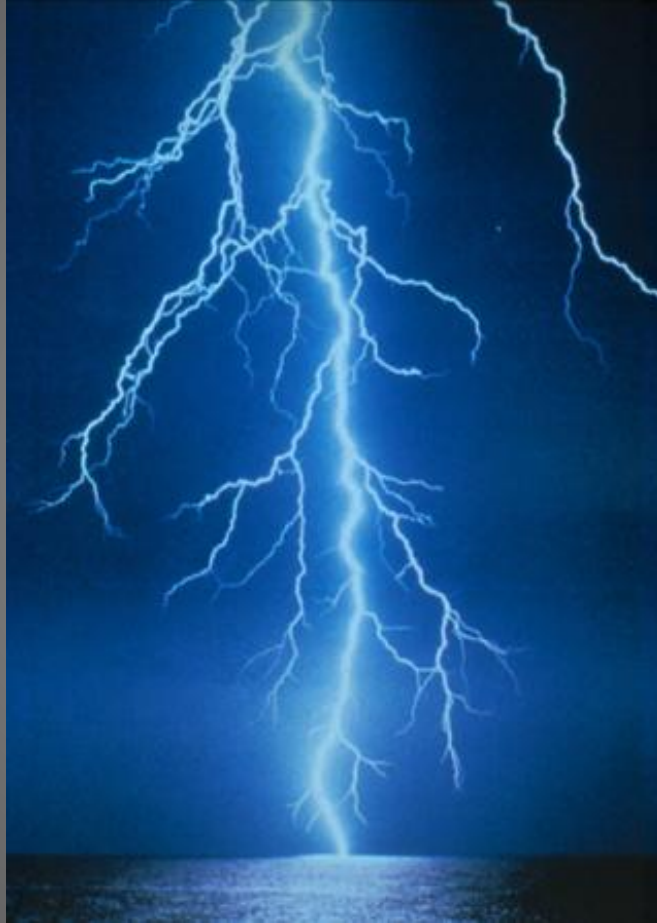


*Sudden knowing?*

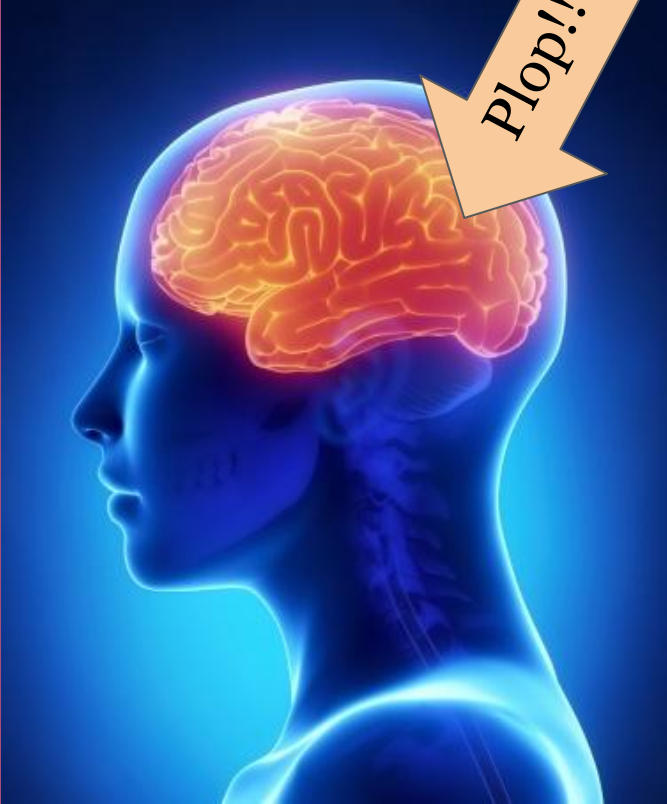
What's sudden knowing? It's the most trustworthy telepathic phenomena known out there with an astonishing 98-99% accuracy!



Some call it “the bolt from the blue,” or a eureka moment.



*I think  
I had an  
apostrophe!*



Sudden knowing feels as if somebody takes a chunk of telepathic information and unexpectedly plops it right into your brain and you suddenly know something that a moment before you weren't even thinking about.

What's happening is your personal telepathic peeps are giving you a sudden heads up.



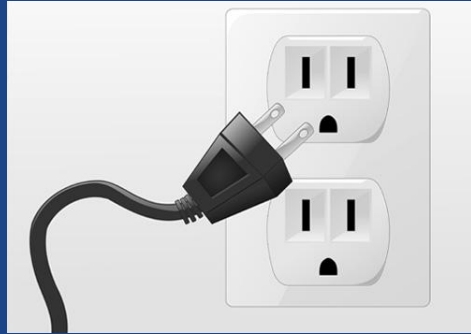
If you receive a dramatic “sudden knowing” don’t hesitate to act upon that information.

*Note to self: Sudden knowing is really accurate - pay attention!*

Odds are you’ll be glad you did!

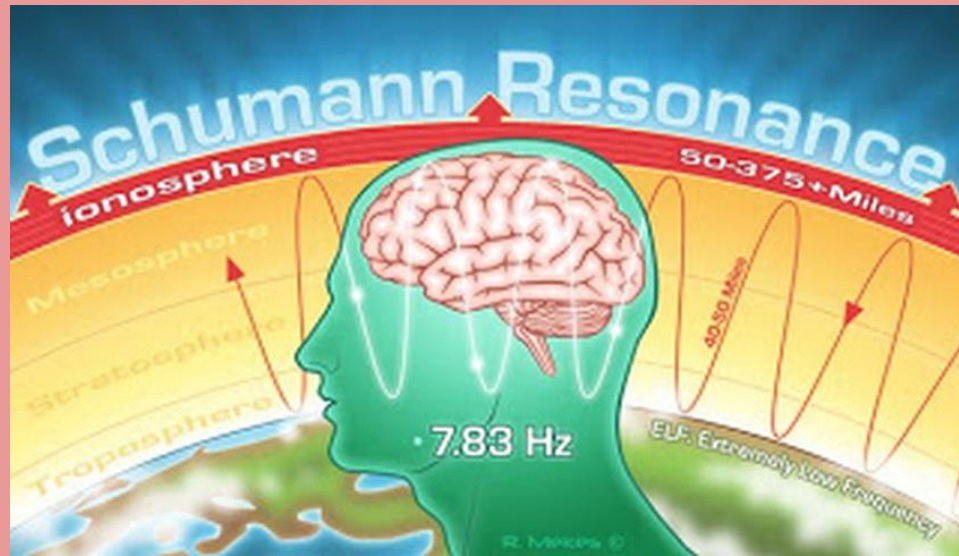


It's time to talk about electronics and its effect on you for a little bit.



The 50 or 60 Hertz wiring running through your walls is not your brain and body's natural rhythm.

Planet Earth normally runs about 7.83 Hz  
(the Schumann Resonance) and so do you.



Get away from all man-made noise & electronics...



in about 30  
minutes your  
body will entrain  
again to Mom  
Nature's  
frequency & get  
you back into that  
telepathically  
receptive natural  
earth vibration.

As corny as it sounds, go sit with your butt on the ground and your back to a tree.

Leave *everything* electronic at home or in your vehicle!



Then just breath and gently reach out to connect telepathically with everything around you.







If you're visual, use your eyes.

If you're auditory use your ears.

If you're kinesthetic, focus through your touch of the earth and the wind and the tree.

If you're a spatial learner, instead of sitting still we *want* you to be in motion.

*Be the telepathic hunter gatherer.*

*Walk your path telepathically!*





For all of you who do this exercise, remember:

- No electronics of any kind on your person
- No talking out loud
- Pay attention to where your thoughts naturally drift
- Pay attention to what's also running in the background of your consciousness



Within 30 minutes your body will have started significantly entraining to Mom Nature's wavelength and your telepathic receptivity will climb dramatically.



*It doesn't happen in 3 minutes,  
so don't try to rush it!*

The more hours you spend completely connected to nature, the faster your telepathy will develop.



*Anybody up for some camping?*

Is there anything that makes learning telepathy harder?



Of all the hormones that negatively affect your telepathic receptivity, high daily adrenaline (fight or flight) levels work against you the hardest.



Adrenaline was meant for you to call on in extreme emergencies, NOT all day long everyday!



We suggest you do everything you can to go back to using it for the right reasons.

Immediately begin today to reduce your personal adrenaline levels by:

- Proactively deciding to consciously move at a more observant, listening, and thoughtful pace.





