Thank you for signing up for my newsletter! Enjoy the lessons!

Allie Theiss
Telepathic Sex

TELEPATHIC SEX

3 Free Lessons
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Telepathic Sex I – AllieTheiss.com
**Overview of OBE**

*Welcome to Telepathic Sex!*

All of the techniques below I have personally used successfully and so have my clients. If you cannot lock into a telepathic connection right away – don’t despair – it takes practice. It is WELL worth the time and effort!

**For an in-depth class on OBE sex (telepathic, dream, and astral sex), check out my class** at the Daily Om: [http://www.dailyom.com/cgi-bin/courses/courseoverview.cgi?cid=455&aff=](http://www.dailyom.com/cgi-bin/courses/courseoverview.cgi?cid=455&aff=)

Happy OBE’ing!
Allie 😊

**What Does OBE Stand For?**

It’s called different things by different people. Some call it Astral Travel/Projection, others Lucid Dreaming and still others OOB (Out of Body). All three have one thing in common:

**Out Of Body Experiences = OBE**

All three involve out of body experiences:

Astral Travel/Projection – takes you to the astral layers of the universe – past, present, future

Lucid Dreaming – enable you to control your dreams in the Dreamscape – which many feel is in the astral layers.

OOB (Out of Body) – can pertain to astral travel/projection, dreams and /or a telepathic connection.

In order to achieve an OBE, it helps to understand a human’s energy body and the roles each layer plays.

**What Is OBE Sex?**

OBE sex is a form of energy enhancement, sexual play and sexually satisfaction that involves the use of your mind, your energy fields and your senses. No physical parts merge, touch or copulate in any manner during an OBE experience.

Your mind with the astral energy field can make a telepathic connection to another human (telepathic sex), your astral energy body separates from your physical body during REM (dream
sex) or your astral energy body can separate from your physical body while you are awake and conscious (astral sex).

Whether or not you are in a relationship or if you are single, OBE can enhance your physical sex life by providing your senses with the stimuli needed to cause arousal and even orgasmic release.

During OBE your physical body can feel the touch of your sexual partner, can smell their scent, hear their voice, and taste their body. How can this help to enhance your sex life? It’s a known fact that healthy sex lives translates into a healthier, happier physical existence as it works to lower blood pressure, lose weight and is a good workout for your heart -- not to mention that it energizes your energy fields.

Life is busy, overscheduled, and stressful making it so that you may not always be up for sex. However if you don’t use your sex drive - you lose it according to leading sexpert, Dr. Pepper Schwartz, which she talks about in her podcast: How To Be A Good Lover.

OBE turns you on and tunes you into your sexuality. Upon waking from your vivid dream, returning from an astral visit or coming out of your day dream, if you have a partner they can enjoy the benefits of your exploration. If you do not have a partner, you will benefit from exploring your own body. If you did not have an orgasm during the OBE, your physical body will be so turned on that you will have to DO SOMETHING to experience a sexual release.

It is important to note here that when you are engaged in OBE sex that "sex" does not have to occur. You can merge your energy fields and simply enjoy one another by desiring, loving and energizing. It’s your energy and you can do whatever you wish to do with it. No two people experience something the same way and this includes OBE sex.

**Lesson 1 – Telepathic Connection**

**What Is A Telepathic Connection?**

Telepathy is the energetic transfer of touch, ideas, thoughts, emotions, feelings, and sound. A Telepathic Connection is the energy bond that connects two or more minds into the same energetic wavelength to utilize telepathy.

Communication between people without a word spoken is a talent that spans centuries. Our mind, like radio or TV towers, emits and steadily receives electrical energies. We cannot see this happening, but we know that it happens as when we flip on a TV or radio our program "magically" appears it seems, out of thin air!
Our minds work exactly the same way. We broadcast emotions, moods, thoughts, attitudes, fragments of our personality unknowingly every day. Everything that emits energy also absorbs energy. Meaning, that with practice we can learn to read and speak to one another without ever moving our mouths!

A stranger cannot listen in on your private thoughts - nor can you act like a psychic spy and barrel in to retrieve another person's thoughts. We all have a natural force field, or barrier that protects our thoughts from others. We do not have to think about it for it to be there as it is as automatic as a sunrise. However, we can give people permission to read our minds by mentally lowering this field by simply telling ourselves to do so.

