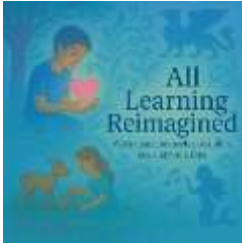


Activities to Awaken Senses – Telepathy, Intuition and Energetic Sensing

Safe, gentle, nature-based activities suitable for educators or parents. These ideas complement the podcast on awakening senses including a story for children. This is shared on



To listen to an interesting podcast on animal and human senses and activities to awaken them go to <https://bbsradio/alllearningreimagined>.

Recorded on to the 7th February 2026. See below for ideas to promote senses in any educational settings. Enjoy!

1. Telepathic Image Sharing (“Heart-to-Heart Pictures”)

Pairs or small groups

1. Learners sit back-to-back or side by side.
2. One learner silently chooses an image card (tree, dolphin, star, sun, feather, etc.).
3. They place their hand on their heart, then “send” the image as a colour, shape, or feeling.
4. The receiver draws or describes what came through.
5. Compare and celebrate ANY form of resonance: colour, feeling, shape, idea.

Purpose:

Strengthens telepathy, image transmission, intuition, and attunement to another’s energy field without pressure or performance.

2. Whale-Dolphin Listening (Energetic Sound Perception)

Play gentle whale or dolphin vocalisations.

Ask learners:

- What do you *feel* in your body?
- What emotion or message do you sense?
- If this sound had a colour, what would it be?
- Does anything inside you respond? (tingling, warmth, knowing)

Purpose:

Activates emotional resonance, clairsentience, and collective-field awareness.

3. Remote Viewing Warm-Up (“Location Noticing”)

This is an introductory version suitable for all ages.

1. Place a natural object in another room (shell, stone, feather).
2. Learners close their eyes and “stretch” their awareness into the other room.
3. Ask:
 - Is it hard or soft?
 - What shape comes first?
 - Is a colour showing up?
4. Then reveal the object.

Purpose:

Gently awakens spatial intuition, inner vision, and claircognizance.

(Remote viewing grows stronger when taught playfully, with no pressure.)

4. Energetic Hands (“Energy Ball Play”)

1. Rub hands together to warm them.
2. Hold palms facing each other, 5–10 cm apart.
3. Move them slightly and notice tingling, pulsing, warmth, coolness.
4. Invite them to shape the “energy ball” to flatten it, stretch it, compress it.
5. Older learners can try passing the ball to a partner.

Purpose:

Builds recognition of subtle energy, biofields, and natural somatic awareness.

5. Telekinesis Foundations (“Influence Through Intention”)

A safe-for-school version for teaching focus, stillness, and intention.

1. Place a very light object (feather, paper spiral, foil star) hanging from a thread.
2. Learners breathe deeply and become very still.
3. They visualise the object moving.
4. Sometimes the air shifts when their attention focuses it is a precursor to stronger phenomena.
5. No pressure. Celebrate subtle shifts.

Purpose:

Teaches concentration, willpower, energetic intention, and quiet mind.

6. The Dolphin Circle (Group Intuition Practice)

Learners sit in a circle.

One person holds a hidden object (in a pouch or closed palms).

Instead of guessing, the group:

- takes one breath as a pod
- notices the *collective feeling*
- offers impressions: warm, round, natural, sharp, playful, heavy, glowing, etc.

Purpose:

Activates group telepathy, emotional resonance, and shared awareness.

This activity often produces *startling results*, children especially.

7. Nature Field Reading (Clairsentience in the Environment)

Stand barefoot or with hands on a tree.

Ask:

- What do you feel emotionally?
- What sensation arises in your body?
- Does any message, word, or image appear?
- What do you sense about the land/space?

Purpose:

Helps learners tune into the energy field of a place, like animals and ancient cultures once did.



Here is an allegory about a Whale School with each chapter teaching a sense a natural way.

As humans learn through stories, this is a gentle way to prompt remembering and also inspire exploration of senses.

THE CHILDREN OF THE WHALE SONG

Prologue

Long before children learn to read letters or numbers, they learn to read *the world*. They feel the truth in their bellies, hear whispers in the wind, and see colours that adults no longer notice. Some children hold on to these senses. Some forget.

But every few generations, a group of children is born with their senses still wide open. These children are called **Listeners**. And this story is about them.

Chapter One - The Dreams That Called

The dreams began quietly.

