Laura Day is the New York Times bestselling author of Practical Intuition. Her work has helped demystify intuition and the power of the gut so that you, therefore, have the power to transform your life.

Success is planning and that you, therefore, have the power to transform your life. Laura Day has shown that 98 percent of financial investors, scientists, engineers, and clients and students includes doctors, medicine, and personal growth. Her list of uses in the fields of business, science, and demonstrate its practical, verifiable approach to getting in touch with this important faculty.

Laura's work has helped demystify intuition and the power of the gut so that you, therefore, have the power to transform your life. Everyone that's ruled the world has read it and has perceived as magical, Laura unveils and makes practical.

Laura Day teaches you how to awaken your inner genius so you can have a deeper, more fulfilling experience of life. Laura Day has gifted the world with a wondrous book that perhaps the greatest book ever written.

Laura Day is a remarkable woman with remarkable abilities. As a woman and as a mother, I have seen Laura's commitment to educating people and releasing their fears.
Telepathy Process 1

Here goes: just flow with your answers, and the rest will reveal itself. The conversation should flow into itself.

I need to end the conversation with ______________________
_________________________________________________________________________________

I get the sense that ____________________________
is talking to me. This is what they are saying:________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

This is the response they want: ____________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

I choose/I do not choose to allow this conversation to continue. I can/cannot give them the response they desire. If I can, I send it now. If I cannot, I allow intuition to guide me to my appropriate response.

What feelings are you having that are disturbing you? If you follow the feeling with your awareness, is it your feeling, or is it something being generated toward you by someone else? If a telepathic message is knowingly or subconsciously being sent to you by another, whose thoughts or feelings might these be?
Telepathy Process 2

This next process allows you to track telepathy and its responses and check its accuracy. Pick one conscious telepathic message to send throughout the day to a situation or person with whom you would like to experience a change.

Target: ______________________________________
______________________________________________

This is the telepathy I sent and the information I received in return: ______________________________________
______________________________________________
______________________________________________
______________________________________________

Result: ______________________________________
______________________________________________
______________________________________________
______________________________________________

What are my concerns? _____________________________
______________________________________________
______________________________________________
______________________________________________

With whom or what am I having difficulties? ___________
______________________________________________
______________________________________________
What would I like the outcome to be with these people or situations? ______________________________________
______________________________________________
______________________________________________
______________________________________________

What are my hopes and wishes? _____________________
______________________________________________
______________________________________________
______________________________________________

Adjust how you send the message to what you sense the person will respond to.
Integrate yourself and the person experiencing your message (so that you are experiencing both of you at once).
Notice the exchange and continue it for as long as it feels productive.

*Telepathy Process 3*

Now say these phrases to yourself every night before you go to bed:

- I commit to resolving these issues now, so that I can be fully within my power and create the life that I want.
- I commit to making contact with the people, groups, and situations that will help me become the person I want to be and create the life I want to live.
Body Heat Telepathy Process 1: Daily Chats to Engage Myself and My Intuition

• These are the parts of me that I feel/have been told are lovable: _______________________________________________
  _______________________________________________
  _______________________________________________
  _______________________________________________

• These are the parts of me that I feel/have been told are unlovable: __________________________________________
  _______________________________________________
  _______________________________________________
  _______________________________________________

• The adults in my childhood loved me because I was _______________________________________________
  _______________________________________________
  _______________________________________________
  _______________________________________________

• These are the things that I did and became to keep their love: _______________________________________________
  _______________________________________________
  _______________________________________________
  _______________________________________________
• This is what I am realizing the adults around me have taught me about love: __________________________
  __________________________________________
  __________________________________________
  __________________________________________
  __________________________________________

• What do I fear about being in a mutually passionate, loving, supportive relationship? (If you can’t think of anything here, make something up. If there were no fears, you would be in the relationship already. You may need to use intuition and imagination to get yourself going.)
  __________________________________________
  __________________________________________
  __________________________________________
  __________________________________________
  __________________________________________

• Now that I am wiser, how can I choose to view what I was loved for and who I was in the past that makes me lovable to myself now? __________________________
  __________________________________________
  __________________________________________
  __________________________________________
  __________________________________________

• This is how I choose to love and be loved: ____________
  __________________________________________
  __________________________________________
  __________________________________________
  __________________________________________
• This is what I think I want or need in a partner and why (this will evolve as you do these exercises): __________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

• After looking at the last list, this is what I really want and need in a partner (let this flow out of you): __________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Body Heat Telepathy Process 2:
Vestigial Self

Explore these concepts by writing about them in your journal.

• These are the selves within me who do not help me attract love, express love, trust, or be discerning in love. These selves have a history. When were they born? Who or which experiences steered their development? These are the messages that I send out subliminally, through my thoughts, expectations, and feelings that may be off-putting to the love I want to attract:

• These are the memories or fantasies that I can feel and believe with all of my senses to send out telepathy of attraction:
• What patterns have I habitually formed in relationships?

