



*Excerpt of*

# Spiritual Telepathy

*Ancient Techniques to Access the Wisdom of Your Soul*

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## **Taken from Chapter Four: The Three Types of Telepathy**

In experiments dating back to the 19th century, scientists have validated two types of telepathy: instinctual or feeling-based telepathy and mental or mind-to-mind telepathy. According to the Wisdom teachings, there is also another, higher type of telepathy called soul-to-soul or spiritual telepathy.

As we saw in chapter one, our etheric or energy bodies are part of an interactive sea of energy that connects us to everyone and everything in our world. It is through our etheric bodies that we both send and receive telepathic information. In chapter two, I explained how our energy centers or chakras relate to different levels of telepathic perception. In this chapter, I will describe each type of telepathy in detail and show you just how universal these teachings are. I will also show you how our pioneering scientists are, once again, validating this ancient wisdom.

## **INSTINCTUAL TELEPATHY**

Instinctual telepathy is the lowest type of telepathy. We share this type of telepathy with the animal kingdom, and it is still a common mode of communication in indigenous cultures. Instinctual telepathy utilizes the area around the solar plexus, the center of instinct and emotion. In this type of telepathy, one person registers the feelings or needs of another at a distance. As you will see below, this teaching can be found in a wide variety of cultures, both ancient and modern. In every culture, the area around the solar plexus is key.

The Kahunas, the native priests of Hawaii, believe that telepathic messages are sent directly from one solar plexus to another. According to the Kahunas, the *aka* or etheric body of one person sends out a “finger” or thread of *aka* substance to the solar plexus of another. This sticky substance connects the two like a “silver spider web.” Telepathic thoughts are sent out along these threads. After the instinctive or “low self” receives the message, it relays the information to the rational or “middle self” where it “rises in the mind” like a memory. When repeated contact is made, these threads eventually become braided into an *aka* “cord” which creates a strong telepathic bond between two people. *Aka* threads can be sent to strangers by means of a glance or a handshake.

The African Bushmen communicate in a similar way. As anthropologist Bradford Keeney discovered, the Bushmen of the Kalahari Desert believe that every living creature is connected by a silver stream of energy that extends from one belly button to another. The Bushmen use these horizontal “lines” like telephone wires to send and receive telepathic messages.

The Australian aboriginals believe it is their *miwi* that makes it possible for them to see or hear at a distance. *Miwi*, a Ngarrindjeri word that translates as “soul” or “instinct,” is located in the pit of the stomach. Passed from parent to child, the *miwi* is present in everyone, but particularly strong in their medicine men, who use it to cast out illness and visit the spirits of the dead. A strong *miwi* also makes it possible to see visions and predict future events.

The Japanese also rely on the solar plexus area for instinctive, non-verbal information. A Japanese businessman will often use *haragei* or “belly talk,” to size up a potential partner or business proposal. The word *haragei* derives from *hara*, translated as belly or guts, and *gei*, which translates as “the art of.” Many older Japanese take pride in depending on “the art of the belly” when making important business decisions. A business deal will often be called off if the *haragei* is not harmonious. In Japan, young businessmen are told that “in their twenties, they must improve their minds, but in their thirties they must develop their *hara*.”

In our culture, the term “gut feeling” is the most common way to explain our instinctive feelings about a person or situation. We say, “I trusted my gut in making that decision” or “My gut told me not to trust this or that person.” This term has long been used in the business and law enforcement communities. Businessmen use the term “gut hunch” to describe their instinctive reactions to an idea or proposal, while police detectives refer to their “blue sense” as a way to describe their gut feelings about a crime. In the last few years, the term has even made its way into the political arena. In 2007, Michael Chertoff, then secretary of the Department of Homeland Security, told the *Chicago Tribune* that even though he had no credible evidence, he had a “gut feeling” that the U.S. was in danger of a terrorist attack sometime that summer. And George Bush described himself at a “gut player” when explaining his decision to invade Iraq to *Washington Post* reporter Bob Woodward.

Parapsychologists Dean Radin and Marilyn Schlitz conducted an experiment at the Institute of Noetic Sciences with twenty-six couples to determine if the gut response of one person could be felt by another. One person, designated as the “sender,” was shown a series of images designed to evoke “positive, negative, calming, or neutral emotions.” In another room the reaction of the “receiver” was monitored by electrodes placed on the heart, skin and stomach muscles. They found that the stronger emotions—both positive and negative—did produce measurable responses in the receiver and concluded that the gut has a “belly brain” with a “perception intelligence” of its own.

The existence of a belly brain has also been backed up by medical research. It was first documented by a 19th century German neurologist named Leopold Auerbach and later

rediscovered by Dr. Michael Gershon, a professor at Columbia University who wrote a book in the 1990s called *The Second Brain*. This “second brain” is made up of billions of nerve cells in the digestive tract. Some medical researchers now believe that the belly brain may be the source of the unconscious gut reactions that are later communicated to the main brain.

Biologist Rupert Sheldrake, the author of two books on this subject, has done more than anyone to scientifically validate this type of telepathy. In Sheldrake’s last book, *The Sense of Being Stared At and Other Aspects of the Extended Mind*, he summarizes his fifteen years of research on this subject. He also believes this type of telepathic communication to be instinctual, calling it part of our “evolutionary heritage, an aspect of our biological, animal nature.”

Sheldrake and his associates collected over five thousand case histories illustrating this type of telepathy. An additional twenty thousand people have participated in a variety of experimental tests—the most recent involving text and e-mail messages. While largely unconscious, this type of telepathic perception still plays an important role in modern life.

