

A Practical Guide for the Development of the Spiritual Healer.

Angels' Healing

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## The Cosmic Stores

Think how wonderful it would be if you could go to your local grocery store and buy a package of love energy. Or maybe a bag of courage? A box of happiness? Or perhaps a little bit of vigor, some hope and a lot of passion? What a dream! If you like the idea and delight in it, know that it is no dream. Reality is better than a dream. These items do exist and not in your grocery store, but right at the place that you are now. More than that, they cost nothing and come free in abundance and effortlessly.

The cosmic stores are energy reservoirs, seven in number. I will talk here about six of them. My guides asked me not to make the seventh known (It is accessible only to individuals of extremely high spiritual level.) The reservoirs are: a cosmic store of *love*, a cosmic store of *joy*, a cosmic store of *vigor*, a cosmic store of *hope*, a cosmic store of *courage*, and a cosmic store of *passion*.

Love, joy, vigor, hope, courage, and passion are not just abstract concepts or ideas; they are divine energies. A lack of these energies or of some of them causes suffering and distress for a person. He withers, tends toward depression and bad moods, and gets sick easily. He is unbalanced, restless, always hungry, tired and listless.

*The universe lends you a helping hand.  
Take it and get charged as much as you can.*

### Recharging

Call the cosmic stores in your heart and ask for treatment. Once you synchronize with them, they are ready to listen to you and to act. In effect, there is a guardian angel who is responsible for every cosmic store and you can speak with him.

Text for inviting energy: "I call upon the cosmic store of love and ask to be recharged with your wonderful energy with as much as I can contain."

Summoned in this way, a mass of energy will be sent to you from the cosmic store according to your needs and the magnitude of your deficit. This energy gets charged at once through the chakras. You can call upon any cosmic store that you want, and ask for its energy in the same manner.

You can call upon all six cosmic stores in one request and ask them to take care of you simultaneously.

Text for inviting energy from all stores: "I call upon the cosmic store of love, joy, vigor, hope, courage, and passion and ask to be recharged with your wonderful energies with as much as I can contain."

Another form of recharging from the cosmic store is by creating a connection via channels, (like the connection with the four elements of the universe.) It allows recharging for a longer time while having control over and keeping track of the process.

Text for connecting through multiple channels: "I call upon the cosmic store of joy. I connect to you with fifty channels and ask to transfer your wonderful energy to me throughout the entire day."

Likewise, depending on your needs, you can connect simultaneously to all stores: "I call upon all the cosmic stores (love, joy, stamina, hope, courage, and passion). I connect to each one of you with a hundred channels and ask that you transfer your wonderful energy to me."

You can order such a treatment for another person. You can also reach an agreement with the cosmic stores and schedule treatments for the following week or month.

Add to the text: "I ask you to treat me during the following week, on every day at the same time."

Even if you forget about the treatment and go to the movies, the next day at the scheduled time, the cosmic stores will remember and will take care of you whether you have noticed it or not. It works! Alternate between the different possibilities, try all of them and be creative.

For healers: the best way for treating and recharging the energies of the cosmic stores into the client is by transferring those energies through you. You can call upon the cosmic stores and ask to transfer the energies into you, passing them through the palms of your hands to the client. It greatly amplifies the treatment and has astounding effects. Furthermore, one healer can give such a treatment to a roomful of people by directing the energies simultaneously to all of them.

### **A Love Treatment from the Angels**

Everyone is entitled to receive a love treatment from the angels. You may ask and receive such a treatment at all times, under any conditions and up to several times a day. There are no limits. All you have to do is call upon your guide and ask him to summon a group of angels for a love treatment. Within minutes, the angels gather and the treatment starts. The greater the circle of angels--the stronger the treatment will be. The group of angels that surrounds you will transmit the pure energy of love to you.

To get the greatest benefit from the treatment, be in a restful position. Don't run around; don't answer phone calls, etc. Maintain a conscious connection with the angels throughout the treatment; be aware of the marvelous flow of energy in your body. Feel the warm waves that are running through you, and the elevation of spirit that the treatment provides you. The energy of love recharges our body as healing energy and is unconsciously directed to wherever it needs to go. The body knows where we have deficits and decides where the energy should go.

Another possibility is to work with the angels. You can ask them silently in your heart to divert the energy of love to certain areas in your body according to your choice: to the stomach, head, limbs, heart, genitals, intestines, etc. Every time you specify a body part, stop. Focus your full attention on it. Count to three and absorb the energy into that area. Continue and specify another location; repeat the process.

