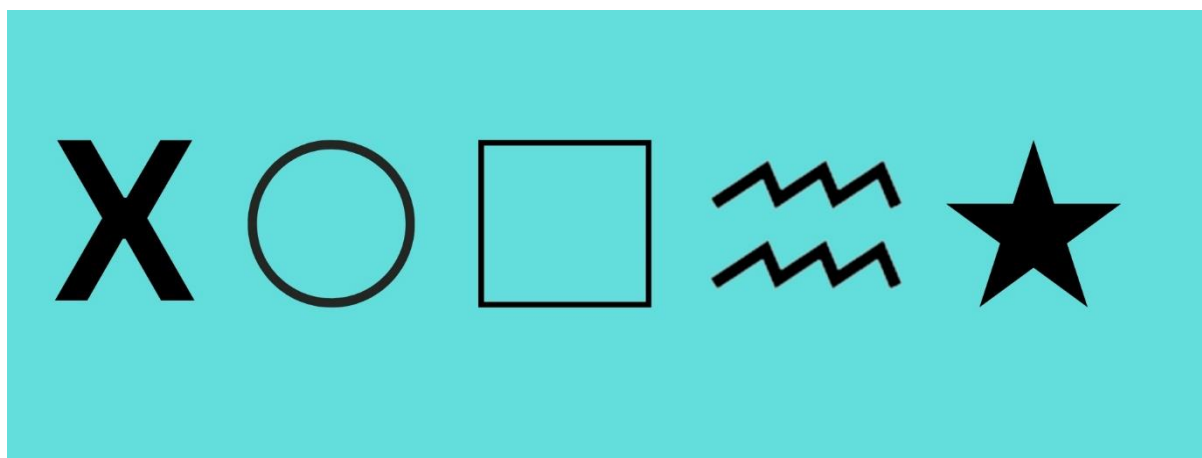


Telepathy training activity.

This process requires two people who sit facing each other with copies of this page. It's also suitable for phone or on-screen practice sessions and is easier with people you know well.

Person-one selects a symbol from the five below and draws that symbol in the first box or on a pad. When this is done, tell the receiver that you're ready. Then silently focus on the symbol you've drawn. It's important to be gentle with yourself and your partner in the early stages, to build positive experiences, regardless of results. You're building a new intuitive muscle and this requires time and patience.

The receiver then draws one of the five symbols at their end and names that symbol when they have done this. If they are correct, you tick the symbol you had drawn. Each person draws five symbols in a row and then the sender becomes the receiver. The second person draws a symbol and the first person sketches what they sense that individual has chosen. You can draw the five symbols in any order. During one practice session in a class, I drew 5 squares in a row the receiver didn't sketch one. He gradually improved with more experience.



Name _____

Symbol.	Symbol.	Symbol.	Symbol.	Symbol.	Sending.	Receiving.

Name _____

Symbol.	Symbol.	Symbol.	Symbol.	Symbol.	Sending.	Receiving.

Now take five minutes for a conversation to discover what you have in common with each other. Are you both only children? Do you excel as the same sports? Do your musical tastes overlap? Do you both love the same TV series? By finding common ground, you gradually build rapport. This helps with the personal connection between both participants

After establishing rapport.

Name. _____

Symbol.	Symbol.	Symbol.	Symbol.	Symbol.	Sending.	Receiving.

Telepathy can be a difficult aspect of psychic development to master, as it relies on you being on the same mental wavelength as someone else. This is why the best results in thought transference usually occur between long-time friends, family members or compatible love relationship partners.

When practising this process, it's important to try as many different partners as possible. Telepathy is suitable for distance trials, on screen or by phone with friends or family members who live interstate or overseas.

In psychic development courses it is not unusual for students to score lower than 20% when paired with strangers. The highest scores are usually 50 - 60% and these are often between marriage partners or long-time friends. Considering how people begin to deepen friendships over decades, it is not unusual to develop simpatico between close friends.

Telepathy involves the sending and receiving of mental messages, usually images from one mind to another. The difficulty lays in attuning yourself precisely to another person's mind or mental wavelength. It is like attempting to tune a radio to a weak signal of a far-off station. When you think you have secured the strongest signal, the station drops out and you're left with static.

It's a technique we often do instinctively that becomes more complicated when contemplated too deeply. To practice a simple version of sending a telepathic message, simply mentally ask someone you know to phone you.

Steps:

1. Think of the person you want to contact. Picture this person in your mind.
2. Mentally ask "Please phone me."
3. In your mind's eye, see that person picking up the telephone to phone you.
4. Then dismiss this thought and re-focus your attention in the present.

Repeat this technique with another friend or family member a few hours later. Eventually you'll discover whose mental wavelength you can access easily, when friends or relatives begin phoning you in response to your messages.

Note: Practice this only once or twice with friends or family members. If you plan to continue to send messages you need to ask permission from each individual, because without permission, it's energetic trespassing.

Best results can occur between friends who are relaxed. Allow 20 – 30 minutes for each practice session, so that both people are not rushed or distracted. When you're comfortable with the process it's possible to change the five symbols above into the seven colours of the rainbow; red, orange, yellow, green, blue, indigo and violet. Indigo is a deep blue and violet (deep purple).

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