Because it utilizes the center of emotion, instinctual telepathy depends on strong emotional bonds between two people. The most common examples are between parents and children, husbands and wives, lovers, and best friends. According to Sheldrake, the most striking examples of instinctive telepathy involve strong emotion—emergencies, death or distress.

In *Ropes to God, Experiencing the Bushman Spiritual Universe*, Keeney includes a Bushman’s description of this type of telepathy:

“You cannot send a thought to another person without first being filled with heightened emotion...In this state you mix your thought, message or directive with your intensified feeling and make the thought a pure feeling. It is concentrated in your belly where the intensity of your feeling escalates to a point where it can no longer be held. Then it is released along the line coming out of your belly and directed to another person’s belly.

They immediately respond when you communicate in this way. It may seem like we send our thoughts, but we are actually sending our feelings. Not weak, arbitrary feelings, but intense, almost overwhelming feelings... a thought, message or request is changed into a feeling... the feeling is the carrier.”

In the late 80s, author Marcia Emery was driving in downtown Washington, D.C. when her brakes suddenly failed. According to Marcia, “When I put my foot on the brake, it went right to the floor. The emergency brake didn’t work either. I had the choice of either crashing into the cars on the street or running into people on the sidewalk. I suddenly heard a voice say, ‘make a quick right.’ I turned into an alley and smashed into a wall between two men’s clothing stores, narrowly missing a pedestrian.

I survived with only scratches on my elbows and knees. My car was completely totaled—it crumpled like an accordion. On my way home, I decided not to tell my mother about the accident. I was planning to drive to Philadelphia to visit her in a few weeks and I didn't want her to worry.

I was still shaking when I got home. As I walked through the door, the telephone rang. It was my mother and her first words were 'how's your car?' When I asked her how she knew, she said, 'I don't know, the words just came out of my mouth.'"

Sheldrake also collected stories of people who instantly knew that a loved one had died. While researching this chapter, I discovered that several of my friends have had this experience. One friend shared this story:

"My mother died from endometrial cancer. When I got the call that the end was near, I flew from California to Wisconsin to say goodbye. I took a "red eye" flight and fell asleep on the plane. When I woke up, tears were running down my cheeks and I knew, in that moment, that my mother had just died. When I got to Chicago to change planes, my brother was waiting at the airport. Before he could speak, I said, 'I already know mom died.' I later saw that her death certificate recorded the exact time I woke up on that plane."

This kind of telepathy also operates in a more benign way with the people we are closest to. I had a birthday while working on this chapter. A few days before, while driving home from the library, I was thinking about my interest in esoteric Christianity when the thought suddenly popped into my mind that I'd like to have a cross necklace. I thought of my one-year baby picture and the tiny gold cross I wore around my neck, a gift from my favorite uncle. A few days later, a cross necklace arrived in the mail—a birthday present from my sister. When I called to thank her, she said, "I don't know why, but as soon as I saw that necklace, I just had to get it for you."

## **ANIMAL TELEPATHY**

Instinctive telepathy is easy to spot in animals. Mass telepathy, the lowest form of instinctual telepathy, is seen in the mysterious migration patterns of birds, fish, insects and other animals. According to Sheldrake, the English swallow travels six thousand miles to its winter feeding grounds in Africa in the fall. After spending the winter in its breeding grounds in Baja California, Mexico, the grey whale swims four thousand miles to the Bering Sea. Monarch butterflies, born near the Great Lakes, fly two thousand miles to the Mexican highlands for the winter. Scientists have theories but no clear answers as to how animals manage to expertly navigate these vast distances year after year.

Instinctive telepathy between animals and humans is also apparent. Once again, this contact is dependent upon close relationships. Sheldrake explored this type of telepathy in his book, *Dogs That Know When Their Owners Are Coming Home and Other Unexplained Powers of Animals*. In this book, Sheldrake provides the results of his research on the perceptiveness of dogs, cats, parrots, horses and other animals. His research included random surveys of more than a thousand pet owners and interviews with hundreds of people who work with animals, such as dog handlers, veterinarians,

kennel and stable proprietors, horse trainers and riders. He discovered that dogs and other animals often anticipate their owners' arrival, even when they return home at random times or in unfamiliar vehicles.

Sheldrake carried out an extensive videotaped experiment with Jaytee, a mixed-breed terrier owned by Pamela Smart, his research assistant. When Pam went out, she often left Jaytee with her parents, who lived in the flat next door. The experiment started with both Pam and her parents keeping a log of her travels and Jaytee's reaction to her return.

According to Sheldrake, Jaytee anticipated her return by waiting at the window ten or more minutes in eighty-five of one hundred occasions, even when she returned at different times and by unusual means—a bicycle, train or taxi.

Sheldrake also recorded many other examples of human-to-animal telepathy, including dogs who knew when their owners were thinking about going for a walk, and cats who knew in advance when they were to be taken to the vet. He also recorded stories of cats, dogs and even horses who found their way back home from a great distance.

As a child, I was fascinated by my father's tales of his childhood pet, a fox terrier named "Whitey." Whitey spent his days lying in the sun on the back porch of my grandparents' home in Yreka, a small town in Northern California. At a certain time each weekday afternoon, Whitey would scratch at the back door until my grandmother let him out. He would then trot through the streets until he arrived at my father's elementary school, a mile away. Whitey was always waiting, wagging his tail in greeting, when my father walked out of school at 3:00 pm. How did he know what time to leave, I wondered? How did he find his way?

Perhaps like Jaytee, Whitey was responding to my father's anticipation of the final school bell. His ability to find his way to the school each day may have been a function of the "morphic field" that links owners with their beloved pets.