Stay open; don't block yourself. Accept what you deserve. Enjoy every moment of it. If at the first time you didn't feel a thing, never mind, don't be disappointed. Your sensitivity will develop as you experience more love treatments like this and you will enjoy them more and more. If you fall asleep during a treatment, that's okay too.

You can order a love treatment and chose to receive it non-consciously: watching TV, reading a book or sleeping. One way or another, the treatment works and the outcome will be the same. Your well-being will greatly improve; your emotional stores will be filled. Deficits are healed and the system equilibrates on the physical, emotional and energetic levels.

In fact, if you ask for a love treatment every night before going to sleep, it will be the best gift that you can give yourself. You are sure to sleep better and wake up invigorated in the morning.

You can also give this beautiful gift to another person, but try to let him know in advance so he can prepare himself and be aware.

### **The Divine Lights**

The 'Council of Sages' brought me into the secret of the Divine Lights. This was a group of three angels and high level guides. Their names were: Nathan-El, Yare-El, and Yemei-Shalom, who accompanied me in my first days as a healer. They were so full of love that whenever I called upon them, I felt aware of love flooding over me, and a smile of happiness would automatically appear on my face. With time, I have learned that if I suddenly find myself

smiling for no apparent reason, they are probably nearby. The image that I received from them was of three lovely old men with long white beards, smiling. Therefore to myself, I used to call them my 'Old Men.'

For weeks and months, my 'Old Men' taught me about the Divine Lights, how to call upon them, how to use them, and how they can help to heal people. Those were enchanted days in which I was thirsty for more knowledge and indeed it arrived. I thank you, my 'Council of Sages' for the marvelous lessons and for enriching me with such important knowledge. I am sure that the Divine Lights will heal and help any person who will use them, healers as well as clients.

### **What Are the Divine Lights?**

The Divine Lights are derivative of the Light of the Creator.

They are characterized by such pure colors and hues that they appear as a beautiful marvelous kaleidoscope on our inner screen. (See chapter: Inner Screen)

Color is frequency. Therefore the Divine Lights are energies in different frequencies that influence people in various ways, (and for that matter, also animals and plants), and therefore can function to achieve various goals. The Divine Lights are endlessly abundant in the universe. They are available at any time and place, and since they have divine intelligence, you can also communicate with them, program them for specific actions, ask them for special requests, and make deals with them.

Naturally, they move at the speed of light. For that reason, whether we are treating ourselves, or sending them to someone who is on the other side of the world, they arrive at an instant. Within seconds, you can feel their work inside the body, and within minutes, you can feel their healing effect, depending on the task that was assigned to them. A real magic!

### **The Divine Lights and Their Functions**

If you know how to look into your inner screen, you can see the Divine Lights in it and get to know them by yourself. However, if you haven't yet learned how to do it, and since color cannot be described in words, you will have to rely on your inner knowledge. Since color and especially hue, is sometimes a matter of personal interpretation, you'll have to use your imagination.

Some of the lights are doing similar or parallel work. Maybe for angels and other light beings, the difference is very clear, but to us, it is sometimes hard to make a distinction. I gather the Divine Lights into groups in a way that will facilitate their use.

### **How to Invite the Divine Lights**

Once you are ready to invite them, all the Divine Lights are ready and stand at your disposal. When you specify the color of the invited light, this color reacts immediately and arrives. There is no need to explain to the Light the nature of its work, only the destination, (if there is a specific ailing part in the body). Only with lights that have several functions, such as brown light or purple light, do you need to define the purpose each time.

Examples for inviting different lights:

Text for inviting a single light: "I invite a pink light to enter John's body. fill him from head to toe. surround him. and do the work."

Text for inviting a group of lights: "I invite healing green lights to enter John's body. fill him from head to toe. surround him. and do the work."

Text for inviting light to do local work: "I invite a lemon yellow light to go into this wound and do the work."

## How Do You Direct the Lights Where To Go?

1. You can indicate a location in the body by thinking and mentioning the part, (hand, leg, stomach, etc.)
2. You can place your hands above the afflicted area; the lights will be directed to it.
3. You can direct the lights by hinting or pointing; the lights will know where to go.

## Pure Divine Light

This is an energy that arrives from a high, and extremely pure source in the universe. You can use it for different purposes and in different ways.