Telepathy uses a combination of process to work - two psychic sensors; your solar plexus and your temporal lobes (located on either side of the head just above ear level), which are both in direct connection to your astral energy field and all 5 of your senses.

You can use all of the above processes at once to connect - but it is easier and more effective if you use your temporal lobes first, then your solar plexus and lastly the rest of your 5 senses. Why? Because your temporal lobes are the transmitter/receiver for the telepathic communications, your solar plexus give you that feeling that it is an actual connection and not in your mind – and your senses keep it real.

For example with Allie -- if she connects to Will – first she hears his voice and then gets a zap of energy or warmth that starts in her solar plexus and spreads outwards, that lets her know it is true connection and not something she ate – lastly the 5 senses join together to make this a real experience.

### Making A Telepathic Connection

1. Relax, sit comfortably, and close your eyes.
2. Shift your focus upward, above your ears, and sense the temporal lobe sections.
3. Focus in on a person you wish to communicate.
4. Imagine a white light emitting from your temporal lobes, wrapping around the target person's head.
5. Be open to whatever you experience. Do not try too hard - do not force your concentration.
6. Feel how a multitude of impressions/words/sounds seem to pour into your mind through the temporal lobes.
7. Notice the sensation of heightened attunement that opens up in your solar plexus — FEEL the communications.
8. Allow your remaining senses to come into the equation.
9. Strengthen the connection. You may feel a bit light-headed and/or your stomach may do some flip flops — this is normal.
10. Continue the conversation for as long as you can hold your attention onto that person.
11. When you are finished, imagine the white light coming loose from the person’s head and draw it back into your temporal lobes. Sometimes it helps to imagine double doors shutting once you bring the white light back to you.
12. Note your impressions.

Telepathy needs to be done with honestly, integrity and compassion for the other person's thoughts, feelings and emotions. There is always a chance that you could learn personal information — and unless you have this person’s permission, you will need to keep what is private - private. If you betray their trust, future connections will be more difficult as their natural force field will be blocking the connection.

The target person does not always consciously know that you are connecting, but will still respond subconsciously. He or she may block you out if upset with you. Neither the sender nor the receiver can force accurate telepathy. It only works when the sender and receiver both allow it.

**Exercise**

1. Practice tapping into telepathy. Note your impressions - both hearing and feeling.
Lesson 2 – Telepathic Sex I

Have you ever had such an intense daydream that it caused you to become sexually aroused or to experience an orgasm? That intense daydream was probably just more than a dream, but a telepathic sexual encounter.

Out of the three OBE sex methods - telepathic sex is the easiest to master.

Why? With telepathic sex your conscious mind is actively engaged in the sexual event. Your brain waves connect with another’s brain wave. In your mind’s eye you can see, your temporal lobes enable you to hear, your taste buds come alive with taste and your sensation of touch ignites with the feel of the sexual act taking place.

Think of telepathic sex as real-time sex without the physical merging. With telepathic sex, the odds of having an orgasm are very high as none of your energy bodies (astral, mental, emotional - etc...) are separate from your physical body.

Can you tell if you make the connection with another person or if it is just a fantasy? Yes you can. How? Just as you can tell with a telepathic communication - you have that zing of energy and a warm flow over your body when you have that telepathic connection. If this factor is missing in the telepathic sex, then you are simply having a fantasy and not the telepathic sex.

Since your conscious mind is engaged in telepathic sex, you are able to remember most, if not all of the sexual encounter!

Just like with physical sex, there is foreplay in telepathic sex.

Telepathic Foreplay

The connections are quick, to the point and always (obviously) involve some form of sexual foreplay.

The easiest and most effective foreplay methods include:

1. Kissing the target person’s neck
2. Nibbling on or blowing into the target person’s ears
3. Giving the target person a quick flick of your tongue up the center of their back
4. Playing with the target person’s nipple – whether it’s licking, sucking, nibbling or fondling
5. A quick couple licks in the target person’s groin
6. Grabbing the target person’s butt

How To Have Telepathic Foreplay

Remember, these acts are quick and to the point. You can do this while standing in line, puttering away at work or taking your shower!