YOU HAVE TO  
**SAY NO**  
TO A LOT OF  
GOOD THINGS  
IN ORDER TO BE ABLE TO  
**SAY YES**  
TO A LOT OF  
GREAT THINGS



- Declutter your schedule everywhere you can.
- Say NO to the unimportant little stuff.

- Adopt the KISS approach to life (keep it simple stupid.)



*...and add chocolate  
when necessary!*

- Completely organize your living & working space.
- Clutter breeds mental chaos. Get rid of it!



- Raise your endorphins purposefully by scheduling more joy into your life. Make your happiness a priority!

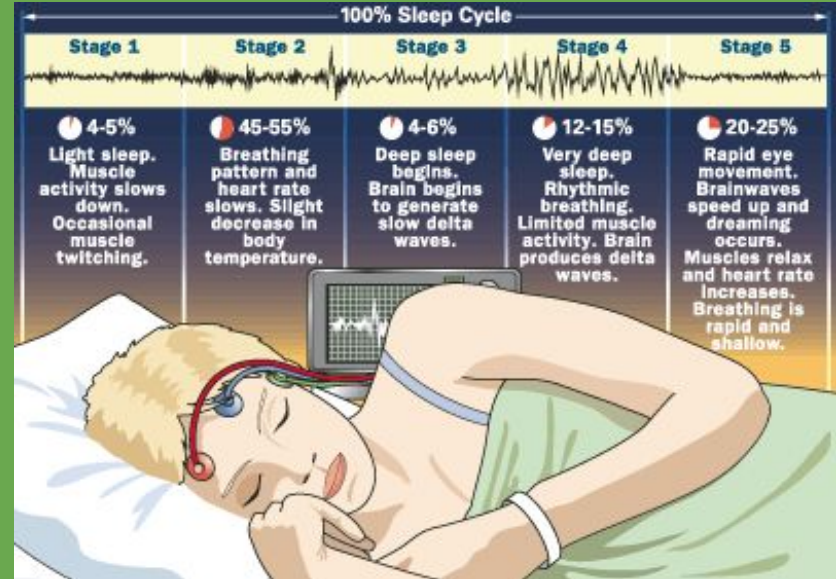


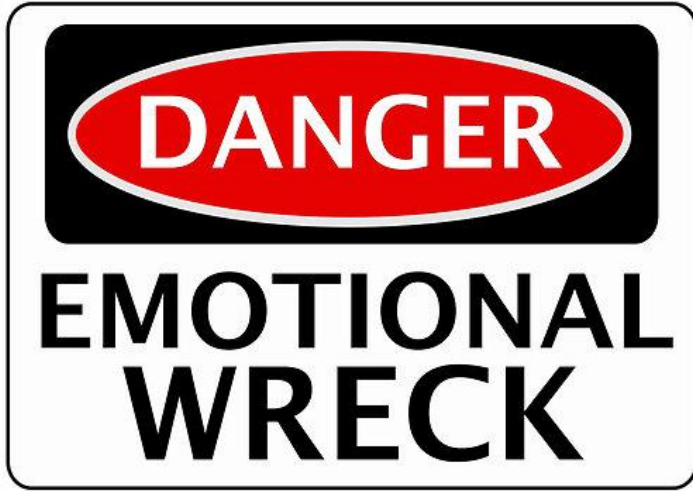
*So when was the last time you laughed SO HARD  
you had tears streaming down your cheeks?!*

It's time to talk about sleep and telepathy.



Deep delta (dreaming REM) sleep is HOW you plug telepathically into the Collective Consciousness every night.





Without its nightly plug in, after about 100 hours without sleep, your brain decides it's had enough.

You're done.

You're just done.



You ***need*** that nightly telepathic connection to maintain your physical, spiritual and emotional well being.



We also recommend removing as many electronics as you can from your bedroom.

A dark, moody photograph of a bedroom. In the foreground, a bed is covered with a white sheet and a dark pillow. In the background, a window with horizontal blinds is visible. The text is overlaid on the right side of the image.

**THE BEDROOM IS FOR  
TWO THINGS, AND BOTH  
OF THEM START WITH S.  
ONE OF THEM ISN'T SOCIAL NETWORKING.**

*Andre Obradovic*

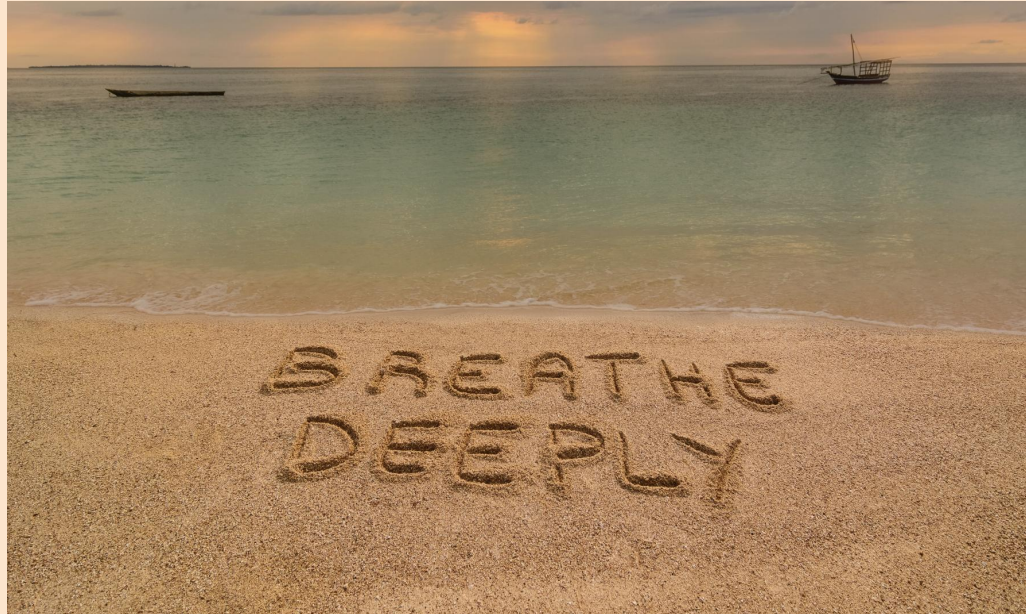
What else can you do to optimize your body for telepathic training?

*Yeah..what does my body need?*



Your telepathic  
brain operates at its  
best when it has  
plenty of oxygen.

Full lung breathing, in whatever fashion you like, will send more oxygen throughout your entire body as well as to your brain.



You have options here:  
Exercise  
Deep laughter  
Singing with gusto  
Positive climactic experiences

Take your pick.

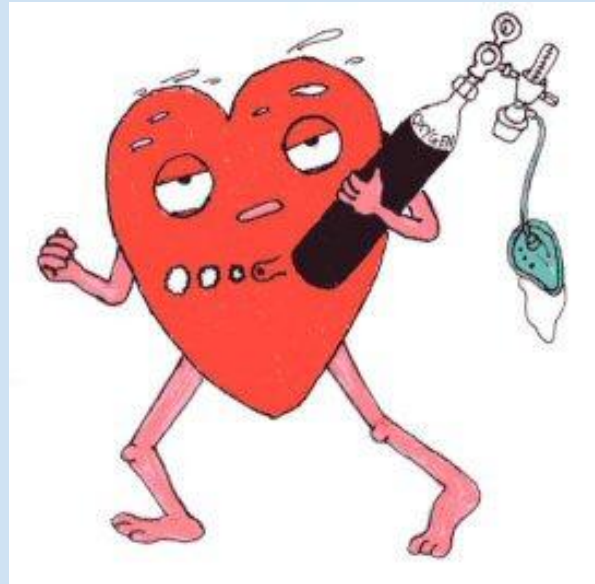


When you load your brain with lots of oxygen, you also create endorphins and you optimize **EVERYTHING** that has to do with learning to control your telepathy faster and easier.





As we've said, your brain needs optimal oxygen for telepathy, which means you need iron in your diet to make the hemoglobin to carry the oxygen.



