



*(Synthesis for parents, caregivers, and collaborators)*

## OVERVIEW

These notes offer a concise synthesis of a long-form conversation centered on telepathy, understood here as nonverbal, non-linear perception of information, as framed by neuroscientist **Dr. Julia Mossbridge**, with particular attention to what her work suggests for families and collaborators in the autistic community. Written for those who already recognize telepathy as real, this overview distills how telepathic perception is understood not as message-sending or performance, but as relational listening within an informational field that exists beyond linear time. The notes focus on practical implications for being with autistic children—especially nonspeaking or minimally speaking individuals—highlighting the role of adult nervous-system regulation, consent, and trust. Rather than offering techniques or tests, this document clarifies an orientation: how to meet telepathic communication with humility, steadiness, and respect, so that what is already present can be received without distortion.

## Context of the Conversation

The conversation explored how telepathy is understood and studied in Dr. Mossbridge's work, and how her framing aligns with lived experience in the autistic community—particularly among nonspeaking and minimally speaking individuals. Participants shared a common starting point: telepathy is real. The focus, therefore, was not on establishing belief, but on a more practical and relational question: **How does telepathy operate within relationship with autistic children, and how do adults learn to meet it in ways that support clarity, trust, and mutual regulation?**

## CORE IDEAS PUT FORTH

### 1. Telepathy Is Not “Sending Messages”

Dr. Mossbridge emphasized that telepathy is often misunderstood as:

- Projecting thoughts
- Broadcasting mental speech
- Trying to “reach” another mind

Instead, she framed it as:

- Receiving information
- Detecting differences between what is predicted and what actually occurs
- A process that happens outside linear time and space

In autism contexts, this aligns with reports that children:





- Respond before prompts are given
- Act on information adults have not consciously shared
- Appear to track emotional or situational states without words

The key shift:

Telepathy functions more like **perception** than communication.

## 2. An “Informational Field” Outside Time

Dr. Mossbridge described reality as including:

- A dimension of information not bound by past → present → future
- A field where probabilities, intentions, and outcomes already exist

Remote viewing and precognition, in her research, involve:

- Accessing this informational field
- Noticing *differences* between expectation and actuality

For autistic individuals, this suggests:

- Some may naturally orient to this informational layer
- Language-based reality may feel secondary or slower
- What looks like “delay” or “nonresponse” may be a **different processing order**

## 3. Regulation Determines Signal Quality

One of the most relevant points for families:

The clarity of telepathic information depends heavily on the *receiver's* nervous system.

Dr. Mossbridge emphasized that:

- Anxiety, urgency, and over-effort distort perception
- Calm, grounded attention allows cleaner reception
- Trying to “get something” introduces noise

In parent-child dynamics, this means:

- Adult regulation matters as much as child capacity
- The desire for confirmation can interfere with accuracy
- Telepathic exchange improves when nothing is demanded

This mirrors what many caregivers already notice intuitively.





#### 4. Autism as a Different Orientation, Not a Deficit

The conversation explicitly rejected the idea that autistic people are:

- Broken communicators
- Missing something essential
- Required to translate into neurotypical modes to be valid

Instead, autism was discussed as:

- A different relationship to information
- Often less filtered through social performance
- Sometimes more directly connected to sensation, image, or knowing

Dr. Mossbridge noted that society often defines “normal” cognition poorly—and that many so-called norms are actually **dysregulated adaptations**.

This reframing matters because:

- It removes pressure from autistic children to “prove” anything
- It invites adults to adapt instead of correct
- It supports dignity and consent in all forms of communication

### WHAT THIS MEANS FOR TELEPATHY WITH AUTISTIC CHILDREN

#### Telepathy Is Already Happening

A central takeaway:

If you are noticing it, it is likely already occurring.

The work is not to activate telepathy, but to:

- Stop interfering with it
- Reduce adult anxiety and expectation
- Learn to trust quieter forms of knowing





## Relationship Comes Before Technique

Dr. Mossbridge was clear that:

- Telepathy cannot be separated from relationship
- Trust, safety, and mutual regulation are prerequisites
- Methods without attunement are unreliable

For families, this suggests:

- There is no exercise to “test” your child
- Observation is more important than interpretation
- Consent applies even in nonverbal

## The Adult's Job Is Listening, Not Translating

A recurring theme was restraint.

Helpful adult practices include:

- Not narrating or correcting perceived messages
- Letting impressions remain impressions
- Checking assumptions later, gently, or not at all

Telepathy degrades when adults:

- Rush to meaning
- Seek validation
- Turn it into performance or proof

## Important Cautions Named in the Call

The conversation also named risks:

- Adults projecting their own hopes or fears
- Mistaking intuition for certainty
- Over-identifying with specialness rather than relationship
- Ignoring the child's autonomy

Dr. Mossbridge emphasized that **humility improves accuracy**.





### A Shared Orientation Moving Forward

The call closed with an implicit agreement:

- Telepathy is not something to *use*
- It is something to *respect*
- It deepens through patience, not effort

For the autistic community, this means:

- Trusting what children already know
- Honoring communication that does not conform
- Valuing presence over outcome

### FINAL SUMMARY (FOR QUICK READERS)

- Telepathy is framed as **perception of information**, not message-sending
- Autistic individuals may naturally orient to non-linear information
- Adult nervous-system regulation is a key variable
- Relationship and consent come before interpretation
- The work is subtractive: less effort, less demand, more listening