1. Close your eyes and connect to your sex partner. If you do not have anyone - imagine someone you would like to have sex with that is within reason (meaning leave celebrities alone).
2. Once you have connected.....hold it there for a minute.
3. Pick a place on their body you'd like slide a bit of foreplay over. Pick one spot and one spot only.
4. Once you pick the spot, imagine yourself dishing out the foreplay. Take in the sensation of their surprise and pleasure. Really feel what is going on with all of your senses. Do this for 30 seconds.
5. Break the connection
6. Repeat as needed throughout the day

For now, concentrate on one area of foreplay at a time. The more skilled you get in telepathic sex, the more foreplay you can add. When you do feel you're ready for more foreplay add something else to the mix, but again only stay on that area for 30 seconds. So if you’re going to lick an ear – do it for 30 seconds and then move to the nipples – for 30 seconds for a grand total of 1 minute of foreplay.

More is not better here unless you know what you’re doing. The last thing you want to do is turn off your target person to a sexual encounter with you.

The more time you can give the joy of telepathic foreplay, the more your target person will be aroused. This is a great way to get a partner revved up for an evening of physical sex, OBE sex or both!

Exercise

1. Practice first with this telepathic exercise:

This works well if you already have a physical sex partner - it doesn't matter if they believe in OBE or telepathic sex or not - although it is helpful if they do.
1. Close your eyes and imagine your sex partner. If you do not have anyone - imagine someone you would like to have sex with that is within reason and accessible to talk to.

2. Once you have that person centered in your thoughts and you can really imagine them - how they talk, dress, look, smell, etc.....hold it there for a minute.

3. Make the telepathic connection.

4. Pick a place on their body you’d like to lick. Good spots are the center of the back, side on the neck, ear lobe. Try to keep the sexual places like nipples, clit and penis for another time.

5. Once you pick the place, imagine yourself licking them there - repeatedly. Do this for 1 - 3 minutes.

6. Break the connection

The next time you talk to them, find out in your own special way if it felt like something was licking their neck, ear, back and/or if they felt any sensations at all.... If this was your sexual partner and you two agreed to do this, share experiences.

The goal of this exercise is to get you to telepathically connect - hold that connection - and perform a sexual act without it being overly sexual. The next time you try this - up the minutes and try a different part of their body (but keep from being overly sexual). Do not do this on celebrities or on people you do not know - that is just plain rude. The same rules apply in the OBE world and they do in the physical world.

2. Once you find success with the above exercise - try telepathic foreplay

3. Record your experiences here.

**Journal Space**
Lesson 3 – Telepathic Sex II

Now that you’ve had some telepathic foreplay practice – now it’s time to get down to telepathic sex!

How To Have Telepathic Sex

As you can tell from the previous instructions on telepathic foreplay, telepathic sex is not hard to do. The hardest part is connecting and that is easier to do the more you practice at it.

Basic Telepathic Sex

1. *You and your partner set up a time and/or day you wish to have telepathic sex. Discuss the setting - like your favorite place for sex - the beach, the shower, hot tub or in a four-poster bed or agree to surprise one another.
2. Decide on who will be the instigator - who will be the one to start the session.
3. Several minutes before the prearranged time, make sure that neither of you will have any disturbances. No phones, TV or email!
4. Quiet your mind. If you find that you are having distractions from the day, simply imagine a feather and sweep the thoughts out of your mind.
5. Time to telepathically connect - imagine your partner in the predetermined location.
6. If you are the instigator, see your partner standing, back to you. Approach them and stop a few inches away. If you are not the instigator, then imagine yourself standing there - waiting.
7. You will know if you are connected if each of you will be able to feel the other person's presence and the energy involved. That is why it is important that one have their back to the other. When that "feel" is made about the other person, you know that you have a solid connection. Once the person standing senses the instigator behind them, they should turn around.
8. Imagine yourselves having sex with one another. Make sure you can absorb and feel the emotions/sensations associated with connection.
9. Allow yourselves to be in the moment. You will be able to feel their lips on yours, hands all over each other’s body, intercourse and more. It’s sometimes tempting (at least at first) to cut off the connection during the sexual act because the sensations can be so real – and it kind of freaks you out. Follow it through – you’ll thank yourself later!
10. After you’ve experienced an orgasm or a heightened sense of sexual arousal, close the connection.