# b vitamins



Sunflower Seeds



Nutritional Yeast



Avocado



Kombucha



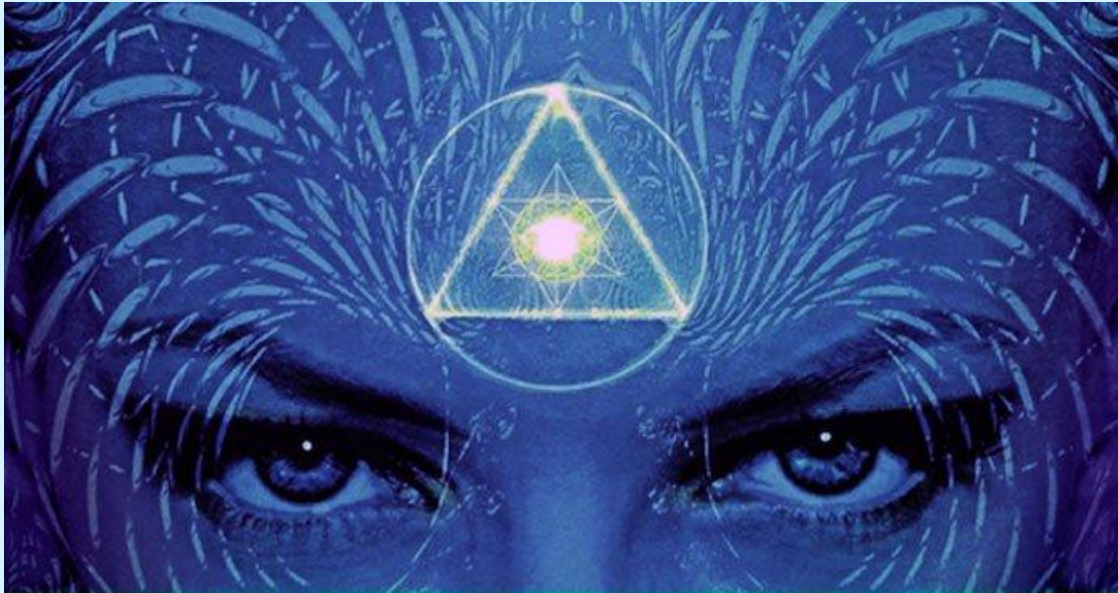
Spinach

THIAMINE (B1), RIBOFLAVIN (B2), NIACIN (B3),  
PYRIDOXINE (B6), PANTOTHENIC ACID (B5),  
BIOTIN (B7), FOLIC ACID (B9), COBALAMIN (B12)

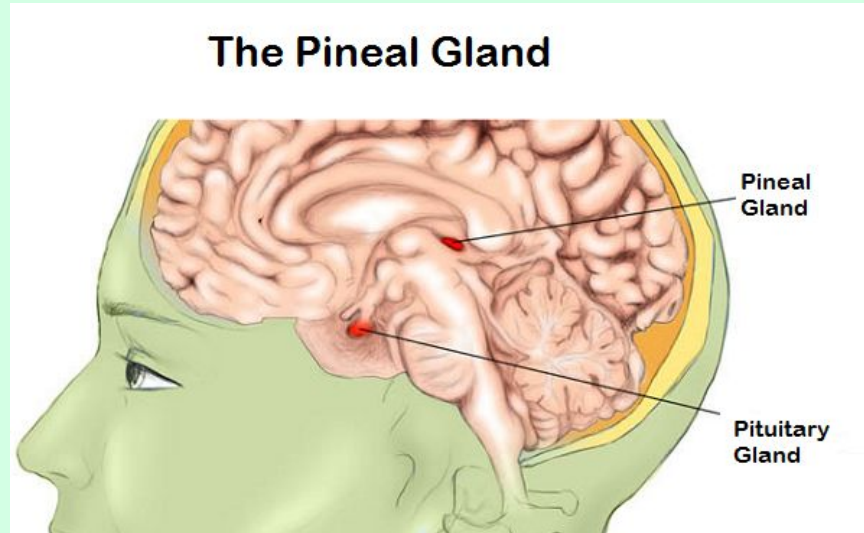
Your brain is part of your nervous system. It needs all the B vitamins to stay fully tuned and healthy.

If you are vegetarian or vegan, you will have to focus on these things much stronger on a *daily* basis.

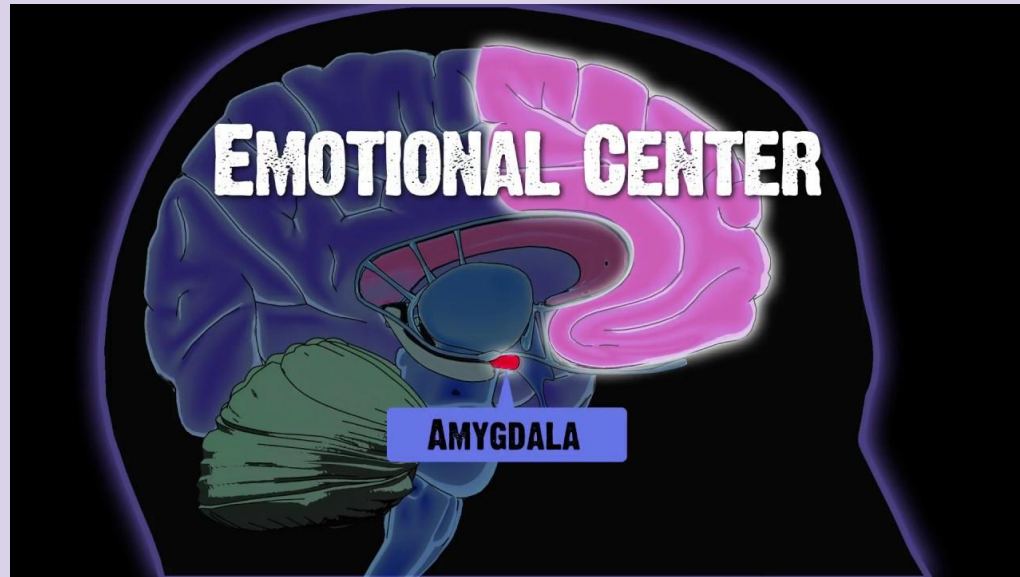
The pineal gland has always been thought of as the center of your intuition.



Many of you may be surprised to learn it's *not* right behind the skin or bone in the center of your forehead. It's a little deeper in your brain than that.

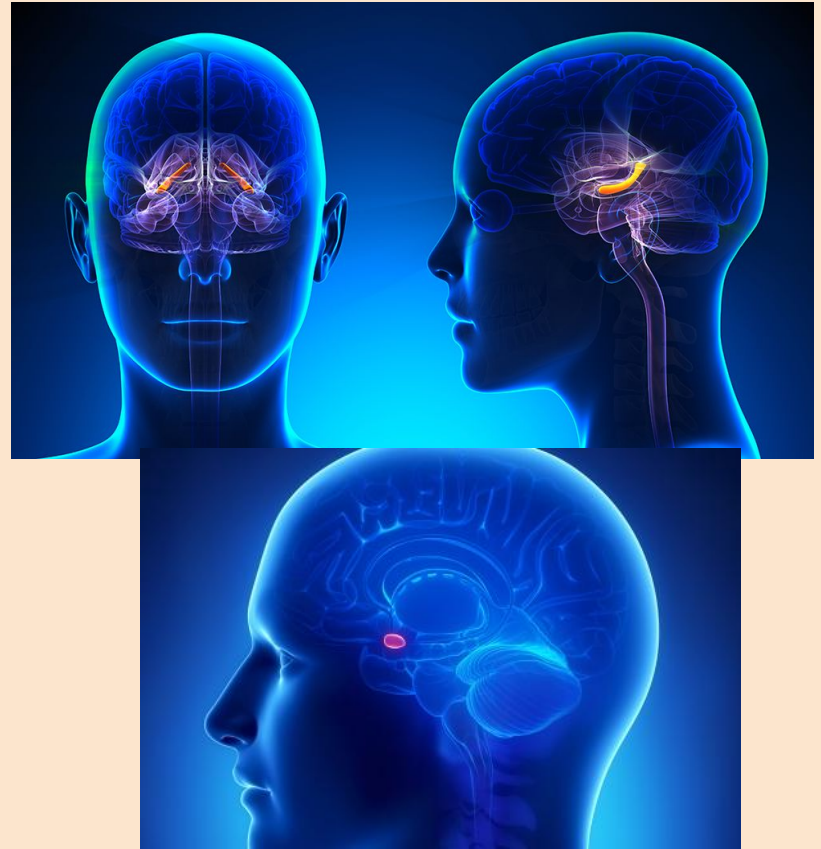


But there's more. Your telepathic connections are linked with your emotions via the amygdala, which is part of the brain's hippocampus.