At first, they came only to a handful of children living in a small coastal town. Dreams that smelled of salt and sunlight. Dreams where enormous shapes moved beneath turquoise water. Dreams woven with a strange, haunting song that lingered long after waking.

Twelve-year-old Lina heard the song first. It had a deep, ancient vibration that made her chest warm, as though a candle had been lit inside her. She asked her mother where the song came from, but her mother only smiled tiredly and said, "Maybe you're sleeping too close to the open window."

Across town, a boy named Kai dreamed of spirals of bubbles rising like galaxies in the sea. Another girl, Naya, dreamed of a huge, shimmering blue eye looking gently into hers. It was not frightening, but familiar. Each child woke feeling the same thing, '*Someone is calling me.*'

Chapter Two - The Night of the Bright Water

One warm night, when the moon floated like a silver seed above the ocean, all the dreaming children found themselves drawn to the beach. None of them had planned it. None of them had spoken to each other. Their feet simply carried them there, guided by the strange knowing that rises from the heart, not the mind.

They gathered in silence on the sand. The waves glowed blue with bioluminescence, swirling like living stars. And then they heard it but not with their ears, but inside their ribs. The Whale Song.

It rose from the depths in long, harmonic tones that shimmered in the children's bones. The ocean peeled back its veil, and a magnificent blue whale surfaced, her skin glowing softly like the moon. Lina gasped. Kai dropped to his knees in awe. Naya felt tears run down her face without understanding why. The whale's great eye met theirs. And instantly, as if they were all part of one shared breath, every child felt the same words inside them, "*You are ready.*"

Chapter Three - The School Beneath the Waves

The water around them brightened, becoming light instead of liquid. The children found they could walk forward without sinking. Hand in hand, they entered the ocean until the world around them transformed into a vast, luminous hall of drifting light. It was the School Beneath the Waves.

A pod of dolphins spiralled joyfully around them, sending bursts of colour that landed in the children's minds as laughter. The great whale glided beside them and spoke without sound: "Welcome, young ones. You are Listeners. Your world teaches you that you have only five senses. But you have many more. You were born with them. You simply forgot."

The children stood still, awestruck.
"Tonight," the whale continued, "you will remember."

Chapter Four - The First Gift: Inner Seeing

A gentle light swirled around Lina.
"Close your eyes," the whale instructed.
Lina did. She felt an image rise inside her like a glowing shell, spiralled like a galaxy.
"Inner seeing," the whale said. "Humans call it imagination, but it is more. It is the way your heart speaks in pictures."

Lina opened her eyes, stunned. She had *never* seen the shell before, but she knew it perfectly. The whale dipped her head. "Your inner sight is as real as your outer sight. Both are needed for truth."

Chapter Five - The Second Gift: Feeling Between Worlds

A dolphin approached Kai and bumped him gently. At once, Kai felt a wave of emotion wash over him... joy, curiosity, mischief... as if the dolphin had poured its feelings straight into his chest.

The dolphin twirled, and Kai burst into laughter.
"This is clairsentience," the whale explained. "Feeling the truth beneath what is spoken. Sensing energy the way you sense weather."

Kai nodded slowly.

He could feel everything including the heartbeat of the water, the mood of the pod, even the gentle sadness hidden deep inside the ocean.

"I didn't know I could feel this much," he whispered.

"You always could," the whale replied.

Chapter Six - The Third Gift: Heart Telepathy

Naya stood before the whale, whose great forehead glowed with light. A warmth spread from her chest outward, like a door opening. Suddenly she heard, not in her ears, but in her *heart*: "You are safe. You are seen. You are part of us."

Naya began to cry again, but this time from a feeling she had no name for.

The whale lowered her head. "This is heart telepathy. Humans think telepathy is a mind skill. But true communication comes from the heart."

The children all felt it then. It was a soft, humming unity, like being wrapped in belonging.

Chapter Seven - The Fourth Gift: Timeline Listening

A humpback whale approached, ancient and wise. He swam in a spiral pattern and the water filled with shimmering lines of light. "Every choice creates a current," he said through images and tones. "When you listen deeply, you can sense which current will bring harmony and which brings struggle."

Each child stepped into the spiral and felt something extraordinary:

a subtle pull, like the ocean itself was guiding them toward their best path.

This was intuition or guessing, but sensing the truth before it arrives.

Chapter Eight - The Fifth Gift: Energetic Creation



A baby dolphin darted around playfully, sending small bubbles drifting upward. She nudged one toward the children.

"Move it with your mind," the dolphin encouraged.