*NOTE: If you are without a partner, in step 1 think about the positive qualities you want in a sexual partner (or the person you would like to surprise) and think about those qualities/person.

Telepathic Sex I – AllieTheiss.com
Exercise

1. Try the above telepathic sex method.
2. Record your experiences in a journal.

Journal Space
BONUS 1 – Protection From Unwanted Energies

As you are out and about telepathically connecting, you will from time to time, come across unwanted energies. The energies could be trying to invade your personal space and grab some telepathic sex.

The same rules apply during OBE experiences as they do in the physical reality. But just as there are people on the physical plane who do not know how to take “No” for an answer – there are those in OBE world with that same problem.

So when NO will not work alone – try some of these protective measure to shield your space from other souls.

Telepathic Protection

You’ll know when you need this – a person keeps entering your mind who do you do want there. You’ll know they are there by your constant thoughts of them. If it is sex that they want, you’ll be able to feel them on your body and your body will respond. Usually if it is someone you do not know or want – the body responds with an all over “icky” feeling. Plus thoughts of kissing or have sexual relationship with this person will pop into your head and you know darn well that those thoughts were not put there by you.

All humans are born with a natural protective force field around them. But sometimes you need some extra help.

It’s always good to get into the habit of first surrounding yourself with a protective white light before you connect with someone.

Here are some basic protection methods:

1. Simple: Tell the energy “No” in a stern and commanding voice. This is always your first line of protection/defense.
2. Basic Wall: Tell the energy “No” in a stern and commanding voice while simultaneously imagining a steel circular wall clamping down around you. It helps if you can imagine hearing the “clink or clank” of the steel wall moving into place.
3. Advanced Wall: Imagine a wall either of fire or of nails (with the sharp end pointing out) around you as protection. If they do not move away – imagine either the fire chasing them or the nails flying out in all direction to puncture them.
**Exercise**

1. Try one of the protection methods.

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**BONUS 2 – OBE Magic**

*Engage the energy body and the physical body will always follow. The magic below will help you to energize your energy & astral bodies in order to get the best OBE experience possible.*

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**What Is Magic?**

(Excerpt from Gypsy Magic For The Dreamer’s Soul – Allie Theiss)

The easiest way to tell you what magic is, is to tell you what it isn’t: a quick fix. Instant gratification only arrives in the movies or on TV. There is no real Harry Potter or Charmed magic – at least nothing we mere mortals can conjure up.

At its simplest, magic is the ability to manipulate energy, to direct it to where we need a little extra guidance. When a spell is cast, we are giving our energy an added push to help us achieve a dream or goal. Magic is an added boost – a leg up if you will – but be forewarned that it can take up to six months to a year in order to see the fruits of your labor. Sometimes, however, if you’re lucky you can start to see results in as little as twenty-four hours.

The energy that surges within each of our bodies is the same energy that soars through the universe and on up into the heavens. It is all around us twenty-four hours a day, seven days a week. Therefore, it is within your reach to take the energy you need to bring about the changes you desire – no special gifts or powers required. Each and every one of us is already blessed with the Divine gifts we require. But to have your magic work, you must firmly and sincerely believe, without a doubt, that you will achieve the results you need. Anything less will result in either complete failure or level of success only achieved by half.

The most important ingredient for a successful magical outcome is thought. Our thoughts are comprised of energy, energy that we normally allow to jump from place to place, person to person throughout the day. Thus, your thoughts affect the people around you as well as impact your life in ways large and small. Since most of the time we do not put forth the effort to control our thoughts, our lives always seem to be awash in confusion.

Magic helps you concentrate your thoughts towards a specific outcome or goal. Once your focus is centered, clear and full of positive passion, determination, and resolve, you raise your vibrational rate to match the energy of the Divine. Once your awareness is raised, you can manifest whatever it is that you desire, receiving what your thoughts project. This gives a whole new layer to the phrase, “Be careful what you wish for, as you just might get it.”

