

# TELEPATHIC IMAGE RELEASE

## Overview

*Telepathic Images* refer to attitudes, beliefs — even superstitions — that we have absorbed from outside ourselves. This includes family members, school, mass media, and various other sources. We begin absorbing these erroneous attitudes from the time we are born, before we have any clue what is happening, much less any defenses.

The inner goal of these beliefs is to help guide our life, to make it easier; so it's appropriate to feel gratitude for this intention. But when they are misguided, or distorted, they twist and limit our experience. For example: *Never talk to strangers* may be a principle passed on from generation to generation. While it may contain a core of truth, it can also severely limit our freedom to interact with others.

The Council has given us a powerful technique, called *Telepathic Image Release*. This enables us to transmute these Telepathic Images without needing to experience the mental or emotional stress they may contain.

Rather than removing them — and losing energy — we transmute them to their highest potential. Remember: Each one embodies the intention to benefit us in some way. We simply modify them to higher frequency, more beneficial versions.

This technique can be used to transmute any issues that affect your life: male-female issues, money issues, employment, recreation, and spiritual issues. For practice, we will focus on male-female issues.

## Technique

1. Begin with the Inner Temple of the Heart technique, and seat yourself comfortably in the middle of the Triple Flames, grounded into the Earth below, and Source above.
2. Imagine some sort of three-way screen in front of you. It can be any size, shape, and composition that feels right. (There is no *wrong* configuration.) It will receive and hold all the Telepathic Images that you evoke. The Truth Flame corresponds to the Mental body, and mental issues; the Love Flame corresponds to the Emotional Body, and emotional issues; and the Beauty Flame to the Physical Body, and physical issues.
3. Call to mind a series of aspects of male-female relationships (our practice focus). For example :
  - Men are . . . (fill in the blank)
  - Women are . . . (fill in)
  - The problem with women is . . .
  - The problem with men is . . .
  - What I like about men/women is . . .
  - Etc., etc.
4. Allow your Innate Wisdom to reveal the beliefs you most need to examine.
5. Observe as the Telepathic Images are recorded on the triple screen. This can be in any format that you like: stickies, white board, voices of family and friends, images — whatever seems obvious.
6. When you feel complete, notice that you have a control panel in front of you. It may have sliders, dials, a digital display, or whatever feels right.
7. Use the control panel to flood the triple screen with Indigo Light. Indigo is the Ray of Alchemy; it will perform the transformation of all components, with exquisitely balanced precision our human intellect can't follow (fortunately, it

8. doesn't need to). Allow yourself to sense the process as the Indigo Ray performs its Alchemical Magic.
9. When this feels complete, use your control panel to dial the Indigo Ray back down to zero.
10. Now use the control panel to dial up the Violet Ray of Transmutation. The Violet Ray completes the process begun by the Indigo Ray, taking the Alchemical changes to their highest potential. When this feels complete, dial the Violet Ray back to zero.
11. Take a few moments to savor the deep transmutation of these limiting TP Images to the highest, most truthful versions of themselves.
12. Allow yourself to imagine that you feel the holographic nature of these deep Alchemical changes radiating out through Space and Time, to affect all your lifetimes of all sorts.
13. Step down from the Triple Flames and place both hands on your Inner Altar. This is a foolproof technique to return instantly from wherever you wander in the Inner Planes, back to 3D.

### **Make a recording**

With all these more complicated, specialized techniques, we recommend that you make a recording of the steps, in your own voice. This will allow you to relax fully, and watch the technique unfold effortlessly.

**NOTE:** There is a video presentation of this technique, presented at a Michael Gathering. We hope to have it available by the time you read this.