

Telepathy: What Is It & How to Use Telepathic Powers

When we think about communication, we usually refer back to speaking and writing. But what about connection through the mind? Before I knew much about **telepathy**, just hearing the word brought up mental images of superheroes with mystical powers.

But the truth is, you don't need a cape to be able to communicate with others mentally. Telepathy is a gift that we all possess—and telepathic abilities are much more natural than one might think.

Passed down from our ancient ancestors, we all have the innate ability to connect with the consciousness of others.

My personal hope is that through this article, I can help you connect with and strengthen your own telepathic powers.

The practices that I have outlined here have certainly helped me take my own skills to the next level.

WHAT IS TELEPATHY? - Telepathy is the process of receiving thoughts or feelings from another person. It is a type of Extrasensory Perception (ESP.) T

Telepathy usually happens over distance and without the use of other senses like hearing or touch. There are several types of telepathic activities. Here are a few:

- **Reading:** Hearing or sensing what is going on in the mind of another.
- **Communicating:** Direct communication with another without speaking.
- **Impressing:** Planting something into another's person's mind. This could be a thought or a word. It might even be an image.
- **Control:** Influencing or controlling the actions of another person's thoughts or actions.

To understand telepathy, you have to understand our human makeup on a deeper level. As humans, we all have consciousness—the ability to be aware and to feel. It is everything you experience.

We also have the ability to connect with the consciousness of others. This happens by aligning your own consciousness grid with the grid of another.

Another way of thinking about this is to think about what is underneath the skin as vibrating energy. Like a radio, every one of us contains the ability to transmit a number of frequencies.

When we are able to align our frequency with the vibration of another, we can communicate telepathically. We no longer need the other senses as we have a direct connection.

TWIN TELEPATHY - One common example that we hear of quite often is twins who are able to communicate without speaking. They might finish each other's sentences or know instantly when the other is sad or hurt.

There have been many studies on twin telepathy, but most of the evidence that such power exists is through personal accounts rather than science.

I remember reading in 2009, an amazing story about a twin who saved her sister after receiving a telepathic message that she was in distress. 15-year-old Gemma Houghten described it as a 'sixth sense.'

She had been downstairs when she felt a sudden sense of anxiety. She felt that something was wrong with her sister, so she went up to check on her.

What she found was her twin, Leanne, unconscious in the bathtub, having suffered from a seizure. Thankfully, Gemma was able to pull her from the water and perform CPR.

So why do twins seem to be able to connect on a telepathic level more easily? There are a bunch of different theories, one of the most plausible being this: twins have similar consciousness grids.

Because they were born vibrating on the same (or almost) at the same level, they don't have to fine-tune their radios to connect. They're already on the same station. But what does that mean for the rest of us?

For one, it means that telepathy is possible, which I think is a very powerful win. Even if that means that us 'singles' have to work just a little bit harder to connect through the mind than those who shared a womb with another, the fact that it is possible equals we can too.

It also means that telepathy is a lot more intrinsic than once thought. By digging a little deeper, you may find signs that you already have telepathic powers.

SIGNS THAT YOU HAVE TELEPATHIC POWERS - If you're old enough to read this article, you've probably had many different telepathic experiences already. There's a really fine line between what is 'psychic,' what is a 'premonition,' and what is straight-up use of our telepathic abilities.

When I began writing this article, I started to include a little introduction about how, although I know a great deal about telepathy, it's not an ability I've fine-tuned myself.

But as I began to type, a flood of personal experiences from childhood came back to me. Things that I considered luck at the time that now, I can see they were clearly telepathic connections.

TELEPATHY AND INTUITION - One such experience involved a man who I'm sure had very bad intentions. I was around eight or so, and most of my summer days consisted of riding my bike down a gravel road that was across the street from my house.

My friends lived at the end of this street, and playing with them was the highlight of my day.

The night before this particular experience, I had a dream that a man in a white car was planning to kidnap me. It wasn't uncommon for me to have nightmares, but this dream was rather intense and attached to very strong feelings.

The next morning, still a little uneasy, I walked out of my front door to get on my bike. What do you think was parked at the end of the gravel road directly across from my house?

If you guessed the same white car, you're right. I didn't stick around to find out if my dream was right. I high tailed it back in the house instead.