_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

• This is the mini ritual I am going to do throughout the day to pattern my wholehearted body heat into my subconscious habits. (It can be writing, deep breathing exercises, or simply walking alone outside; these little rituals will help you formalize the repatterning process):

_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

• These are the ways that I have found to help me re-experience my resting body heat state. I am reminding myself of them so that I can use them throughout the day (you may want to make up short code words for these things as you go along):

_____________________________________________
_____________________________________________
_____________________________________________

• Today I noticed that my body heat had an effect on the following people:

_____________________________________________
• Today I noticed that my body heat had an effect on the following situations: ______________________
  ____________________________________________
  ____________________________________________
  ____________________________________________

• The body heat I did another day paid off today in the following way: ______________________
  ____________________________________________
  ____________________________________________
  ____________________________________________

• Today, this is what it feels like to be wholehearted:
  ____________________________________________
  ____________________________________________
  ____________________________________________
  ____________________________________________

• As I change and heal every day I need to remind myself of who I am today. Today, I am ____________
  ____________________________________________
  ____________________________________________
  ____________________________________________

---

**Body Heat Telepathy Process 3: Repatterning Your Love Code at Night**

It is helpful to do repatterning at night so that intuition and memory can find the solutions and help you make important
emotional and behavioral shifts as you sleep. During the day all of your resources are directed toward responding to your thoughts and environment. At night, you have full access to yourself to engage in other tasks. It is important to choose the tasks you do at night so that you wake up ready to achieve your goals.

Before you go to sleep you need to perform a ritual to represent what it is you are trying to achieve with your body heat telepathy. This ritual should have real meaning for you and use your natural talents. Do the ritual after reviewing the information that you received from your own intuition and subconscious in the first part of this chapter. You may want to adjust this information as your life changes, as it will if you practice body heat telepathy consistently.

A ritual can be as simple as holding a piece of jewelry you wear every day to your heart before you go to sleep, feeling the strength of your heartbeat as you do it, and giving yourself the gentle suggestion that as you sleep you will reap all the wisdom from your dreams. The next morning, you might place this “protector” on your body to keep you centered in your own body heat throughout the day. You can touch the item when you feel stressed or lost or need guidance. This is just one example. I have a little table in my room where I write down my struggles, and I place the notes under a shell I found on the beach. I then put my jewelry on the table and I sometimes light a candle and allow the flame to guide me as I gaze at it. I have photos of things and people I love on the table and around it. I change it as I change. When I place my jewelry on my body, I bless myself with the power I have given it. You need to be consistent so that you do not fall into old behavioral patterns but instead continue to
make your life and love better and stronger every day. One step forward, one step back is an exhausting way to live.

Now, back to your ritual. Your nightly ritual should be quick and simple, or you will be unlikely to continue it over time. If you are an artist, it can include a quick sketch of you and your love in an embrace; if you are spatially oriented, you may want to place two similar objects closer and closer together each night. If you are a writer, you may want to write a quick love poem expressing you and your lover’s feeling for each other. You may want to put on your nightly cream imagining your lover’s hands touching your face. Your ritual should be simple and consistent. Your feelings and perceptions will change each time you do your ritual, depending on which part of your internal process and obstacles you will be working through that night. You won’t really know the “why” of the change until the morning, or until you see the change in your life. Go with whatever you are experiencing and suspend judgment, as much as you are able, and don’t feel the need to know how well you are doing it or how far along you are. It is important that you perform the same ritual each night, as it is a cue for your subconscious and your telepathy to repattern themselves to love and be loved.

This will naturally lead you to a smaller version of this ritual that you can do as a subconscious pattern affirmation during the day. It may be as simple as looking at a picture that you have put on your key ring or repeating a phrase a few times while feeling your resting body heat state. The intricacies of the ritual are not important. Its meaning to you holds its real power.

Before you go to sleep at night, very briefly (did I mention that these exercises should be very, very brief?) run through
the information you received from your intuition during the exercises in the first part of this chapter, allowing yourself to be aware of new information as it comes in. You do your body heat ritual and then, as you go to sleep, you embody your true love next to you and, picking from your intuitive/memory file, you embody and experience as fully as you are able a you that both your partner and your self can love and have a wonderful, passionate, joyful relationship with. Don’t worry about the sensory noise that gets in the way: “There isn’t really anyone with me, I am alone. Will I always be alone? I am too old, or skinny, or fat, or stupid, etc.” Don’t try to repress these sensory blips. Repression gives them more power; simply practice bringing your focus back to your beloved and your being loved. Breathing helps. We often hold our breath when we have a thought, a sense, or feeling that upsets us. Just breathe. Allow yourself to experience as much of your body and as many of your senses as you are able. Allow yourself to experience as much of the other person as you are able. Connect to this person, even if he doesn’t exist in your life yet, and allow him to connect to you. Sleep in the person’s arms. Allow your senses to be as rich and real as you can. Of course your mind will wander, just as it would if you were in the flesh, lying with this person, falling asleep. Don’t worry about the distractions—indeed, focus on the telepathy, confident that you are doing it right.