*Telepathic Sex I – AllieTheiss.com*
By tapping into the Divine, where all of our unconscious minds are eternally linked, you are able to influence a person’s thought process on an unconscious level, thereby affecting their life on a conscious level. So, magic is nothing more – and nothing less – than having the ability to manipulate the energy around you. We all have the power to make change.

Just think what you can accomplish if you set your mind to it!

**Tips For Successful Magic**

*(Excerpt from Gypsy Magic For The Dreamer’s Soul – Allie Theiss)*

- Turn off the phone, radio, email, or anything else that will disturb you during the process. However, soothing music may be played as you prepare and perform magic. The key here is that you want no interruptions.
- Keep the tools you use for magic away from other people, as tools absorb the energy of their user.
- Consult a calendar to time your magic with the ebb and flow of the lunar cycle: Waxing and the full moon are best for positive OBE sex and waning is best for pushing someone away or protection in the OBE realm.
- Magic has a very hard time working correctly during a Mercury Retrograde and should be avoided during this time. Mercury goes backwards (retrograde) four times a year and usually lasts about three weeks. Since Mercury is the planet of communications, you want it to be moving direct for positive results.
- What you send out comes back to you three times over, so if you are using magic to hurt or make someone else feel uncomfortable, you do so at your own risk.
- Keep your magic to yourself. When you tell others of your plans, you invite their energy to mingle in with yours. This can weaken your energy, thereby weakening the energy of your magic.
- Think positively about the changes you desire, but don’t dwell on them. By detaching yourself you let the universe help as well. Detaching doesn’t decrease the power of your want, but it does give the universe permission to step in and take over.
- Remember that impatience leads to doubt and doubt invites negativity. Neither nature nor the universe can be rushed. Magic works in Divine time, not human time.
- Remember above all that faith in yourself, faith in magic and positive thoughts are all powerful vibratory forces that bring results.

**OBE Oils**

*(Excerpt from Gypsy Magic For The Dreamer’s Soul – Allie Theiss)*

Oils can be added to magical tools, placed in a diffuser and applied to personal belongings. You will need base oil in order to make each different blend.
**Base Oils**
Almond
Hazelnut
Jojoba
Olive
Palm
Sunflower

**Storage**
Store the oils away from all sources of heat, light and moisture. **DO NOT STORE IN THE BATHROOM.** It’s best to place your oils in dark-colored, airtight glass bottles, and label each for use.

**Stones/Crystals**
If you cannot obtain the stone(s) listed in the recipe, you can substitute a Clear Quartz Crystal.

For extra strength, add a Clear Quartz Crystal with the listed stone. Crystals are natural energizers.

Remember to treat the stones and crystal spirit used in these formulas with respect. Thank these spirits before you add them to the oil for their help in your quest.

**Buying Oils**
There are many companies that sell oils. Some are genuine essential oils, extracted from the plants for which they are named, while others are blends or bouquets that are actually a mixture of essential oils to arrive at a certain scent. Many places offer either partially or completely synthetic oils, but most are not labeled as such.

For magic it is best to use the genuine article – essential oils. Since they contain the magical essence of the plant, they are the most favorable way to go.

A good way to tell the difference between synthetic and essential oil is price. Essential oils are expensive, but their potency and ultimate success make them well worth the price.

**Making The Oils**
1. Place your base oil and essentials oils within reach.
2. Begin by visualizing your need or goal.
3. Once it is clearly formed in your mind, add the base oil to the jar.
4. Add the ingredients in one by one, swirling the jar clockwise to mix. Note how each ingredient affects the aroma of the oil.
5. Take your stone/crystal and place it in your projective hand.
6. Visualize your need or goal.
7. Once it has been clearly formed in your mind, pour your need into the stone/crystal.
8. Add the stone/crystal to the oils.
9. Seal the jar.
10. Store for three days (or at least overnight) before your first use.