- General recharging for balance, and physical renewal.
- Anesthetizing pain.
- Healing an energetic injury.
- Energetic Cleansing--replaces cleansing and purification of the aura in time of emergency.
- Emotional support, and lifting the mood.
- Calming anger, confusion, or a turbulent state of mind.
- Opening channels.
- Inner enlightenment.

Being filled with Pure Divine Light elevates the person to a higher state on all levels: physical, emotional, cognitive, and spiritual.

## Self-Treatment with Pure Divine Light

You can invite Pure Divine Light and fill yourself with it at any time you want without limits. You don't need a special reason to be charged with it.

Text for inviting Pure Divine Light: "I invite a Pure Divine Light to fill me from head to toe, and surround me." The light arrives immediately, sit down and enjoy the treatment.

## Treating a Client with Pure Divine Light

For treating another person, you have two possibilities:

1. You can invite the Pure Divine Light for him and recharge him at once, the same way you treated yourself.
2. You can transfer the Pure Divine Light from you to the client. This is a more tangible manner for the client. He can see you turn your palms toward him. He gets to be near you and enjoy the attention you give him. Also, the method of transferring the energy allows the client's body to decide where it should be directed. The treatment becomes more powerful due to your meditation.

Declare silently: "I turn myself into an open channel. I invite a Pure Divine Light to flow through me and exit through my palms."

The invitation occurs at once. The Pure Divine Light arrives and recharges through your crown chakra, fills you up, and flows through your palms toward your client. At your choice, you can stand next to the client, behind him, circle around him, or sit in front of him.

Telepathically approach the client's body and say: "I call upon John's body and ask of you to take from me all that I am sending to you, as much as you need and where you need it."

At once, you can feel a substantial increase and the intensity of the flow from your hands. The client's body reacts. You asked it to take and it does. The body knows. You can also direct the energy into the afflicted area by focusing on that area, or by placing your hands above it.

You can increase the intensity of the flow by declaring in your heart: "I increase the flow through me by a hundred fold." After a minute or two, you can increase the flow again. Play with the intensities. Experience the various possibilities. A repeated increase in flow will strengthen you and increase your abilities.

Follow the sensations in your palms; feel how the flow to the client's body reaches a peak and then decreases. That's a sign that the client has taken as much as he needed. At this point, you can end the process.

Now continue to treat by inviting the following Divine Lights, both as a general treatment, and as a treatment that takes care of the client's specific problem. Invite lights according to the needs of each case.

## **Groups of Healing Lights**

### **Healing Green Lights**

This group includes green lights in different hues: green, light green, dark green, brilliant green, and fluorescent green. They are all healing lights. They do the same work and have a similar effect; hence the distinction between them is unnecessary. We will relate to them as the group of healing green lights and will invite all of them in a collective manner, so that they will act together.

Use the healing green lights for all types of physical problems: a wound, an ache, an illness, a failure in the different bodily systems. The green lights are disinfectants, neutralize germs that cause disease, support the immune system, and facilitate the natural healing processes of the body.

### **Healing Disinfecting Yellow Lights**

Yellow light--softens, thaws, and melts lumps. This light is used as a preparation before the treatment itself, and as a preparation before removing black, negative energies and blocks. It works on the subconscious level to release suppressed materials, helps in revealing them, and brings them up to the conscious level.

Lemon yellow light--does the same work as the yellow light, it also cleans the diseased area and removes waste. It disinfects physical wounds and helps with energetic injuries. Regarding its function, it is found between the green light and the yellow light.

Fluorescent yellow light--disinfects wounds, ulcers, internal injuries, inflammations, arthritis, and internal and external skin infections.

### **The Group of Anesthetizing (Pain-Killing), Relaxing, and Calming Light**

Pink light--anesthetizes, relaxes, relieves pain, relaxes strained muscles and tension.

Antique rose light--goes deeper into the body, acts as a stronger anesthetic, softens blocks and works on nerves.

Light blue light--calms, and therefore also relaxes muscles, tension, and spasms that are caused by negative thought patterns.

Beige light--calms the soul, gives emotional support, and provides a steady base, stability, and support to the soul.

Beige light combined with grey--improves the mood and instills courage. Good in cases of stress or before a test, etc.

