

1: COMMUNICATING THE PSYCHIC WAY

CHECKLIST

TELEPATHY WITH OTHER MINDS

- ☐ Make sure you relax and meditate once a day
- ☐ Practice the “mental hug” with someone.
- ☐ Practice the zener card exercise with someone.
- ☐ Go to the personal beach of time or your basic psychic level for your telepathic communication.
- ☐ Make sure the person you’d like to communicate with shows you mentally that they are willing to communicate with you.
- ☐ Do the advanced Exercise on page 16.
- ☐ Your general communication with others has improved.
- ☐ Celebrate each small and big success
- ☐ Relax and take your time.
- ☐ You are making better business decisions.
- ☐ Your relationships improve.
- ☐ Pick up the telepathic telephone.
- ☐ You are more successful with customers.
- ☐ You did the questionnaire.
- ☐ You wrote down your experiences.
- ☐ You are using your powers responsibly.

Congratulations! You finished the first section of
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CHECKLIST
ANIMAL COMMUNICATION

- ☐ Remember the rules of the animal kingdom
- ☐ Relax, as usual :o)
- ☐ Request a command mentally from your pet
- ☐ When your pet is sick, ask to put their pain in your body or show it on their body
- ☐ Practice with pets of your friends and confirm what you receive
- ☐ Come home at different times and tell your pet you are coming home
-> Have the result confirmed by someone
- ☐ Your pet listens to your commands better
- ☐ You have a better understanding of your pet
- ☐ You are not afraid of animals anymore
- ☐ You hear a distinctly different voice when your pet is telling you something
- ☐ If there is only a one-way-communication have patience
- ☐ Ask your pet in the beginning to tell you only positive things about your relationship
- ☐ Don't let your ego get in the way
- ☐ Tell and show your pet that you are with him or her when separated for extended time
- ☐ Do the interactive questionnaire
- ☐ Journal your small and big successes

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**CHECKLIST
CLAIRAUDIENCE**

- ☐ When you experience clairaudience you felt some pressure on top of your head, a sudden chill, a tingle your hair standing on end.
- ☐ You did the exercise at night to see and hear in the dark very closely.
- ☐ You tried a séance with your friends to experience clairaudience together.
- ☐ The voices you heard were definitely not yours.
- ☐ You wrote the messages down and compared your notes after a while with the reality. -> You scored about 80%.
- ☐ Protect yourself from harmful voices. -> See Preparation
- ☐ You hear the voices more often.
- ☐ Your life improves because of the received information.
- ☐ You did the "radio-visualization"
- ☐ You did the questionnaire on page 43 in your Book of Wisdom
- ☐ You used your powers responsibly.

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