



Spiritual Telepathy: Ancient Techniques to Access the Wisdom of Your Soul

Colleen Mauro

Quest Books (Apr 15, 2015)

Softcover \$17.95 (208pp)

978-0-8356-0931-9

For those who acknowledge the idea of spiritual guidance, Mauro suggests, the world becomes a place of greater breadth and possibility.

Colleen Mauro's *Spiritual Telepathy: Ancient Techniques to Access the Wisdom of Your Soul* offers a thorough background regarding the concept of channeling wisdom beyond our earthly selves, along with focused meditations to help put theory into practice. As many celebrated thinkers and mystics have discovered, there is strong evidence of a universal consciousness able to transform our lives if we are willing to listen to, and act upon, its unique guidance.

For those who acknowledge the idea of spiritual guidance, Mauro suggests, the world becomes a place of greater breadth and possibility. Chronic personal or social problems seem to have clearer solutions, and with this "bridge to the soul" being built, the individual joins a league of "'practical' mystics" with feet "on the ground" but minds attuned to "higher levels of wisdom and knowledge."

While spiritual telepathy may suggest too much New Age thinking for some, it should not be dismissed as an entirely ethereal practice. As Mauro notes, physicist Albert Einstein never limited himself to the purely logical world, and psychiatrist Carl Jung believed wholly in a collective consciousness. Ralph Waldo Emerson wrote in 1844 of universal wisdom being the "secret which every intellectual man quickly learns." In corporate culture, the head of global giant Matsushita (now Panasonic) insisted that universal energy was integral to his success and urged his executive staff to meditate as part of their own business routine.

Because we live in an era of information overload and technology that seems hard to escape, the practice of quieting one's thoughts is challenging. Mauro is well aware of the conflict, however, and includes meditative exercises and preparation. Both mind and body need to work together in this effort, so eating healthily and getting enough sleep and exercise are important. Patience and diligence are also needed to redirect the mind away from its tendency to be distracted by immediate concerns, tuning into more expansive wavelengths instead.

Alternatives to solitary meditation are explored as well, such as Triangle Networks, wherein three individuals meditate daily and connectedly to harness a greater triad energy. Full-Moon Meditation is monthly and lunar-focused, with an astrological basis that can be used by groups.

Additionally, there are cases cited in *Spiritual Telepathy* that recount guidance coming not through meditation but as a sudden epiphany, or during periods of intense illness. Jan Skogstrom, founder of Spirit United interfaith church, began to question her life's work as a professor while going through a difficult convalescence. Though she had doubts and worries about making such a major change, she nonetheless continued to feel a "light hand" on her back, encouraging and helping her along.

Spiritual Telepathy is not a quick-fix self-help book with instant ways to hook up with the divine in sixty seconds. The text is occasionally scholarly yet avoids pedantic or overspecialized language, and it includes perhaps the best

crystallization of all its wisdom in this quote from the mystic poet Rumi: “There is a voice that doesn’t use words. Listen.”

Listen indeed.

MEG NOLA (September 11, 2015)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book and paid a small fee to have their book reviewed by a professional reviewer. Foreword Reviews and Clarion Reviews make no guarantee that the publisher will receive a positive review. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.