The hippocampus looks like a horseshoe whose open ends face forward.

On each of those ends are almond shaped structures called the amygdala that point forward like two little headlights.



“Turn your headlights on!”

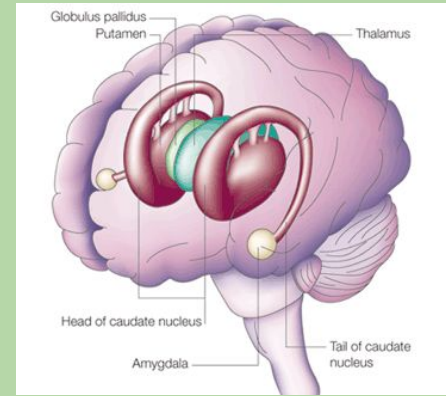
If you close your eyes and visualize sending extra blood flow to these structures in your brain, they receive extra oxygen...thus greater ability to do their job.





Think to yourself, "I'm turning my headlights on," as you visualize sending blood flow and energy to your amygdala.

Do not be alarmed you feel an emotional wave to rise up inside you. This is normal. Allow it to surface in a rightminded way.



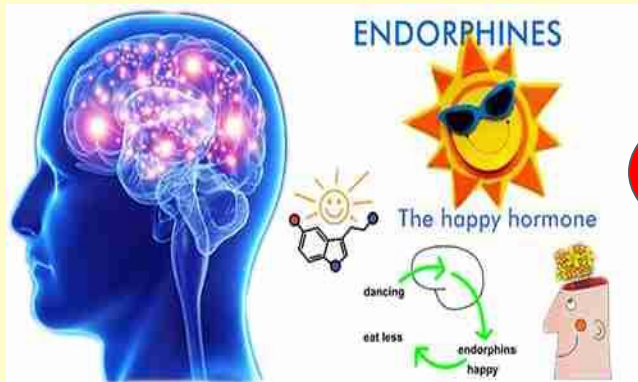


Okay, enough  
about brain  
science for now.  
Let's switch  
subjects and talk  
about having *FUN!*

If you want to learn your telepathy 10X faster, just make it really, really *FUN!*



Seek those endorphins! Make your learning a hoot! Your telepathic learning will improve ten times faster!



*And you might just look forward to doing your homework!*

Also if wish to you start practicing with a partner, make it a person you know well. It makes it much easier to have success at the beginning.





One of the most effective and inexpensive ways to do this is to grab a deck of cards and choose a game where your opponents are required to study their own hands.





See if you can pick up on the images they see, on what they're thinking. Good natured telepathic cheating is encouraged for fast fun learning.



Reward your telepathic successes!



But don't give yourself a hard time if you do not get something right. Let it roll off your back like water off a duck.





Being hard on yourself will  
slow down your learning.  
You don't want that!

So, don't expect perfection  
from yourself. You gotta figure  
you'll make mistakes.

It would be weird if you didn't!

Keep practicing and rewarding the positive.  
Keep journaling your progress every day.



We're going to shift topics again and talk about a really common question many beginning telepathy students have...especially in the first month of practice.



Am I really hearing a telepathic voice or am I making it up?



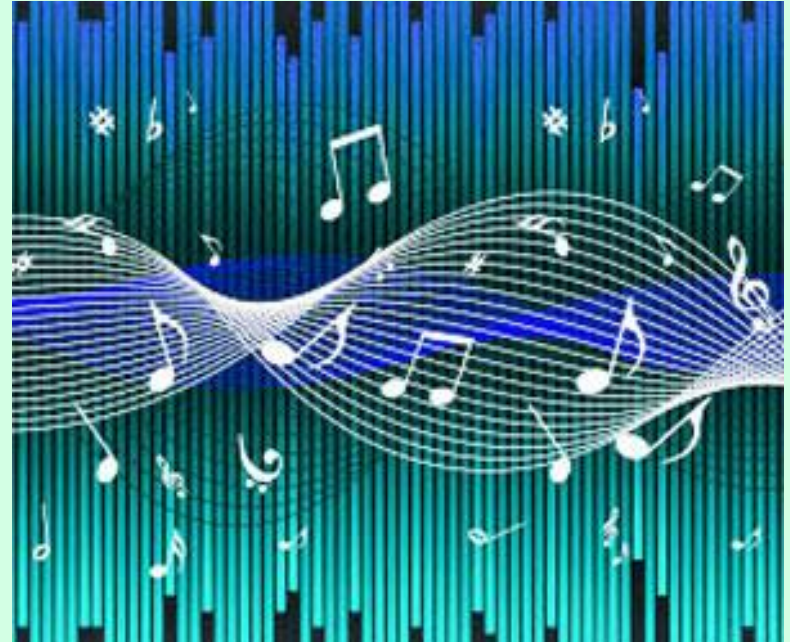
In the beginning, some students report that the voice they hear in their first telepathic interactions sounds like their own “head voice.”

This is not unusual. It is the main reason we hear students say, “I don’t know if I’m doing this right.”





Maybe it will make sense if we explain it like this. Musicians who want to learn to develop perfect pitch know that they can train their ear to recognize specific notes, whether it's an F sharp or B flat.





Learning to tune in telepathically to different individuals is a similar process.

Ultimately, you're developing new neural pathways that recognize unique vibrational signatures.

Trust the process, put in the time, it gets easier.



With practice, you'll learn to recognize unique telepathic voices much more quickly.

If you practice 30 minutes a day, every day, it usually takes about a month.





How do you know for sure that you are not making it up?

Record the words, the concepts, and the images.

Are you getting new information you had no prior knowledge of?



Is the information stream being delivered in a way you do not normally think or feel?







Analyzing the contents of the telepathic interaction should tell you whether you are inserting information or whether you are picking up on someone other than yourself.

But!!! (And this is a *big* but!)

***Do not even TRY to stop and do that analysis while you are still receiving the input!!!***



*Don't even think about it!*

Allow the telepathic  
connection time to finish  
its course naturally.

Be patient, make sure  
you got it all.



Stay in receptive telepathic mode until it's completely finished.



When it's DONE, you will have all the time in the world to analyze the heck out of your telepathic experience, but **WHILE IT'S HAPPENING DON'T INTERRUPT IT!**



You'll lose it and might not be able to get it back!

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

A red speech bubble with a black outline and a tail pointing to the right. Inside the bubble, the text "What do you mean?" is written in a white, italicized serif font.

*What do you mean?*

Where were you getting that voice or those images in your body?  
Was it inside your skull? In the back, the front? Be specific.





- Did your abdomen (gut) feel different? Butterflies maybe?



- Did you feel any changes in your chest or over your heart area?
- Did the emotions hit you there? Elsewhere?



- Did you also have a goosebump physical body response?



- Did the hair on your head, arms or the back of your neck react?



- Did you pick up an entirely different physical reaction unique to you?



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



Next, we would like to talk about something we like to call:



If You Ask a Telepathic Question...



If you're sitting in the forest, minding your own business and you telepathically pose an open ended question, you honestly don't know who's going to answer.



You don't know if it's a woodben  
(forest folk), an ET, a  
multi-dimensional being, or the  
ghost of your great aunt Matilda  
come to visit.

You just don't know.



You didn't address your telepathic question to a specific individual so it's fair game for anyone to respond to.

*Who me?*



If you want to speak with a specific nation, such as the Sasquatch for instance, you need to telepathically address them as a collective group or query a specific individual.



When you are posing a telepathic question to a specific person, each individual gets to decide whether they would like to answer you or not.

You cannot force them.







But, like most everything in life, questions posed politely, with honest, heartfelt intent seem to get noticed and responded to much faster than those which are not.

Thinking and acting  
rightmindedly improves  
your chances of  
interaction.







In general, the telepathically connected universe treats you like an adult.

It seems to operate under the philosophy that you're ready to receive the answer when you're ready to ask the question, but you gotta ask.

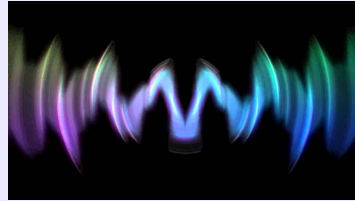


## Getting Pinged and Telepathic Protocols

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



If your ping is coming from a telepathic beginner (another Earth Human) it may be weak and not come as clearly.



Over the years we've noticed these weaker Earth Human pings seem to have several things in common:



- Often a sudden background thought of someone springs into your mind behind your foreground thoughts. They seem to come to mind “for no reason.”