The anesthetizing, relaxing, calming lights are also good for the following cases:

- Constipation--recharge the lights into the intestines and ask them to help in the bowl action until relief occurs.
- Muscle spasms--recharge the lights directly into the muscles or generally into the tensed areas, ask them to act, and relax the strained muscles.
- Headaches/migraines--recharge the lights directly into the head.
- Aches of any kind in any place in the body--recharge the lights directly into the painful area.

## Thought Reading

The technique for reading thoughts that you will learn here is for the purpose of treatment only and not for the purpose of show business. In this technique you will learn to 'enter your client's head' in order to help him in the healing process. Obviously this work is done only with the client's knowledge and consent.

*Warning: Under no circumstances should you use the ability to read thoughts for your own personal gain!*

Going into the client's mind is done at the subconscious level and allows you to go into depths where you can:

1. Receive answers that will help you understand the source of the problem, investigate its roots, check what the thought patterns were that gave birth to the seed of the illness, and find out valuable information that may advance and facilitate the treatment process.
2. Receive guidelines from the client's subconscious regarding how to continue the treatment--what can be done? What direction should the treatment take? What will solve the problem? Etc.
3. Activate the system to bring up blocks, (see chapter Blocks).

In addition, you will learn how to release the negative thoughts that harm the client and replace them with positive thought patterns. These manipulations hold a controlling power and have a powerful long-term influence on the client; therefore, they should be done under the close supervision and guidance of your spiritual guides, while taking adequate precautions.

### Entering the Head of...

Sit in front of your client and close your eyes. Declare silently: "I open a small door in John's nape. I enter inside his head."

Imagine that you are inside his head, concentrate and listen. Feel as if you are in a room, or a wide hall, or in a space with an echo. Go on and say: "I invite all the thoughts that can tell me, or explain to me, why does John have a headache?" Listen to the sounds and the motions. You can feel an increased commotion as if the hall is becoming filled with beings. Treat the thoughts as if they are entities in their own right. Talk to them.

Ask: "How many thoughts have arrived?" Listen to the reply: 'Three' or whatever other number. Treat the thoughts as if they are children in pre-school, and you are the teacher who keeps order and discipline.

Command: "First thought, stand in the center. Tell me in a loud and clear voice, what is your idea?"

The thoughts arrange themselves in order of the importance of their ideas. Naturally the first thought will give you the main and most important idea. Listen to its reply, write it down or

remember it. The thoughts always talk about their person in second voice, therefore an answer can sound like this, "John has a headache because he is afraid."

Talk to the thought; interview it. Thoughts may present their ideas briefly.

You: "What is John afraid of?"

Reply: "He is afraid to make an error."

You: "Why is he afraid to make an error?"

Reply: "Because he already made a mistake once and paid dearly for it."

You: "Can you tell me more about it?"

Sometimes the thought has nothing more to say and it keeps silent. It has fulfilled its role. You can get more information from other thoughts.

You: "First thought, step aside. Second thought, come and stand in the center. Tell me in a loud clear voice, what is your idea?"

Reply: "John has a headache because he doesn't want to remember."

You: "What doesn't he want to remember?"

Reply: "Something that happened a long time ago."

You: "What happened a long time ago?"

Reply: "He nearly drowned when he was a little boy and he'd rather not think about it."

And so on.

The above conversation is just an example to show you the working process. Of course for every person you will find thoughts that create his internal world and are unique to him. After you've talked to all the thoughts that have appeared, and you understand the root of the problem, you move into the next step.

### **Releasing Negative Thoughts**

All the thoughts that appear at your summons are the thoughts that cause a problem or disease. These are the thoughts that carry the negative message. You have to release them, make them leave; move them into the 'trash'.

Apply to them and say: "I apply to all the thoughts that are responsible for John's headache. Up until now, you have a certain job, but from now on, John doesn't need you any more. The job has ended. Spread your wings, leave his head and fly into the black hole."

The leaving thoughts will appear to you in one of the following forms: birds, butterflies, or bubbles. You can connect to the events using your imagination. Sometimes you can feel the energetic movement as a small pulse at the tip of your nose. You can count how many thoughts are leaving. You can rush them to leave more quickly if their number is very large.

After a while ask: "Did all the thoughts leave?"

Sometimes it happens that a certain thought refuses to leave. Talk to it and find out why. It may tell you something like: "John needs me." This idea represents the client's unconscious internal resistance to release the thought pattern. Convince it to leave. Command it to leave.

