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PERSONAL MASTERY TRAINING
Telepathic Communication

by Jasmuheen

It is both my experience and 'knowing' that all 'higher' abilities, including telepathy, occur naturally when a being has raised their vibrational frequency and increased the light quotient in their cellular structure - the two go hand in hand for the faster the rate of oscillation, the higher the light quotient - as in the saying "closer to the speed of light".

It is reported that the Arcturians are the masters of Light technology and also that Arcturius is one of the most spiritually and technologically advanced civilisations and is inhabited solely by Ascended Masters. Dr Norma Milaneovich and Dr Stone have both had intensive communication and dealings with these beings of Light. Dr Stone suggests in his book "Beyond Ascension" that a quick way to build the light quotient in our bodies is to enlist the aid of the Arcturians and ask them to run higher light frequencies through the four body system and increase our light quotient to maximum capacity. This can be done while you sleep, watch TV, work or do anything. Simply ask and it will be done.

I myself have been using the above technique with great success and have also been working quiet closely with the Being called Arcturius since mid 1993. Their energy is intense but loving, their guidance clear and positive. Consequently I have included the following information from them here and again the following book is recommended reading for those interested in this civilisation and what they have to share with us.

Excerpt from "We the Arcturians" channelled through Dr Milaneovich - "...a part of the process of Mastery in this form of life is learning to clear the mind. ..A clear mind is essential in our mode of telepathic communication, for do we not need to learn to receive as well as to project....Listening is another form of clearing the mind and allowing it to receive information...In order to be positive and receive, a soul must learn to increase its vibratory rate...and there must be a sense of peace and satisfaction within before the frequency begins to rise. When this frequency begins to rise it begins to work miracles within. One only needs to bathe in the liquid Light to feel the cleansing, purification and peace that it provides...."

All thoughts are electrical impulses surrounded by an electromagnetic field of energy. This field of energy has the ability to move at speeds the human mind cannot even begin to comprehend. In this movement, images are transferred that are directly related to visualisations, emotions and the coding systems of the Universal language. It is a Beings choice whether or not to send electromagnetic impulses to another place. The choice is determined by the amount of emotion and will power that a Being is able to gather. In this choice and the consciousness of the mind, a Being determines the degree of mastery over telepathic communication that he, she or it will obtain in one lifetime.

The force that propels and projects thoughts is based upon a tensor equation...made up of two parts of electromagnetic energy and one part emotion. It is the brain and mind of an individual, coupled with choice and conviction, that determines the ability to send messages....Thoughts are part of Universal consciousness, and the energy that moves them through one's consciousness is the intensity of conviction of needing to be one with this power....All manifestations of creative energies result from combinations of Light energy frequencies and sound vibrations. By combining them, one is able to channel the power to create from the universal consciousness and access its codes."

The Arcturians state that the highest form of telepathy happens soul to soul and is only possible where a Being is integrated and has the ability to focus in soul consciousness. It is also suggested that in

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order to truly comprehend telepathy one must understand the nature of force, of emanations and radiations of energy currents.

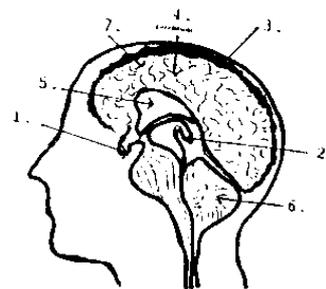
As previously covered, mankind has the conscious mind, the subconscious mind and the superconscious mind. Telepathic communication concerns itself with the superconscious state of Being, the part of us that is not concerned with issues of survival like the 'lower mind', but is concerned with why we are here, what our true purpose and destiny is. The superconscious mind is the conduit for all communications from the Higher realms (higher as always meaning frequency). All communications come through the higher self.

Telepathic communication is a natural ability of mankind that reveals itself to one who aligns their frequency to the Higher resonance of their God essence or the pure energy force that sustains them. This is true of all "miraculous" abilities from clairaudience (telepathy) to healing by touch, to clairvoyance, bi-location etc. Please note that some Beings are psychically 'gifted' with clairvoyance, clairaudience etc but the purity of the message and/or vision will only be as pure as the channel. See chapter on Channelling.

Telepathy is governed by the Universal Law of Revelation - as you seek, so shall you know. Science records and measures electrical currents in the brain caused by mental and emotional disturbances. In metaphysics it is understood that energy follows thought and that thoughts are things to come. Telepathy allows us to tune to thoughts or guidance from our Inner teacher, the I AM and/or from other Beings from either the astral plane or above, depending on the transmissions and signals we emit.