(Guess again.)

- You may experience one of the physical body responses we talked about previously.



- You may find yourself suddenly wanting to hush the noise around you as if you need to listen again for something you thought you started to hear.





- You might even instinctively raise your hand as if to hush the noise around you.



- You may recognize that suddenly you feel as if you've just had a friendly greeting and someone or something else feels present...a feeling like, "Did someone just call my name or say hello?" Physically, you might have a "pop your head up" response.

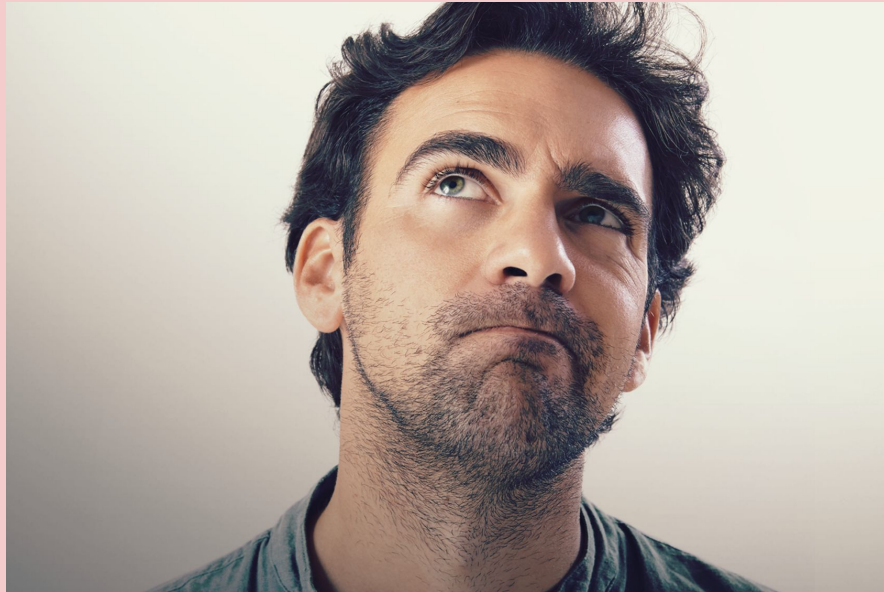


*Hello?*

- You may find yourself suddenly turning your entire body around to look and listen. The body reacts first. The telepathic ping may or may not come with a direction and distance sense or other information about the sender.



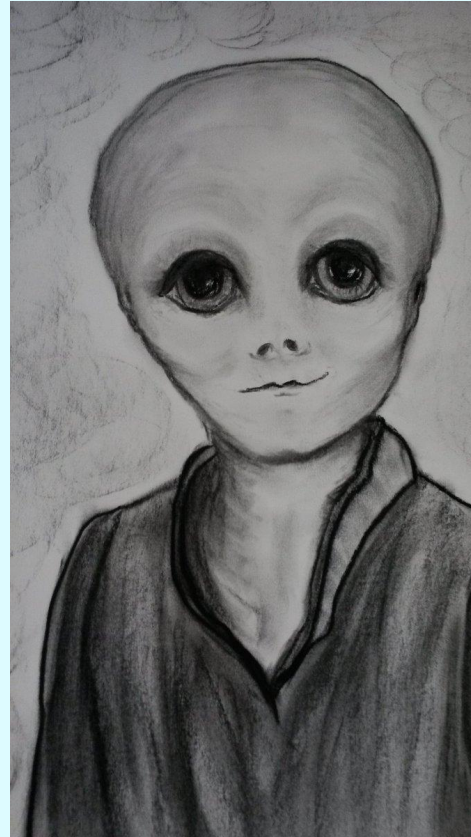
- You may have a sudden instinct to contact another person out of the blue or you may not be able to get another person out of your mind.



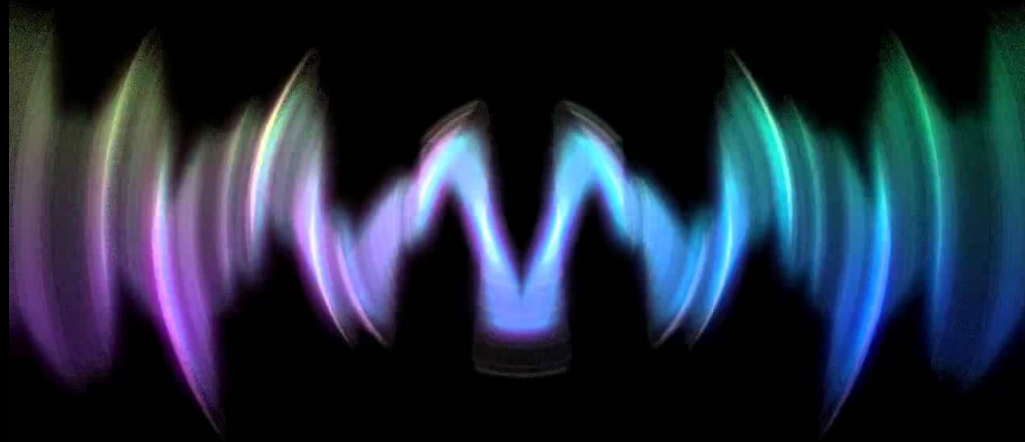
- This can also involve events instead of specific people and feels like that proverbial “tremor in the force” wave of feelings.



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



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





A *clear* telepathic information stream suddenly will pop inside your head that didn't come from you. There will be no question in your mind.

You will KNOW you are being spoken to!

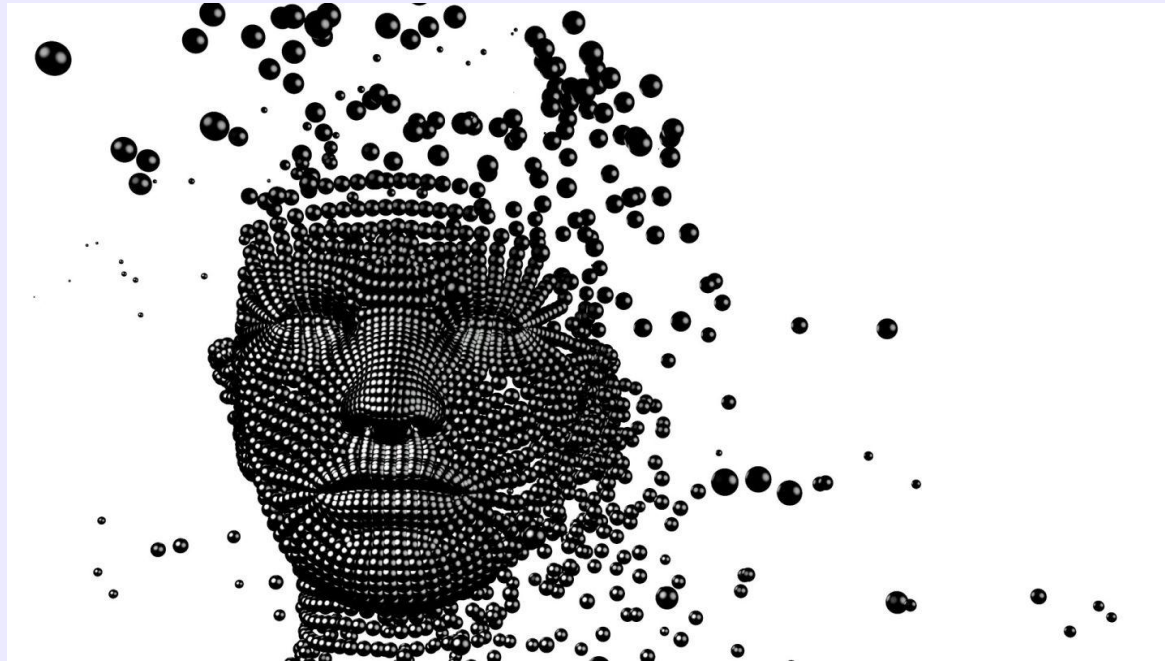




You may in the beginning not know who the sender is.  
They may not allow you to see them immediately.

Your telepathic ping may or may not come with a  
direction and or distance sense or a name.

Not all telepathic individuals will provide their identity or their location until they trust you more.



We were taught and recommend you approach telepathic conversations with folks from the telepathic nations with politeness and respect.





If their telepathy is that clear, the likelihood you are dealing with a nation more ancient and more advanced than your own in VERY high.