Sometimes when the client has an unconscious internal resistance to receive treatment and healing, reading his thoughts is necessary in order to understand his motives.

An example:

Me: "I open a small door in John's nape and enter his head. I call upon all the thoughts that can explain to me why John resists treatment? First thought, stand in the center. Tell me in a loud and clear voice, what is your idea?"

Reply: "John resists because of fear."

Me: "What fear?"

Reply: "John's afraid that if he feels better he'll have to go back to work."

Me: "Why is he afraid to go back to work?"

Reply: "He has a lot of responsibility and problems that he cannot solve so he prefers to be sick. This way he can stay home legitimately."



Other thoughts may give you more information such as: John needs rest. He needs to receive attention and treatment from his family, etc.

Me: "I request all the thoughts that have arrived to leave John's head. Spread your wings and fly into the black hole. John doesn't need you any more, he doesn't want you."

In the same manner you can release fears, anxieties, angers, internal conflicts, depression, bad moods, traumas, and more.

### **Installing a New Thought Pattern**

After all the old thoughts have left, you have to install new thought patterns in the client's mind. Declare: "In place of the old thoughts that have left, I install a new thought pattern in John's mind: I, John, release all my fears. I release the tension that gives me a headache. I am willing to bring up painful memories to my awareness and deal with them. I am capable of it. I don't resist the treatment. I choose to get better. I am willing to heal." And so on.

New thought patterns should be positive at all times and usually opposite to the parallel negative, old patterns. In any case, receive guidance from your guides and act with caution and responsibility. When you finish the process of installing new thought patterns, declare: "I close the little door in John's nape and go outside." (Pay attention: first close the door, then leave.)

Pay attention: You have the power. The possibility that you are unable to do the job is non-existent. However, at the bottom line, what matters is the client's choice and will. If he insists, he will continue and think the exact, same negative thoughts and will recreate them. Therefore, it is most important that you talk to him; share with him the discoveries that you have made in the journey into his subconscious. Tell him what are the reasons for his problem, in order to give him a chance to deal with them, and make a conscious choice. The most important of all, is that he understands the connection between the cause and the result, and will learn to take responsibility for himself and his health.

All this must be done gently, while respecting the client's defensive and repressive mechanisms. Sometimes you will come up with traumatic materials that the client is not ready to handle. Don't throw them in his face. Don't tell him, 'I found out that you had a heart problem because you hated your father and wanted to kill him.' Or: 'I have discovered that you're having difficulties with intimacy because you were raped as a child,' and so on. Your client might feel threatened, be scared, deny, and surround himself with a wall of resistance, which can cause damage to the treatment process.

*If the client strongly denies--don't argue with him; draw back tactfully.*

Tell him: "I am sorry I must have made a mistake." If and when he will be ready, he can come back and think about what you have told him and benefit from it. Be gentle, hint, give the client the chance to do his own work. Also, if you're not a qualified psychologist, suggest that he sees one. You have done your job.

In certain cases, the success of the entire treatment depends on reading the thoughts of the client. As you can learn from the following example: Michelle, a nine-year-old girl arrived for a treatment, accompanied by her mother. She looked sad, scared, and withdrawn. She refused to cooperate and didn't answer any questions. Her mother said that Michelle had been acting strange for a long time, for about a year she had been anxious and nervous, was a loner, and was depressed. Every time when it was time to go to bed, she tried to stall it and wanted to stay with her parents—which they interpreted as being spoiled. Above all, she would talk to no one and had told no one what bothered her. The desperate mother had already been thinking about the worst scenarios.

I entered inside Michelle's head; I invited all the thoughts that could explain what was going on with her.

Me: "How many thoughts have arrived?"

Reply: "Three."

Me: "First thought, stand in the center and tell me in a loud and clear voice, what is your idea?"

Reply: "Michelle sees things."

Me: "What things did she see?"

Reply: "Things that frighten her"

Me: "Such as what?"

Silence...

Me: "First thought, step aside. Second thought, stand in the center and tell me in a loud and clear voice, what is your idea?"

Reply: "There was somebody in Michelle's room at night."

Me: "Who was there?"

Reply: "A black figure in the window."

Me: "When did that happen?"

Reply: "Two months ago."

Me: "Who is that image?"

Reply: Silence.

Me: "Second thought, step aside. Third thought, stand in the center..." and so on.

