Beginner Telepathy Thought Transmission Tracking Worksheet

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							Verdict (Is thought OR
			Emotional Reaction to	Is thought repetitive?			image in alignment with
			thought	(Received more than	Scent perceived with	Character/Sender image	Divine Love?)
<u>Date</u>	<u>Time</u>	Thought OR Image	(Pos/Neg/Neu)	once) Y/N	thought? Y/N	received? Y/N	Yes/No/Unsure
			Somewhat annoyed at				
			the request, overall				
Example: 12/29/2019	9:00PM	Raise your vibration	positive	No	No	No	Yes
		Choking myself or drowning					
	11:00PM	myself	Neg	Yes	No	No	No
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