Brain Dynamics for Communication

1. Pituitary gland - the negative contact point and receiver of information
2. Pineal gland - positive contact point and information transmitter
3. Cerebral cortex
4. Cerebrum - the tensor centre
5. Thalamus
6. Cerebellum
7. Synapse gaps between the cerebral cortex and the cerebrum.



The below gives brief detail on the major areas of the brain with concentration on their role in telepathic communication. The functions of the human brain are vast and varied and are still being explored and understood by both medicine and science. Below, I have focused primarily on the functions of the brain centres to do with higher communication.

The pituitary gland is the thought receiver and is the contact point within the physical brain that enables thoughts sent from elsewhere to come in and be placed in the resonating tensor centre for further interpretation.

The pineal gland has often been called the true master gland and is the thought transmitter. Positive action flows through the pineal doorway, negative action (as in forces of inversion and repulsion of energy) flows through the pituitary. Both act in unison to balance all mental faculties.

The cerebral cortex is where thinking, logic, deduction, evaluation, short term memory etc takes place. It also controls the function of the five physical senses and extremity movement. It is the information gatherer for the various levels of consciousness. This area constantly interferes with telepathic communication and *must be stilled* in order to receive instruction through the superconscious (higher) mind. It is said to be 20% of the brain weight.

The cerebellum is like a half way house to the unconscious and stores information until it is taken to the unconscious basement. It also regulates vital bodily functions and habit patterns, coordinates muscle action, balance and posture and much more.

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The thalamus is a mass of radiating, ganglionic nuclei with its grey matter divided by a strip of white matter forming a thalamus in the left hemisphere of the brain and one in the right. The electrical activity in the cortex is stimulated by the thalamus which sustains and regulates the normal resting rhythms of the cortex. The thalamus is a memory bank and is also said to be where dreams are formed. Its nerves are specially designed for forming mental images and the thalamus is known as our mental television and is an electromagnetic area that responds to strong emotions ie fear, anger etc, it then is said to set up a blueprint of what is sent out to attract to you according to your transmission.

Nerve endings called **synapses** from the cerebrum come near but don't touch the cortex - they communicate through electrical sparks. **Tensor** defines the potential for thought depth that exists in the synapse area.

The cerebrum is considered to be the 'sleeping giant', the huge area of the brain that is considered to be unused. It is our cosmic egg of infinite intelligence and wisdom - our personal Guru and the centre of our electromagnetic resonating power. It is 80% of our brain weight. Imagine a car operating on 4/5ths of its power? That is what we are doing when we are not consciously working with the cerebrum. Full human potential can only be realised through waking the 4/5th.

Universal mind is pulled into this centre through the resonating electromagnetic field surrounding the physical form. Thoughts then pass on to the cortex for translation, application and action. In the highest spiritual development there is coordinated action between the cerebrum and the cortex. This resonating centre acts independently of the human thinking process but is where all spiritual awareness and inspiration comes from. It is ultra consciousness, the medium for extra sensory phenomenon and the seat of all parapsychic abilities.

Resonance is moving energy, forging its pathway through the essence of living particles of Light through thought propulsion. Telepathy occurs by being mentally open to receive and projecting desire which attracts the thoughts of the sender who responds to the desire and sends energy of thought idea to the open, receiving station. Thought resonance is binding energy.

Athena from the Ashtar Command says that "the mind is a vacuum that attracts unto itself that which surrounds it in terms of electrical impulses. It then manipulates these impulses until they are born as thought. Through brain processes this then becomes idea, then action." The quality of thinking is also reflected by the colour in the human aura which reveals a lot about an individuals state of being.

When the brain is still, thought transference begins - firstly the sender connects through a beam of energy that hooks into the electromagnetic field of the receiver (the receiver prepares themselves through the five steps listed over the page). The thought idea is then filtered to the tensor centre of the brain and is converted into words. When well practised distinct words are received. Clear reception, clear message. A receiver can clear their channels by aligning consciously with Higher frequencies and energies through meditation, diet etc as discussed in detail previously - less electrical blockages, clearer communication.

In the book "Opening to Channel", the guides Orin and DaBen share "Telepathy enables you to explore unseen worlds. All of you have more telepathic ability than you imagine...Telepathy gives you the ability to travel to places that are not accessible through other means. Your eyes can only see the spectrum of the rainbow, and you often forget that there are many electromagnetic frequencies, such as infrared and ultraviolet frequencies that are just outside of the range you detect with your eyes. Some of you are developing the ability to sense subtle frequencies beyond the range of your normal senses.. It is in these frequencies that you become aware of guides and of the realms where other living entities such as ourselves exist. Your increasing telepathic awareness gives you the ability to communicate with other life forms such as plants and crystals, and beings from other realms, as you fine tune your awareness.