You best act right minded toward them.

In public, telepathic cultures tend to be very polite with societal rules which are strictly adhered to when they work in groups or are task oriented.



In private, good friends let down their guard and converse in a more relaxed manner just like you might when you hang out with your own friends.





But, like Earth Human cultures, telepathic societies are *all* unique and different.

We recommend asking about their rules and learning their cultural norms.



In other words, it's good to ask if it's alright to discuss a certain subject and how to talk about it. Make an effort to study and learn their customs.



When you first approach a member of a nation who utilizes telepathy as their primary means of communication, ***act and think*** like you would if you were going to your grandmother's house.



When you visit any respected elder, you know you need to be on your best behavior, use your manners, honor them and respect their home and their things.



This is part of rightminded behavior.  
Your actions **will be** telepathically observed and judged.



*Remember to be aware of  
and control your thoughts.*

When you're in their space...

**YOU WILL BE  
TELEPATHICALLY PINGED  
AND PROBED,**

**COUNT ON IT!**

Telepathic Protocol:

Initiating Your Own First Contact with a Telepathic Nation



Begin all dialogues by first introducing yourself. State what you wish to be called. Keep it simple.



They will telepathically glean more about exactly who you are and your background if they really want to know.

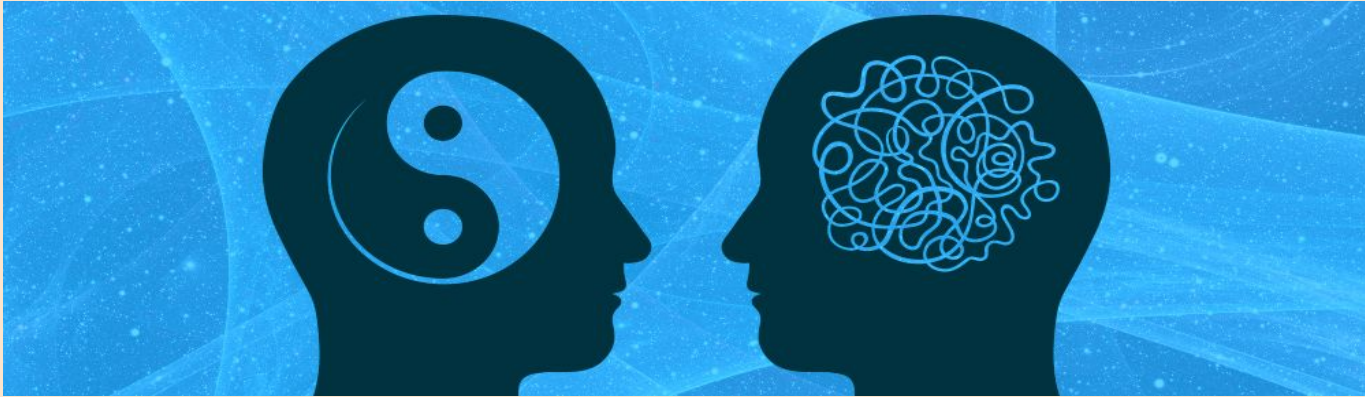


Be extremely respectful in your thought choice, as if your grandmother were listening inside your head.

This is not as easy as it sounds and takes practice.



State your intent respectfully, simply, clearly and honestly in a single sentence.



If you attempt skip this step, your chances of contact are greatly reduced. Why *ARE* you here?

Remember, telepathic nations do not just get in your head to hear your thoughts.

It's not your brain they are connecting to as much as your intent and your heart self.



*You have to be able to answer for your actions, as well as your thoughts.*



They want to know why you are thinking the way you are and asking them questions.



Remember, once a telepathic connection is made, DO NOT STOP IT to conduct a left brain logical analysis of the conversation while you are in right brain receiving mode.

You may lose the connection and not be able to get it back.



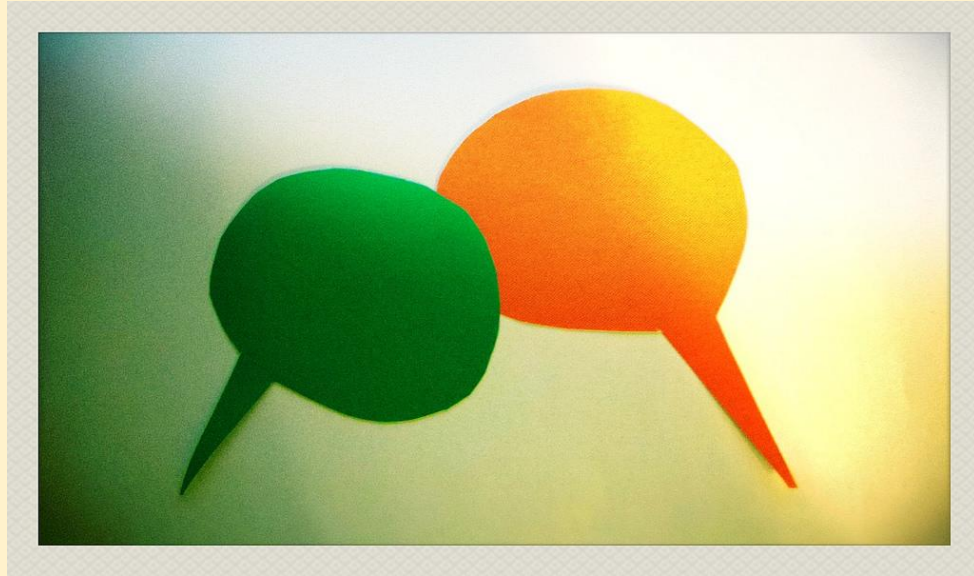
Get out of your logical “I have to figure it out now” head and listen with your head-heart combination.



You'll have time to tweeze your entire experience apart later.



Once you're telepathically connected, stay that way until the conversation is done.



That's not only polite, but it's crucial if you don't want to interrupt the established contact with your sender(s) and you want to get to the end of the conversation.





Even if you introduce yourself and are polite and respectful, there is no guarantee that any telepathic question you put out there will be answered by the individual you expect.

They can and sometimes do treat you as if a subject is “nunyabidness” (none of your business.)

Pay attention to what they do as well as what they don't respond to.



Once your communication has come to an end, please be sure to thank the individual who spoke/shared with you and bid them a pleasant good bye.



If you wish future connections and chats with them, tell them so.

Until next time...



*Telepathic Steps*  
*Short Summary:*

Introduction

Intentions

Respect

Dialogue

Thanks





*Here is a general example of first telepathic conversation protocols employed:*

Hello! My name is \_\_\_ and I traveled here just to talk to you telepathically. ←- Introduce self

I am here because I want to get to know you and your people better. ←- clear honest intent

Telepathy is new to me, but I would like to learn it properly. ←-desire to learn

Forgive me if I make a mistake. ←-humble

May I tell you a little about me and ask you a few questions as well? ←-polite query

Thank you for sharing with me. ←- polite goodbye

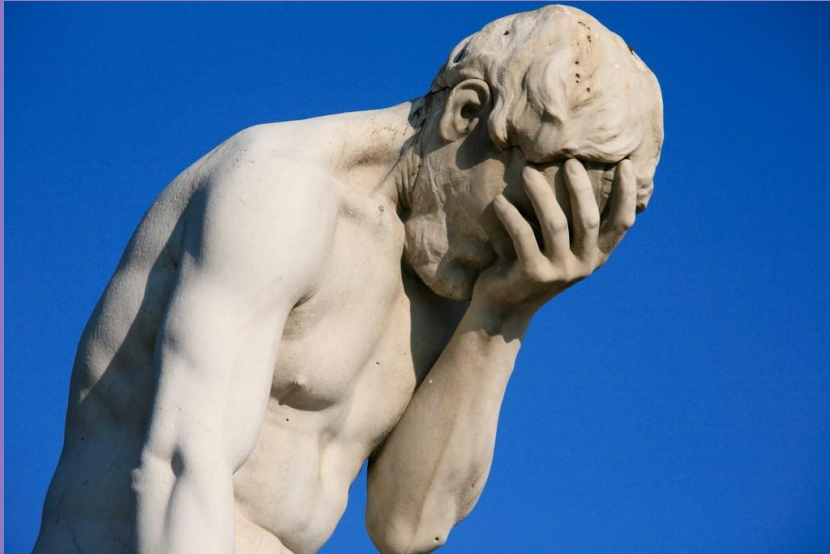
After you've worked with an individual several times, these protocols become more relaxed and less formal for some of the telepathic nations (such as the Big Brother Sasquatch and the P'nti.)