I learned that Michelle was gifted with psychic vision. She saw entities and experienced nightly traumatic encounters. Furthermore, she felt that she could tell no one about it because no one would understand. Her anguish had increased day by day, and her daily functioning had been damaged. When I brought up my findings in front of Michelle and her mother, the girl started crying, but it was a cry of relief, and liberating comfort. A cry that someone finally understood and knew what she was going through. I asked the guides to clean her house and put guarding and protection on it. I gave instructions to the mother how to behave in the future.

At their next visit, I hardly recognized Michelle. This time she was a happy laughing child, friendly and open, right at her arrival she said proudly: "Do you know what happened, Margalit? On Friday I was walking down the street with Daddy and I saw a man with red eyes sitting on the roof of the bus station..." Such is a new age child.

## **A Distant Telepathic Conversation**

This conversation should be done for therapeutic purposes only, and not for fun. When you create a telepathic communication with a person, the conversation is at the level of his subconscious. The person is not aware of the conversation unless he is a channeler, or has an extremely high self-awareness. Even then he might not always be aware of it since at that moment he might be busy or asleep.

Since the contact is done at the subconscious level, the information that you will receive is truthful and sincere, in most cases. Sometimes, however, you may encounter a person who is so untruthful, that he lies even in the deepest levels of his mind. You may also encounter cases of unwillingness to cooperate, or even resistance-if you apply to people who are dealing with black magic, and are being used as channels to the negative polarity. Sometimes it's also hard to converse with a person with a difficult personality, with a pompous ego, who is very aggressive, dominant, etc.

### **In What Cases Should You Perform a Telepathic Conversation?**

You can create a connection for a telepathic conversation in extreme cases. When a client desperately needs to know what another person is thinking about him, or plans to do regarding him, and the matter keeps him awake at night, damaging his health and peace of mind.

Examples:

- A couple's relationship has reached a dead end. The husband was unfaithful, left the house, took the monetary assets, etc. The wife doesn't know how to act or what to do to protect herself and the children, especially since he doesn't cooperate. She asks to know details such as: what are his feelings towards her? What are his plans? Would he like to come back home or separate? Does he have any intentions of hurting her? Will he be difficult in a divorce case, etc.
- Business partners. One partner suspects that the other one cheats or steals, but he has no proof. He wants to act to prevent bankruptcy or losing the business, but doesn't wish to hurt his partner's feelings, in case he was wrong.
- When a woman lends money to a man. He does not return the loan and keeps rejecting her. She's in a bad financial situation, clueless, and doesn't know what to do. She asks to know what his intentions are and so on.

### **Rules that You Must Respect and Obey**

1. First, the conversation depends on the consent of the guides.
2. You have to maintain contact with the guides throughout the entire telepathic conversation to receive further orders and guidance from them.
3. At the beginning of the telepathic conversation, you should make clear to the person that:
  - he doesn't have to talk to you if he doesn't want to,
  - he doesn't have to answer a question that he doesn't like.
4. If the person with whom you've made a telepathic connection asks for your identity:
  - you have to reply honestly, even if it means that you are exposing your client.
5. You're only allowed to interview the person in a direct manner, meaning you ask and he answers.
6. You are absolutely forbidden to implant a thought that is not his own, in his mind. Of course you cannot order him to do things that you want him to do unless he suggests it or plans it.
7. If the guides permit--you may ask him to bring into consciousness a specific thought that he had.
  - Tell him: "I request that you bring the idea that you just suggested into your consciousness. Find yourself consciously thinking about it now."
8. You are allowed to be assertive; to focus on the person you are talking to, but you cannot express anger or any other harsh feelings towards him. You can't tell what he is doing during the conversation. If he's in the middle of driving a car, you may risk his life.
9. The client that ordered the conversation, and who is present in the room, should not utter a word.
10. You must be considerate of the person's feelings. At the end, thank him for the conversation. If he's upset at the cause of it--calm him down.

If you still wish to have a telepathic conversation with someone while you are careful to observe all the rules, say silently or aloud: "I call John Doe. I call John Doe." Listen. Within two seconds, you can hear an answer.

Usually people reply with, "Hello, who is this?" As if they are answering the phone. The frequency of their voice will sound just like in real life, with the same tones, the same inflections, and manner of speech that is unique to them. Take your time. Have a leisurely conversation. Don't get stressed, listen to the guides at all times. Think about what you are going to say.

Caution: The person is not aware of the conversation, however, it may significantly affect him.

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