The belief in the ability to reach these unseen though nonetheless real dimensions is not yet commonplace, but there is increasing worldwide belief in the possibility of the existence of dimensions beyond the earth itself, as well as the belief in life beyond death." In the "Dynamics of Cosmic Telepathy" Tuella writes "...a Law of Affinity exists, with attracting and repelling actions which

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command the combination of chemicals to create a form of energy. It is an aggressive force, radiating in all directions, causing pressure on surrounding force space to create waves in that element. Thought is not sent out in one straight line, but in billions of lines in all directions, like a radiating spark of Light extending in equal force in all directions. Mind is the medium with which thought is carried from one point to another.” She goes on to say that space is an attracting, repelling force of motion made up of tiny atoms with indelible memory of existence and manifestation occurs when these atoms and particles are forced to unite through the Law of Affinity.

The development of my own telepathic capacity came about quiet naturally and it could be said, a little unexpectedly. Shortly after under going the realignment and cleansing process that allowed my body to be sustained by only Light (prana), I found myself being bombarded with various ‘voices’ in my head. I knew that the process of channelling also came naturally as a Being aligned their frequencies to the Higher octaves of Light. Obviously the more one is aligned with the purer aspect of their God self the more things are possible. I have covered this in detail in the chapter on channelling.

However there came a point where I wished to have communication when I wanted it rather than in set situations like group meditation & channelling evenings. I now understand that when you are tuned all you have to do is ‘dial the number’ so to speak, make the call and you will be answered. It is that simple. However at the time, logical mind decided to go into research mode and attend classes. So on this plane, I researched what I could and then sent out a ‘call on the ethers’ for ‘hands on tuition’.

Having understood that we are energy systems that emit signals and transmissions of frequencies (like a radio) I realised I could tune myself like a CB radio and connect with those of my choice. There are Beings who actually have the ‘job’ or service of monitoring thought transmissions across the galaxies so as information on our physical plane was limited, I sought tuition from these Beings.

That is another story but suffice to say contact was made and tuition given (plus the 5 steps listed previously). This information correlates to that received by Tuella and other ‘channels’ however for me I was instructed to concentrate on the raising of the frequencies of the 4 body system and the maximum absorption of Light. This, I was advised would automatically allow the free flow exchange of information as it cleared the air of static but only those of like vibration could connect. Tuning ourselves to the frequencies of Light means that we can tune into Beings of Light as Light is their resonance.

It has been my experience that all communication in the higher planes is telepathic. Beyond that or existing with, telepathic communication is the language of Light. In the Keys of Enoch, it is explained briefly that the language of Light is “instant communication with the Infinite Mind using ideographic and pictographic cybernetics....it is the parent language of a Deity used in an overall plan or design to outline a procedure, to code knowledge into crystal etc. The language of Light as a vehicle enables the Lords of Light to reach many planetary worlds and reality simultaneously and fuse the different languages into the same scenario abstract. This allows man to have communion with other planets of intelligence through super-holographic processes...The knowledge of this language comes from a core memory of information being shared by the higher spiritual levels of existence. It allows man to read the ‘records of the mysteries’ in the higher heavens”.

I include this information here to show that there are levels within levels of knowledge and while telepathy to some is a natural ability, to many others it is not part of their reality or understanding. Beyond the spoken language is telepathy - the language of direct communication mind to mind via thought, beyond telepathy is the language of Light, beyond that I do not know. What I have found in my research is that our ‘normal’ and accepted form of communication on planet Earth is like kindergarten and due to language and cultural barriers, ignorance and misinterpretation, can be vastly improved upon. The beauty of telepathy is that communication is pure as it does not need to be filtered through the mental ‘filters’ of the lower mind with its limited perception based only on subjective reality.

As we evolve spiritually, the more we remember and the more that is revealed to us for we are infinite beings of infinite wisdom. Some are now receiving via telepathic communication (channelling) instructions to anchor and activate things like metaphysical Light envelopes within our computer

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memory banks. These contain key codes, sacred geometries and higher learning that we will evolve into.