When you awaken in the morning, jot down any dreams or awareness that you may have woken with. This has two purposes. The first one is to allow yourself to tune in to some of the valuable work you did during the night, even if it doesn’t make sense to you immediately. The second one is to allow yourself to shift
from whatever state you awakened in to a state of body heat. You set your attraction telepathy to “on.” I am sure that by now you are getting some feeling about the attractive you. Practice being in that you all day by shifting your feelings, thoughts, reactions, and memories in a way that you can actually experience the wholehearted you. Many of you have had the experience of being in love, and the telepathy of love and fulfillment is so strong that everyone crawls out of the woodwork to be near you. Then, when love fades and you are feeling abandoned and unlovable, this magical attraction disappears. This is the power of body heat telepathy.
Remote Viewing Process 1

Choose a location that you can verify.

• Am I looking for something specific? ________________________________
  ________________________________
  ________________________________
  ________________________________

• Where do I choose to go today? ________________________________
  ________________________________
  ________________________________
  ________________________________

• I visited this target at the following time and observed the following activities, people, and environment: ______
  ________________________________
  ________________________________
  ________________________________

• Write 1st time: ________________________________
  ________________________________
  ________________________________
  ________________________________

• Write 2nd time: ________________________________
  ________________________________
  ________________________________
  ________________________________

If you find this exercise too confusing, put it aside for now and return to it later. However, it is a fun exercise, as everyone gets different impressions and details about the location.
If you find this exercise too confusing, put it aside for now and return to it later. However, it is a fun exercise, as everyone gets different impressions and details about the location.

Remote Viewing Process 2

What future situations or locations do I want to view?

• Target: _______________________________________
  _____________________________________________

• Responses: ___________________________________
  _____________________________________________
  _____________________________________________
  _____________________________________________

• Verification (this of course will have to be done in the future): ___________________________________
  _____________________________________________
  _____________________________________________
  _____________________________________________
Remote Viewing Process 2

What future situations or locations do I want to view?

• Target: ______________________________________
  ______________________________________________

• Responses: ____________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________

• Verification (this of course will have to be done in the future):
  ______________________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________

• Target at a future date: _________________________
  ______________________________________________

• Write observations: ______________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________

What do I need to view again in my past to move forward in my life more effectively?

• Event: ________________________________________
  ______________________________________________

• Observations: _________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________

• Effect on me: _________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________

What do I see in my remote viewing that is distracting, upsetting, or unhealthy? I commit to shifting my attention to my embodiment when this happens (work on one thing at a time).

• Observations: __________________________________
  ______________________________________________
  ______________________________________________
  ______________________________________________
What do I see in my remote viewing that is distracting, upsetting, or unhealthy? I commit to shifting my attention to my embodiment when this happens (work on one thing at a time).

- Observations: ________________________________________
  _______________________________________________________
  _______________________________________________________
  _______________________________________________________

Remote Viewing Process 3:
Remote Viewing for Transformation

Tell yourself: Today I am going to take a single challenge in my life (love, business, or anything else) and use remote viewing to show me a self-empowering perspective on it. I am going to allow intuition to choose the locations, and I am going to do this throughout the day, recording my data but not evaluating my data until evening.

- Challenge: ________________________________________
  _______________________________________________________
  _______________________________________________________

- Past location: ________________________________________
  _______________________________________________________
  _______________________________________________________

- Present location: ______________________________________
  _______________________________________________________
  _______________________________________________________

- Future location: ______________________________________
  _______________________________________________________
  _______________________________________________________
• Future location: ____________________________________________
  ____________________________________________
  ____________________________________________

• When I review this data, this is what my remote viewing has accomplished for me today: ____________________________
  ____________________________________________
  ____________________________________________
  ____________________________________________

• Where do I visit when I need comfort, inspiration, or strength? ____________________________
  ____________________________________________
  ____________________________________________
Remote Viewing Process 4:  
Astral Projection

Pick a person or situation you want to be part of right now.  
You may want to do this sitting or lying down and with your eyes closed, although it is not necessary to do it this way. However, this position will remove some of the distracting experiences from your environment. This exercise is most effectively done if you do the Quick Hit for remote viewing at the beginning of the chapter first, then deepen the experience using these steps.

View your target. As you view your target allow the experience of where your body is right now to become loose and blurry. Allow your senses and your attention to view your target in a way that you are part of the scene, part of the structure. Sense your interconnections to what and who are around you and your effect on the target, as well as its effect on you. Now you can move freely, interact, touch, talk, move things, anything you choose to do.

When you are done you may want to take notes on what has occurred and any shifts you sensed in the situation because of your presence. To finish, embody yourself in the here and now.

Using Remote Viewing during Sleep

Write down the targets you wish to visit and what you expect to find there. It is often helpful to choose one target, someplace or something whose structure or dynamic you need to evaluate
in depth. Remember, if there is a real need or gain in doing an exercise, your subconscious will be more likely to allow intuition to prevail.

In the morning, the moment you wake up, notice where your attention is, what you remember from the night, how you feel, what is on your mind, whom you are thinking of, and so on. When you have documented all of your information, use your remote viewing to hop around your day and prepare you, as you brush, floss, and dress, to readily respond in the most powerful way.