**Oils**

**Telepathic Aid**

**The Best Time**
Create this oil when the moon is full.

**Supplies**
1/8 cup Base Oil
6 drops Jasmine
3 drops Mugwort
3 drops Rosemary
1/8 tsp. Orris Root
1 Tiny Faden Quartz Crystal, Herkimer Diamond or Tiger’s-Eye
1 Sterilized Glass Bottle with Lid

**Uses**
- Anoint yourself with a few drops on the the temples, third-eye (in the center of your forehead), neck at the base of the skull, top of the head, wrists and ankles, prior to trying to make a connection.
- Anoint candles and burn while you try to connect.
- Anoint stones/crystals.
- Place a few drops on a cotton ball or handkerchief and inhale when needed.
- Place a couple of drops in a diffuser.
- Add a few drops to a spray bottle full of spring water and spritz your body.

**OBE Sachets**

(Excerpt from Gypsy Magic For The Dreamer’s Soul – Allie Theiss)

Magical sachets – also known as charms, amulets or talismans – can ward off certain energies or attract a specific energy to you. They can be worn or carried as a personal energy enhancer, or placed in your home to energize your living space.

**Material For Sachets**
If at all possible, use natural fiber material such as cotton, wool or felt. Same goes for the cord; wool yarn or cotton thread/twine ribbons are ideal materials to use, as synthetic materials seem to interfere with the herbal magic.
The size of the cloth used for a personal sachet should be smaller than one used for the home. Where there’s a bigger area to cover then you need more material, i.e. a bigger cloth. I personally like to use cloth pouches – everything fits in nice and neat.

**Making Sachets**
1. Add each herb into your bowl.
2. Visualize your need or goal.
3. Once it has been clearly formed in your mind, using your projective hand (right if right-handed) mix the herbs as the images from your mind transfer down your arm, through your hand and empower the herbs.
4. Take your stone/crystal and place it in your projective hand.
5. Visualize your need or goal.
6. Once it has been clearly formed in your mind, pour your need into the stone/crystal.
7. Thank the stone/crystal spirit for its help in your quest.
8. Place the herbs and the stone/crystal in the pouch or tie in cloth.

A Clear Quartz Crystal may be substituted for any stone.

**Using Sachets**
To activate: Hold the sachet in your hand, squeezing gently to release its fragrance. Carry it with you at all times or place in the appropriate spot.

Three months to the date it was made, bury the herbs and continue to use your sachet to hold your crystal/stone.

**Sachets**

**Telepathic Support**

**The Best Time**
Create this sachet when the moon is waxing or full.

**Supplies Needed**
3 Tbsp. Caraway
3 Tbsp. Ginger
2 Tbsp. Thyme
2 Tbsp. Clover
Two Magnets
1 Amethyst, Faden Quartz Crystal or Kunzite
1 Non-metal bowl
1 Yellow or Gold Pouch or Cloth
1 Thread/Ribbon if Cloth used

**STONES/CRYSTALS TO UTILIZE**

Hold one or more of these stones, in your receptive hand (your non-dominant hand) or place them in your environment for an added boast when traveling the OBE!

- Crystal, Faden
- Crystal, Clear Crystal, Quartz
- Crystal, Rutile
- Crystal, Tourmalated
- Emerald
- Herkimer Diamond
- Lepidolite
- Moldavite
- Sugilite
- Ulexite

**HERBS TO UTILIZE**

These herbs can be burned as an incense (burn mixed with Sandalwood or Frankincense), used as tea (although most of these taste really bad), or placed in a sachet/cloth to carry right before or during the time when you want to boast your OBE skills.

- Cinnamon
- Frankincense
- Mugwort
- Peppermint
- Poplar
- Saffron
- Star Anise
- Thyme
- Yarrow
- Yerba Santa

**OILS TO UTILIZE**

These oils can be applied topically (if the oils burns the skin - remove immediately and add a few drops with a base oil such as Sunflower, Olive, Jojoba and then reapply), added to
bathwater, placed on a cotton ball or straight from the bottle and inhaled or burned in a diffuser right before or during the time when you want to boast your OBE skills.

Cardamon  
Celery  
Cinnamon (will burn if applied directly to skin)  
Clary Sage  
Ginger  
Mugwort (will burn if applied directly to skin)  
Myrrh  
Nutmeg  
Patchouly  
Ylang-Ylang

**Exercise**

1. Try a few of the magical helpers.