We need to say  
a little about  
telepathic  
overwhelm....

Just expect it!





About 98% of Earth  
Humans will be  
emotionally and  
physically overwhelmed  
after their first BIG  
telepathic encounter.

After you've had a big telepathic encounter and/or you've maintained a connection for a longer time than usual, at some point a feeling of being overwhelmed WILL hit you like a ton of bricks.



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





Grab the box of Kleenex, call your telepathic buddy and talk!







Yes, it's a LOT to connect with and comprehend physically, emotionally and spiritually.

We know!

You survived it up to now didn't you?



But, even though a year from now you will have developed a much stronger telepathic skill set than you have currently, there will still be days that are telepathically exhausting.



You don't have to telepathically take on everything all at once.



This is the journey of a thousand steps and more. For today, stop, breathe, steady yourself and take just this one step.



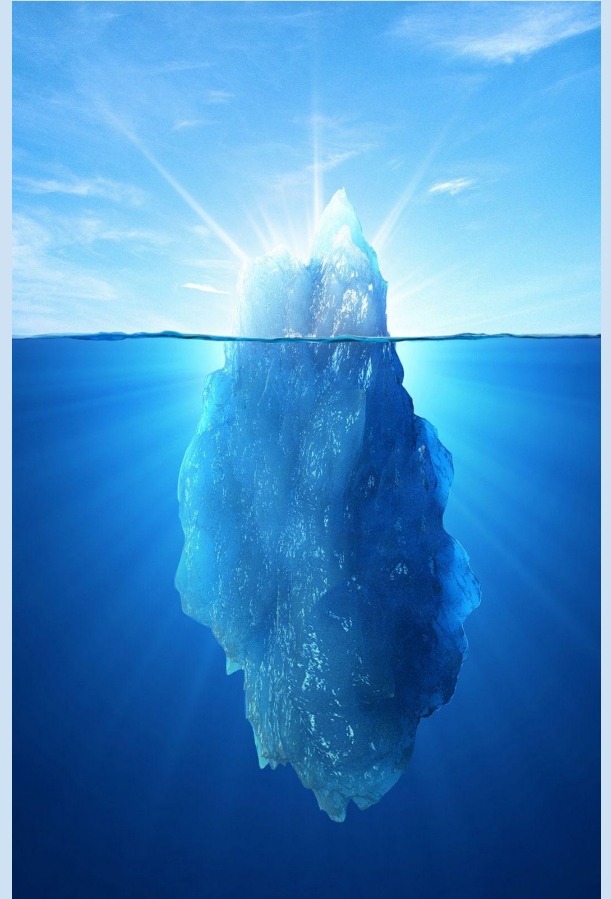
The Universe really won't give you more than you can handle!



*WE WANT YOU TO LET YOUR  
EMOTIONS SURFACE!*

Don't stuff them. You have to practice emotional honesty and here's your chance.

Let it out, get it out, process it and grow.





Remember, telepathy runs on an emotional carrier wave.

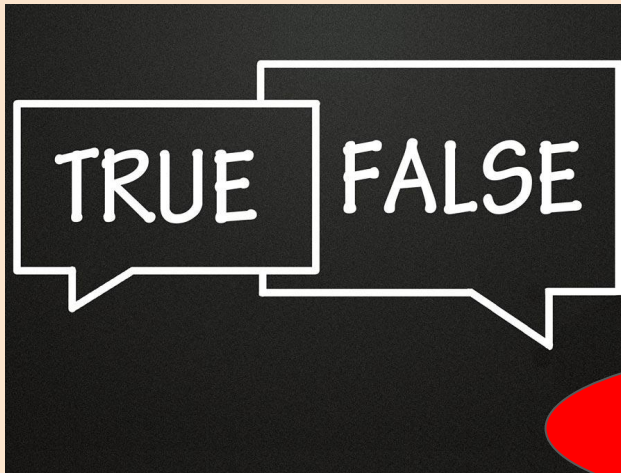
You can't expect to truly emotionally understand another person if you don't understand yourself first.



Even as the  
overwhelm hits you,  
please do not let go  
of your powers of  
detailed observation  
and discernment.



Just because it's a lot doesn't mean you ignore your innate ability to know what is true and what is not.



*Keep your wits about you!*

Observe everything you can in the moment.

...anner with a woman named Valerie. She was part of the crowd that gathers closely, looking for little tip-offs such as

## Graphing Collection

No was the answer from 88 percent. 8 percent said yes. The survey also found a declining interest in astrology reports, 1985 saying that they read them daily or often, compared with 21 percent in 1979. Unlike the president, the general public is overwhelmingly prefers methods other than astrology for making decisions. The White House's insistence that astrology was confined to scheduling of speeches and announcements invites criticism. In his 1965 biography "Where's the Rest of Me?" Mr. Reagan wrote that he and his wife regularly followed a newspaper astrologer, the late Carroll Righter, to see what he has to out, people of our respective birth dates. The scheduling of Mr. Reagan's touring-in as governor of California at his election in 1966 has been linked to logical advice—something he de-

Editorial and contain the writer's signature, name and full address. Letters should be brief and are subject to editing. We cannot be responsible for the return of unsolicited manuscripts.

Mr. Reagan's long-standing belief in astrology, and the White House's acknowledgment that he has relied on it for the purposes, what is the basis for the evidence that he has not relied on astrology for the return of unsolicited manuscripts for others? The White House's insistence that astrology is the governing center of the world's scientific and military power—provides grounds for great frustration. The response is to laugh it off and to wisecrack about civil servants and whether Mr. Reagan is a good cheer for his sign. A coincidence, even where the signs are concerned. This is not a plain story.

—Scientific American's Greenberg column

## Business Knowledge C

the track, you can smoke a humongous spit-covered cigar and talk openly to yourself, and nobody notices. You can immediately get into an earnest and sincere conversation with anybody, just by pointing to your program and saying, "Whaddya think this is?" At the track, of course, naked greed is socially acceptable.

the repressed little world depicted in those glossy magazine advertisements for Ralph Lauren clothing, the ones featuring old-money mega-WASPs in dark natural-fiber suits and slicked-back hair sitting on uncomfortable antique furniture and engaging in traditional WASP parlor games such as *Somme*. That Debenture. At the track, the height of fashion is to wear a shirt on which all the ink marks are the same color.

At the track, you can smoke a humongous spit-covered cigar and talk openly to yourself, and nobody notices. Also you can immediately get into an earnest and sincere conversation with anybody, just by pointing to your program and saying, "Whaddya think this is?" (every) had world horse here?

At the track, the odds are less than in one in 1,650,000 that anybody will mention Michael Dukakis.

H. Gravaler  
by HYUN-DAI CO., LT

...a result of... I fell... I needed to get... I decided to employ a... The Daily... everywhere I went to the... Francis N... Evans, one of the select few... newspaper history ever to have... neously held the positions of... Writer and Religion Editor. Needless to say, he was known as the Holy Roller. I did this column, called 'A Stranger Goes

### MEANWHILE

to Church,' where I was supposed to go to a different church every Sunday in do a critique of the sermon." Dick y "culs." Naturally all my critiques came out that it was great.

So we can see that Dick is no Miami Herald's racing writer, w definitely the best job in the b briefcase and walks out of the office looking like a regular guy. Business activity involved in some way. Payable.

At the track, you can smoke a humongous spit-covered cigar and talk openly to yourself, and nobody notices.

At the track, the odds are less than in one in 1,650,000 that anybody will mention Michael Dukakis.

And you never know whom you'll

If you need help shaking the emotionally overwhelming after-effects, go physically do something productive, normal and boring like the laundry.



We're not kidding here, honest! Doing a normal, everyday, no brainer kind of physical task will help ground you.





We also recommend hot showers or soaking in hot water.







Relax physically,  
emotionally and spiritually  
in whatever way works  
best for you.

Remember, you're taking your first baby steps in a completely new landscape where everything and everyone is connected to everywhere and everywhen.