Now, you might be thinking, how is this telepathy related? For one, I wanted to make the point that children are able to better embrace their telepathic abilities instead of adults because they naturally trust their instincts.

Letting loose and trusting your gut allows you to better connect with the frequencies of others, those that mean you well, and those who don't.

TELEPATHY AND DREAMS - Also, telepathy often happens when we are dreaming since our sleep time is when our brain waves are at a frequency that really allows for an influx of data to flow in. Although we see time as linear, it's really not that simple.

If you've studied much about the Akashic records, then you know that there is a collection of all human events.

Every thought, word spoken, the emotion felt, and intent in the past, present, or future is held here. So, when I dreamed of the would-be kidnapper, it was happening in real-time.

OTHER SIGNS OF TELEPATHIC ABILITIES

You're Feeling a Sensation In Your Third-eye - Are you prone to headaches or sensations around the center of your forehead? Believe it or not, this can be a sign of telepathic abilities. Your third eye is part of your chakra system and is located between your eyebrows.

Tingling or tension in this area usually has one of two causes: your third eye is expanding, or you're picking up telepathic energy. If this is happening to you, don't be afraid. As you hone in on your abilities, these sensations usually subside.

You're Really Empathetic - Telepathy and empathy are often intertwined. Empathy is the ability to understand and relate to the feelings of others. Telepathy, on the other hand, is more connected to others' thoughts.

Another difference is that empaths usually receive while those who are telepathic can transmit as well. What starts as empathetic gifts can often be grown into telepathic ones with further development.

You Feel Close To The Spirit World - Those with gifts often feel drawn to spirituality long before they realize the power that they possess. This is because your consciousness knows the truth of your being, even if you haven't fully awakened.

If you find yourself being drawn to spiritual practices such as meditation, connecting with your ancestors, accessing your Akashic Records, or being one with the natural world, there is probably a gift waiting to be discovered.

You Easily Pick Up On Lies - Do you always know when someone is telling you a half-truth? Just like claircognizants, telepathic people can usually sense when those they are

communicating with are saying things aren't accurate. Whether they realize it or not, their inner thoughts are giving them away.

You Receive Direct Thoughts From Others - Once you've honed your telepathy skills, you'll start to pick up on thoughts directly. This can be similar to clairaudience. You may 'hear' the thoughts, or you may 'just know.' Either way, telepathy will allow you to know what others are thinking.

You're Able To Send Messages To Others - Telepathy isn't just about hearing the thoughts of others. It also means being able to implant messages into the minds of others. Some people even take this as far as implanting messages. But of course, that takes a good bit of practice.

HOW TO (FURTHER) DEVELOP TELEPATHIC POWERS - Like most psychic abilities, building up your ability to send and receive messages mentally is similar to building a muscle. Without a guide, the process can seem overwhelming. If you're looking for steps to develop telepathy powers, these are a good place to begin:

1. **LEARN TO MEDITATE** - Having a solid meditation practice is one of the best ways to tap into telepathic abilities. Contrary to popular belief, meditation is much more than sitting with your legs crossed chanting 'Om.'

Meditation is the process of training your mind to focus. It is also one of the best ways to learn to redirect your thoughts.

Imagine for a moment that you are standing on one side of a busy highway, and your friend is on the other. You yell across to her, but she can't hear you because of the cars zooming by.

Every time you open your mouth, a honk or the sound of blaring radio drowns out your voice. This is how it is to try and practice telepathy with cluttered thoughts.

Only with a clear and focused mind are we able to connect with our own consciousness and the consciousness of others.

2. **DETERMINE YOUR STRENGTH** - Some people are better senders, while others, like me, are better receivers. Neither is better or worse. Just like with sports or instruments, some people are more naturally inclined toward a particular activity.

I've found it is best to work with what you already possess, and then once you have fine-tuned that skill, move on to the opposite.

Here's a quick question that can help you figure out which skill you possess. Are you more likely to do the following: Pick up the phone and call a friend who then says, "I've been thinking about you."

Or think of a person and then suddenly, they call. If your answer is the first, you're probably a receiver; if it is the second, you're more likely a sender.

3. PRACTICE RECEIVING MESSAGES - When you're interacting with others, make a conscious effort to pick up on what they're thinking but not saying. This might come across as a feeling rather than words. You can even try this with a spouse, parent, sibling, or friend.

