

Meeting Your Telepathic Trainer Experiencing Telepathy

In this lesson, you will experience a proprietary guided meditation process I developed for the purpose of connecting with your non-speaker or one of our expert Telepathic Trainers. The purpose of this meditation is to quiet the physical body so that we can completely focus on the spiritual body and fast track your learning experience with a direct and personal telepathic experience.

The fastest way to learn is by experience and this process will give you that initial experience from which we will have a basis to build on. You will have the option to select one of two meditation tracks:

1. Telepathically Connect with Your Non-Speaker – If you have a non-speaker you want to telepathically communicate with, select this track.
2. Telepathically Connect with a Telepathy Trainer – If you do not have a non-speaker you want to connect with, or if you want to practice and master Telepathy with one of our expert level Telepathy Trainers, select this track.

Telepathically Connect with Your Non-Speaker:

Since you are connecting with your non-speaker, it will be important to make sure they are aware and prepared for your connection. Realize that they are dealing with the limits of their physical body, just like you are. So, it will be important for you to assist them in making sure that they are prepared for the experience as well as you are. Here are some things you can do to prepare them in advance.

- **Physical Needs**
 - **Rest** – Make sure your non-speaker is well rested.
 - **Food and Water** – Just like you, make sure they are not hungry or thirsty.
 - **Bathroom** – Ensure they are as comfortable and prepared as possible.
- **Notification** – Tell your non-speaker that you are going to telepathically communicate with them and ask them to listen or pay attention so they can help you connect with them.
- **Attention and Focus** – Do not interact with them the first time while they are using a device or at school. You do not want to be competing with someone else or something else for their attention. Once you establish a long-term connection it will be easier to interrupt them while they are doing something. But for the first time, you don't want to compete for their attention.

Be sure to read and follow the handout, "Planning and Preparing for the Meditation". Make sure that you are considering both your preparation needs as well as the needs of your non-speaker.

In the meditation, I will assist you with establishing the telepathic link and practicing to ensure that you are able to communicate with them telepathically outside of the meditation.

Once the link has been firmly established, you will have the opportunity to interact with them at will. I suggest that you come prepared with open ended questions so that your visit has some direction and structure. (Rather than just staring at each other in silence.) Your questions should be open ended and avoid simple one word or Yes/No answers. Here are a few examples of what to ask and what not to ask:

✓ **Examples of Good, Open-Ended Questions to Ask Your Non-Speaker:**

These encourage thoughtful, detailed responses, feelings, memories, and depth.

1. "What would you most like me to understand about you?"
2. "What is one of your favorite things to do?"
3. "Can you show me what makes you happy?"
4. "What are some things that frustrate you?"
5. "What is one of your favorite memories?"
6. "Can you teach me to play your favorite game?"
7. "Tell me more about your world."
8. "What do you wish I would do more of with you?"
9. "How can I help support your purpose or mission?"
10. "What do you like or dislike about _____ (Fill in the blank: Your teacher, your clothes, school, etc.), and why do you like or dislike that?"

⊘ **Examples of Questions to Avoid (Too Closed or Limiting):**

These often lead to simple Yes/No answers or guessing.

1. "What's your favorite _____ (Fill in the blank: food, song, color)?"
2. "How do you feel?"
3. "Do you like _____ (Fill in the blank: Your teacher, your clothes, school)?"

Remember that your non-speaker is a person just like anyone else. They may not be outgoing and may not readily know what to talk about, just as you may not know what to talk about without preparation. At first, they will rely on you to lead the discussion and your job will be to open them up and draw them out. Help them to understand that they can show you and tell you anything they want. In the Spelling world, the goal is to get to "Open" when communication flows freely and they are comfortable and confident with starting conversations, interjecting their thoughts and desires and showing you their world. It may not come instantly, but the more interest you show in them and their experiences, the more they will open up and let you in.

Telepathically Connect with a Telepathy Trainer

For those who do not have a non-speaker or who wish to practice with a Telepathy Trainer, I have made arrangements to provide one-on-one, around the clock, expert level Telepathy Trainers to assist you.

Your Telepathy Trainer will give you the opportunity to experience, practice and master telepathic communication. They will be able to answer your questions, give you insights and "show you around" the spiritual space. I will walk you through establishing the initial telepathic connection and establishing that connection so that you can communicate outside the meditation session.

I decided to use this process as it will be far more effective for beginners than attempting to telepathically communicate with another novice, in which you would both flounder around trying to figure it out. I want you to have the full and complete experience of telepathy up front so that you know what the goal is, what it feels like and how it happens before you attempt to do it with your friends and family, which would at first be disheartening and difficult.

Once you and your friend have mastered the basics of telepathy with your Telepathy Trainers, I will walk you through a more advanced process to telepathically connect with your friend. At this point you will be able to communicate with them and validate that communication physically.

The telepathic connections you establish through this meditation process will continue after the meditation process and you will be able to continue to communicate with anyone you meet during the process as long as you are familiar with their energy/spiritual voice and they are attentive and undistracted. Your Telepathy Trainers will generally be available to you, however you may want to ask them for their schedules.