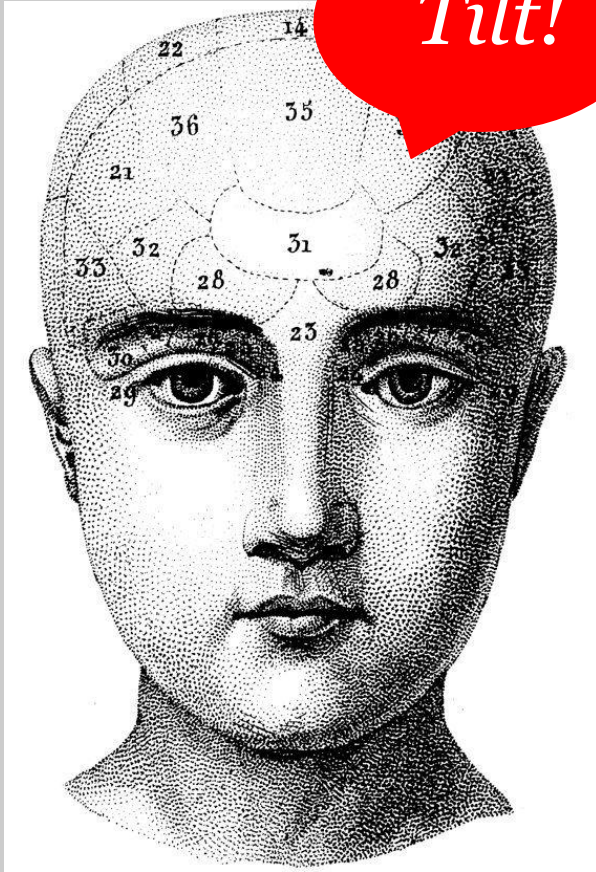


It's going to take time to understand this new normal.

Breathe, relax, and take it at your own speed.



*Tilt!*



You're not being injured.  
You're learning this big new  
thing and sometimes your  
brain just needs a day or two  
on tilt. Then it starts operating  
more normally again.

One of of the analogies we use to describe this whole process goes something like this:





Keep absorbing and learning as long as you can until your brain feels a little like semi-solid jello, then go to bed and know that during sleep, it will start to set.





By the time you wake up you'll feel mostly back to normal, but with something more.



**Normal?**



*But what if I wasn't  
normal to begin with?*



Our experience is that building a personal support network is critical to the speed of your learning.



At the very minimum, seek a telepathic buddy to talk with about your odd experiences as well as your honest emotions.



Talk to each other regularly and develop a trust.

Don't try to process this telepathic journey all by yourself, it will slow you down.

A red speech bubble with a white outline, containing the text "Go find your tribe!".

Go find your tribe!

Your decision to improve your telepathy can quickly become a much bigger thing in your life than you ever knew it would.





Having another person who will understand when you call them up and say, “I had this weird thing happen...you got a second to talk?” will help keep you in greater balance.



Trust us, you have no idea yet where this may take you and we strongly suggest you go find your people.



Without trying to make this sound overly dramatic, your decision to work on your telepathy every day will change you more than anything else you've ever chosen to learn, ever.





Practice walking  
gently with a foot in  
each world.

...and telepathically wear your day like a loose garment.

-Reverend White Otter



You still have everyday things you need to take care of.  
You still have your practical everyday lives.  
You still have bills to pay, laundry to do, food to eat.  
That's one world.





You then are anchored in the physical world you know.



Put your other foot in the unseen world, where everything and everyone is telepathically interconnected.

Now walk, one foot in the physical world, one in the unseen world.

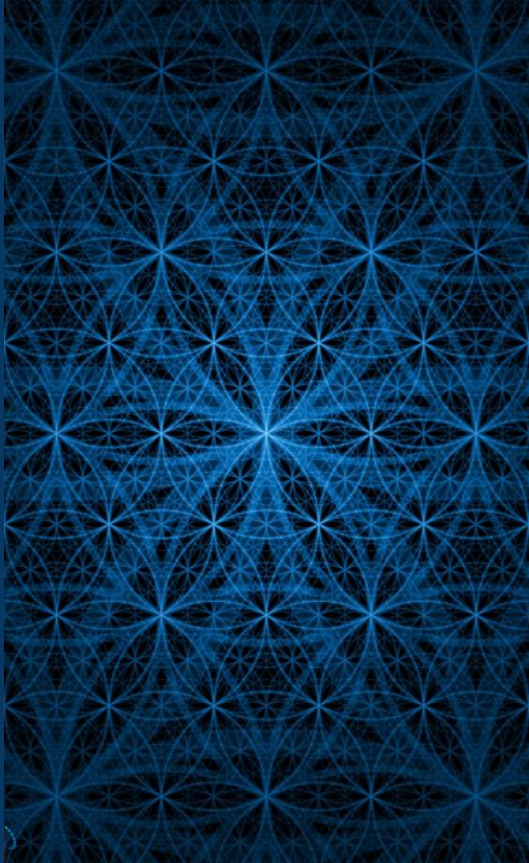


It will take practice doing this for longer and longer periods of time before you can comfortably keep everything in balance.



That unseen world is a new and different landscape for you and it's going to take time, trial and error with feedback for you to even start to create an accurate experiential map of it.





We are telling you that if you DO  
make the time, at some point, it  
will change the way you think  
about and understand  
**EVERYTHING** you know.



Start your journal today.

Make a minimum of one entry every day.

At the end of 100 days and 1000 days, return to your personal entries and assess your experiences for what worked and what didn't.

Okay, we've given you the basic groundwork to get started with your telepathic training. Let's go over things one last time.



1. Make improving your telepathic skills a high priority. Build on what's worked for you in the past regarding all your different multisensory perceptions. Begin immediately to keep a journal of telepathic experiences, dreams and unusual happenings.

*Journal everyday...check*

2. Working with your natural alpha rhythms will provide you with even more daily opportunities to practice proactive receptivity. Practice your telepathy every day for a minimum of 30 minutes. Work up to walking 24/7/365 consciously connected.

*Practice alpha at least 30 minutes a day. Check.*

3. Listen to your “random background thoughts” and treat them as important as working with your foreground thoughts. Slow down & observe more often and in much greater detail. Trust your sudden knowing and don’t be afraid to act on it. Practice patience.

*Background thoughts, sudden knowing  
and patience. Check.*



4. Get away from EVERYTHING electronic for 30-60 minutes every day. Seek Mom Nature's natural frequency. Learn to entrain to it quickly and connect deeply.

*Electronic frequencies don't help but nature's does. Check.*

5. Don't run on adrenaline, it reduces receptivity. Get your deep "plugging into the collective consciousness" sleep.

*Adrenaline bad, sleep good. Check.*

6. Oxygenate your brain! Slow, deep, full lung breathing helps provide your brain with more oxygen and better reception. Pay greater attention to your peripheral vision. Using it builds stronger neural pathways! To build those new pathways you'll need to eat your balanced proteins, get your iron and all your B vitamins in every day. Stimulate your brain's amygdala by thinking, "turn your headlights on."

*Eat right & turn your headlights on. Check.*

7. Thankfulness, happiness, joyfulness, playfulness will all change your brain chemistry enough to increase your learning speed by 10X. Reward your successes and don't chide yourself if you aren't able to do something. Go play, have fun, learn and repeat!

*Having fun, that I can remember!*

8. For beginners, telepathic voices can go from sounding like your own inner voice to being utterly unique. Patience! Give it a month of daily practice. Don't stop to examine a telepathic experience in progress until it's finished. Learn to listen to and trust your body's physical reactions.

*So don't stop a conversation til it's done & practice. Check.*

9. Approaching telepathic nations right mindedly improves your chances of positive interaction. Address a specific person or group if you wish to dialogue with them only.

*Mind your manners and be specific. Check.*

## 10. Telepathic protocol:

- be polite
- introduce yourself
- be honest with your intent and your words
- don't forget thank you and a polite goodbye.

Know and understand you will be telepathically scanned as soon as your presence is recognized.

*Be polite and know you're going to get scanned. Check.*



Expect telepathic overwhelm, you're probably not going to be able to avoid it. Find your telepathic people, be sure to ground and practice emotional honesty.



*Overwhelm IS going to come so I better find my tribe. Check.*

Learning to trust your telepathy and walking connected 24/7/365 **will** change your life.



To learn more about your teachers from P'ntl go to @sandia wisdom on Twitter or visit their website, [www.officialfirstcontact.com](http://www.officialfirstcontact.com).

If you wish, you can find out more about Su at: [www.suwalker.com](http://www.suwalker.com).

Our deep thanks to T'ni for dictating this course to us.

We hope you have enjoyed this presentation and will apply it to your learning.

We leave you with our phrase of parting goodbyes:

“Wear your day with ease.” - T’ni