The children concentrated. The bubble quivered... drifted... then floated sideways. They gasped.

"Do you see?" the whale said gently.

"When the mind is quiet and the heart is steady, your intention shapes the subtle world."

The children stood in a ring, moving bubbles with thought, giggling as they did.

Chapter Nine - The Return

The light began to fade. The whales and dolphins gathered around them in a shimmering circle.

“You will return to your world,” the great whale said, “but you will not be the same. You now remember all your senses including the ones your world forgot to teach.”

The water rose in a swirl of brightness, and the children found themselves back on the moonlit beach. The ocean was calm. The stars were bright. But the children were changed. They could still feel the whale song inside them like a hum of truth, clarity, and connection.

Chapter Ten - The New Way of Seeing

The next morning, the children noticed the world differently. Trees glowed with quiet colours. Animals looked at them knowingly. When they imagined something, it felt real like a seed ready to grow. When they spoke to each other, they often knew the answer before the words came out.

They began to share what they had learned. Soon other children wanted to learn too. And slowly, gently, the world began to change. For the first time in many generations, people began to remember:
Humans are not limited.
You were born with many senses.
And when you awaken them, the world becomes whole again.

Chapter Eleven - The Whispering Forest

In the weeks after the children’s night at the ocean, something curious began to happen. Whenever Lina walked through the forest near her home, she felt a soft pull like an invisible thread tugging at her heart. Trees she’d passed a hundred times suddenly felt... awake, as if they were waiting.

One late afternoon, as golden light dripped through the leaves, Lina placed her hand on an old peppermint gum tree. The moment her palm touched the bark, a deep warmth flowed upward through her arm. Not hot, not cold but steady, ancient.

Then a gentle impression rose within her mind, like a leaf drifting upward through water, *“Slow down.”*

She froze. Had she imagined that? She breathed again, her hand still on the tree.

Another impression, *“We feel you.”*

Lina’s eyes filled with tears. The tree wasn’t speaking in words but in something older and simpler. It was a feeling, an emotion, a presence.

She leaned her forehead gently against the trunk. *“What can I learn from you?”* she whispered inside her mind. And the answer came, clear as sunlight,

“Stand. Root. Grow slowly. All things unfold in time.”

Lina walked home with a new kind of steadiness in her chest. The quiet strength of a being who remembers she is never alone.

Chapter Twelve - The Wind That Carried Messages

Kai was the first to hear them. Not with his ears but with the space inside his ribs where the whale song once echoed.

One breezy morning, while riding his bike, Kai felt the wind shift suddenly. It brushed his face with unusual intention, almost as if it wanted his attention.

Kai slowed, closed his eyes, and let the breeze wrap around him. A playful tingling filled his skin. A picture flashed in his mind: a bird swooping, wings wide.



Then a phrase, light and airy, *“Lift up.”*

Kai blinked. That afternoon, the wind came again, swirling around him while he played outside. This time, he felt curiosity from the air itself like a restless, joyful motion that made him laugh. He spread his arms like wings and turned in a circle.

The wind spun with him, brushing his cheeks with tiny sparks of delight.

“We move what is stuck,” the wind whispered in tones he could feel more than hear.

“We clear. We change. Don’t fear what shifts.”

Kai realised then that the wind wasn’t just air in motion. It was a messenger, a companion for moments of transition, creativity, and courage. And it had been waiting for him to listen.

Chapter Thirteen - Lessons from the Stone Elders

Naya always collected stones, but now they felt different. One afternoon she sat beside the river, turning a smooth river stone in her hand. It pulsed faintly with warmth almost like a heartbeat. She closed her eyes. A deep stillness filled her body, spreading downward from her hand to her feet, rooting her like a mountain.

Then a simple, steady thought arose, *“Be here.”*

Naya inhaled. The stone felt patient, profoundly patient, full of lifetimes of quiet observation. Another message surfaced, slow and grounding, *“You do not need to rush. Strength grows in stillness.”*

She realised that stones, crystals, and minerals didn’t speak quickly like wind or as emotionally as dolphins. They communicated in the language of **continuity**, of time measured in centuries rather than seconds.

When Naya placed the stone on her heart, she felt her breath deepen. She felt supported. She felt clear. For the first time in her young life, she felt what it was to belong entirely to a moment.

Chapter Fourteen - The Memory of Water

The children gathered again at the beach; drawn to the ocean the way one is drawn to someone who remembers your name. As they sat in the shallows, warm water pooled around them shimmering and attentive.