The Keys of Enoch shares of where the Masters and Beings of Light, in conjunction with our Higher self or Overself, “use direct and remote receptor mechanisms of language so that consciousness is in control of the physiological process of the body for instruction. Thus the effects of the use of language for instruction includes: development of subsensitivity to the neurotransmitter; decreased release of endogenous neurotransmitter; the onset of an inhibitory or modulatory signal; and the activation of a precursor essential for the synthesis of spiritual thought particles”.

I will not begin to pretend that I understand the intricacies of life beyond this physical form but I do know for certain that verbal communication upon this planet is the densest and most misleading that there is - the fruits of this are evident. We need only to look at religious expression to understand that while in essence it is all the same, labels and interpretation via the lower mental body have led to much discord and war. I have found in both my personal experience and detailed research that telepathy is expressed higher mind to higher mind and does not come through the individuals perception and filters - as it is direct soul speak - until verbalised.

Telepathy is a form of communication that you absorb into yourself and does not need interpretation via thought. The only time one interprets telepathy into thought is when one wishes to retain consciously in mind the body of the conversation or when one wishes to express that communication verbally. Telepathy is an energy exchange of higher mind and simple *knowing*.

Personally I have not spent much time developing skills for telepathically communicating with Beings on the Earth plane, although this form of communication will be not just necessary but commonplace in future times. Many years ago under very interesting circumstances I had the opportunity to communicate telepathically for some hours with a dear friend. Every now and then we'd stop and say - did you just say that (in their mind)?, when told yes, the conversation - mind to mind - continued with the odd verbal interjection for confirmation. Somehow we'd slipped into a frequency band where this all flowed freely so I held no barriers or disbelief to this type of communication - I just could not achieve it then at will.

Five steps to opening to Higher Communication

These techniques will still the cortex and allow us to open up new synapses as awareness transforms the mental process. They can be used for communication with our Inner teacher - the I AM, guides or other Light Beings.

Step 1 - Be still and know - meditate, tune yourself as previously guided with breath and light; be in silence and know that we all have these abilities. *Doubt halts all progress*. Remember feeling you can (positive thought) then feeling you can't (negative thought) neutralises the energy and nothing will happen. Doubt is neutral energy.

Step 2 - Invoke the Light - call down a beam or cylinder of golden, white Light, know that it comes from the purest energy source in all the Universes, know that it is healing, transforming and will allow optimum alignment for purest communication. Breathe this Light in through the pores of the skin and let it fill every cell of your Being (as guided in previous visualisations).

Step 3 - Visualise (and bring into play the Higher mind):-

- a) an equilateral triangle in your mind's eye, fill it with blue light - this is the Universally accepted symbol or sign that you wish to begin telepathic communication
- b) visualise your chakras being fully open and activated and absorbing into themselves the golden, white light that surrounds you in the cylinder. “See” your chakras become one column of Light extending up to the highest purest source allowing Divine communication to flood into your Being. See

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the cylinder of Light from the unified chakra column begin to spin either clockwise or anti-clockwise and jettison pure light into every organ, cell and all the energy fields of your bodies. (This will raise their frequencies to be more receptive). Ask for full activation and illumination of both the pituitary and pineal glands so that receipt and transmission of all information is clear and pure.

Step 4 - ASK!! Ask for communication. Call in who you would like to speak to - your Higher self, I AM, guides etc. Always control this by stipulating that “only Beings of Light who work for my Highest good are invited to share with me” and together with the above steps, eliminates the possibility of mischievous or negative energy forces connecting with you in answer to your call. The above allows you to control ‘party guests’ by select invitation rather than having ‘open house’. Be prepared by having a list of questions you may want answers to.

Step 5 - LISTEN!! Learn to listen - if you don’t still your mind through meditation or deep, connected breathing and the above, how can you expect to hear? At first it is like intuitive whispers or just a knowing, a ‘feeling’ of clarity about an issue. With regular practise this will grow to a loud, clear voice that is undisputable. You know when the information received is for you Highest good and to trust it by the benefits that become obvious in your day to day life as you apply this ‘guidance’. Know it by its fruit! Our I AM and those of Light work with us solely for our Divine unfoldment so that we may realise that we are in fact Beings of Light and the God essence expressed in physicality.

Remember, **do not doubt!** Test our guidance by how it feels within and exercise your own discernment. The more you go within and get to know yourself, the more easily you will be able to discern what is right for you according to your uniqueness. Eventually, with practise, you will be able to recognise who is communicating with you by their ‘energy fields’ or vibration, before you even receive their name telepathically.

Always ask the name of the being who may wish to seek counsel with you.

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The above information is reproduced from the book “In Resonance” by Jasmuheen