



IMPLANT COMMUNICATIONS
Article

How to Be Telepathic

“The primary barrier to Self-remembering is identification with thoughts, feelings and sensations”

In order to be telepathic, you have to allow your mind to be in a receptive state.

Meditation is a good way to do this because you lose the sensation of your physical body when you are proficient at it.

If you're busy thinking you know all the answers, believe me, your higher self and guides can't get a word in edgewise. I went through this and heard a loud complaint one day, "She doesn't listen!"

There has to be times when your lower mind is quiet. And it's do-able. Have you ever zoned out looking at the clouds? Admired a sunset? Just stared at something you didn't have an opinion on?

There is also mind control and I believe that's where the chattering monkeys so many people complain about come from. I just stopped watching TV, stopped watching stuff I had a strong opinion about.

As for my inner critic, the tape recorded voice of my mother, I used to tell it to shut up. That actually worked. Now I just say, if I ever hear it, "Thank you but I'm not going there today." TBH I think it did me good to know this voice represented my mother and I could tell her to shut up, finally, because she dominated my headspace when I was a kid. Her incessant complaining she expected me to listen to so to finally be able to shut her up I think was healing for a while.

When it came to negative thoughts, it was the same. I realized I suffer from low blood sugar which can lead to negative thinking but I still took control and said, "I've been down this path so many times before and where has it gotten me? Nowhere." So I would disempower the negative thoughts and then go make something to eat. Keto helps because now I just use my fat stores and am not as hungry anymore.

I'm in a receptive state right now even though I'm writing this and I can tell by checking my body: it's not tense. Ivo's right there, ready to respond when I initiate a conversation.

I think it's really about activating the parasympathetic - the rest and digest nervous system. I used to use digestion as a means of doing it and gained a lot of weight, now I use resting, and have taught myself how to rest my mind. Also I find being in an inquisitive state will activate it, and this gives your guides a chance to help. That's why I tell people to meditate and then ask a question. You start off as student, and you will make your way to teacher eventually but you have to be willing to feel like you don't know everything.

And the ego doesn't like that, we all know. It wants to think it knows everything.