Lina closed her eyes and sent gratitude into the waves. Instantly a wavelet shimmered. A soft, cool vibration rippled through her fingers.

Kai felt a sudden clarity, as though water was washing not just his skin but his mind. Naya sensed colours dancing under the surface... blues she had no names for.

The ocean rose and fell in a rhythm that felt like breathing. A collective knowing drifted through them, "*Water remembers everything touched with emotion.*"

Images drifted into their minds:

- laughter
- tears
- prayers
- hope
- whale songs
- ancient memories held in deep currents
- the stories of humanity carried inside droplets

The water whispered, "*What you speak to us, we carry. What you feel in us, we amplify. We are the mirror of your inner world.*"

The children realised then that water had been listening to humanity for longer than any book had been written. And it continued to reflect humanity's heart back to itself.

They waded out of the ocean changed again however not by whales this time, but by the ancient, liquid memory of the Earth.

Chapter Fifteen - The Element Keepers

The following weeks brought a transformation none of them expected.

Each child discovered that a particular element seemed to "claim" them:

- Lina felt trees hum when she walked near
- Kai heard wind tones guiding his choices
- Naya felt minerals pulsing with insight
- Others became attuned to water, fire, sunrise, storms, seeds, clouds

They began meeting secretly under the gum trees after school. Their circle felt like an echo of the School Beneath the Waves only now, the classroom was the Earth itself.

Together, they realised a profound truth.

The whales had awakened their senses.

The elements were strengthening them.

And they were becoming Keepers - children who would grow into teachers of a new way of seeing.

One evening, as the sun set in a blaze of coral and gold, a warm breeze circled the children. Leaves rustled. Birds called. Waves shimmered. And in that perfect, suspended moment, they felt a voice rise from the land, the ocean, and the sky all at once.

“Remember who you are. Remember what you carry. Remember that the world speaks and you were born to listen.”

The children knew then that their real journey was only beginning.

Here are some more advance activities for telepathy, intuition, remote viewing and animal communication.

These activities honour safety, sovereignty, and natural human ability.

1. Animal Telepathy: “Heart-to-Heart with Animals”

Can be done with pets, birds, horses, wildlife, or even images of animals.

Step 1 Enter Heart Space

Place one hand on the heart.

Breathe slowly.

Feel appreciation for the animal.

Step 2 Observe Without Projecting

Look at the animal and gently ask:

- How does your energy feel?
- What emotion comes from you?
- If you could speak in pictures, what would you show me?

Step 3 Receive

Children often get:

- colours
- shapes
- feelings
- simple words
- images
- body sensations

All are valid.

Step 4 Send a Message

Send:

- gratitude
- a picture (e.g., a ball, a calm field)
- a gentle feeling



Observe if the animal responds:
turns head, softens body, approaches, relaxes.

Purpose:

Strengthens clairsentience, emotional resonance, telepathy, and animal empathy.

2. Intuition Expansion: “Three Boxes Game”

Place an object in one of three closed boxes.

Learners don't shake or touch them, they simply *sense* which one holds the object.

Ask:

“Which box feels heavier, warmer, or ‘alive’?”

Record accuracy over time.

Improvement happens rapidly.

3. Remote Viewing Grid

Create a 3×3 or 4×4 grid of images or symbols placed face-down.

Learner chooses one target secretly.

Another learner “views” it remotely by:

- sensing shape
- feeling tone
- receiving image fragments
- noticing first impressions

Revealing the target is always fun.

4. Energetic Tracking: “Find the Field”

Teacher places an object with strong emotional resonance (crystal, shell, photo) somewhere in a room.

Learners walk slowly, sensing where the “field feels stronger.”

This is a foundational exercise for dowsing, geomancy, and energetic awareness.

5. Telepathic Pairs: “Colour Sending”

Sender chooses a colour silently.

Receiver writes the colour they sense.

Pairs swap roles.

Start with basic colours, then move to:

- shapes
- emotions
- simple objects

6. Dolphin Pod Intuition Circles

A group sits in silence, breathing together.

Teacher holds an unseen object.

Group senses:

- feeling
- shape
- temperature
- emotional tone

This strengthens collective consciousness, group coherence, and pod-based decision-making.

7. Object Influence (Telekinesis Training Wheels)

Use a psi wheel (a small square of foil balanced on a needle).

Learners quiet their mind and use intention, not breath, to influence movement.

Even small wobbles indicate sensitivity to micro-energy.