Have them think of thoughts and see if you can receive the message. Just make sure you're not practicing with a skeptic. Otherwise, there might be a vibrational block.

4. PRACTICE SENDING MESSAGES - When it comes to telepathy, practice makes perfect. There's no way to know if you're actually getting your message across unless you're actively trying to. One simple way to do this is an exercise called hello/goodbye.

When you walk into a room full of people or greet someone on the street, greet them as you normally would. This could be a quick wave, a smile, or even a verbal 'hello.' But in your mind, instead of saying hello, say 'goodbye.'

Now here's the important part. You must watch their facial expression. If they seem confused or surprised, they've probably received your message. They'll probably never say anything out loud, most people wouldn't, but they will almost always give a nonverbal reaction.

5. RESEARCH AND PRACTICE TELEPATHY EXERCISES - I've mentioned one of my favorite telepathy exercises below, but you should also do your research and look for other methods of strengthening your telepathic muscle once you've mastered this task.

To begin, find a practice partner and take a simple deck of cards, this can be just playing cards, tarot cards, or even an oracle deck.

Have your partner sit in a different location so that you can't see each other. The 'transmitter' should draw four cards from the deck and lay them face down.

After flipping over one card, the transmitter should relax and focus solely on the card's image and sending this mental image to the 'receiver.'

The receiver's job is to try and accept the message and then relay it back to the sender. You can also take turns in each role for additional practice.

It's important to always trust your gut and not to second guess, whether you're sending telepathic messages or receiving them.

TELEPATHY EXAMPLES - There have been tons of studies conducted on telepathy and even more examples given by people who claim to have sent or intercepted telepathic messages. Here are a few that I've found to be the most interesting:

TELEPATHY IN HISTORY - Most of us know the story of Hellen Keller. After becoming deaf and blind at the age of 19 months, Keller also became mute. Unable to communicate with the outside world, she quickly turned into an out-of-control child.

Hellen Keller - Desperate, her parents brought in Anne Sullivan when Keller was six. Sullivan became her teacher and companion, able to communicate with her in a way that even her own parents could not.

This allowed her to become the first deaf/blind person to earn a bachelor's degree. She also published 12 books, including an autobiography. Keller co-founded an institute in her name and became a world-renowned speaker and activist.

Although they did come up with a hand-signing system that explains some of Keller's ability to learn, many people believe the two had a telepathic connection that allowed Sullivan to deliver messages and Keller to receive without traditional senses especially since she learned to speak sounds despite ever recovering her ability to hear.

TELEPATHY IN LOVE - Telepathy in relationships is common for the same reason it is most seen with twins: vibrations. If you're deeply connected to a person, you'll likely function on the same vibrational level.

An amazing example that proves just how possible this is can be found in the car crash of 56-year-old Californian, Tracy Granger. One freezing night in 2012, Granger was driving on cliffside road when she suddenly hit an icy patch. This sent her car careening 350 feet down the side of the mountain.

Miraculously, the vehicle landed right-side-up, but with a fractured neck, pelvis and several broken ribs, she was unable to seek help. This is where the story gets interesting.

Granger, knowing that she was in a place where she wouldn't easily be found, began to communicate with her husband telepathically.

DailyMail reports that after sitting down in the snow, Granger focused on sending this message to her husband "Lee, I'm overdue. Something has happened. Figure it out."

Her husband, sensing something was wrong, reported her missing. After 9 hours, rescuers found Granger, unconscious, and suffering from hypothermia.

Thankfully, rescue workers were able to take her to the hospital, where she made a full recovery. Still, she attributes her survival to the deep telepathic connection she shares with her husband.

TELEPATHY AND ANIMALS - Lots of animals communicate using telepathy, which leads to the question: why would some people believe that humans can't?

Whales are a great example as they possess a form of communication that allows them to send signals to other whales, even those that are a hundred miles away.

Dolphins, cats, monkeys, and all kinds of animals also show this ability. There are even 'animal whisperers' who claim to be able to directly communicate with animals using telepathy.

So, those of us who believe that humans can send and receive telepathic messages might dig into animal research for more clues.

SOME TELEPATHIC THOUGHTS - Now that you know a lot more about telepathy, I hope that you're feeling more confident in your own abilities and are ready to build this muscle.

You already possess everything you need to tap into consciousness and send and receive telepathic messages. Practice (and a little support) is all that is needed.