

Channeling for Mediumship

Open your spiritual gateway. Clear Hearing: Clairaudience.
Gain access to All Knowledge, questions, Meet Your Guides, Life
Purpose, Visit Akashic Records, Learn Past Lives

Section 2 & Beyond

- **Section 1: Pendulum and spirit board**
- **Section 2: Soul Art & Automatic Writing**
 - Soul Art: Loosening up to break through
 - Slow Down Brain Waves
 - Direct messages from your Guides
 - Automatic Writing Exercises to connect
- Section 3: Meet Your Guides, Channeling, Life Purpose,
- Section 4: Akashic Records, Past Lives

Preparation

- Colored pencils or crayons. Drawing pad.
- Writing tablet and pen. (Can use same pad.)
- Quiet time of about 40 minutes.
- Way to play some soulful music via internet (Music supplied), unless you have your own.
- People to work with for homework. Ex. Become a member of the Soul Psychic Healer Facebook Support Group.

What Is Channeling?

- **The Creative Process**. Acting, singing, dancing, sculpting, creative writing can all be types of channeling.
- **Opens** your intuitive, psychic gateway.
- **Flow in action**. Being in the zone.
- **Feels Outside Conscious Mind**, like something else provides the content.
- **Requires altered state**, light to deep trance.

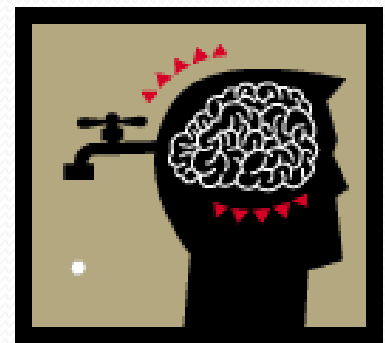
One Secret to Channeling

- Is the brain wave state.
- Go slow to know.
- No tools used like Pendulum or Spirit Board
- Slower brain waves allow you to sensitive to higher frequencies.
- Higher vibrations (Spirit) slow to yours.
- Handshake made.



Meditation

- Slows down brain waves.
- Beta is day to day mind.
- Alpha to deep alpha is slower and good for spirit work.
- Theta which is slower than alpha is even better.
- Goal: be awake and still in trance.

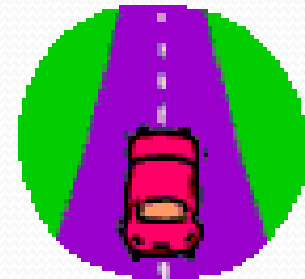


Detox – Energy is Everything

- ENERGY IS EVERYTHING. Toxic in, toxic out.
- DIET: Toxin free. But what is toxic? (Eat a healthy, toxin free diet. Vegan or vegetarian was toxic for me.)
 - Vegan is best for spirit work? Everything you eat has consciousness in its form? Eat suffering animals, get that consciousness. (Darbster story.)
 - Dairy blocks third eye?
- RELATIONSHIPS: Release, reshape or relinquish all relationships that hold toxicity to you.
- LIFESTYLE. PLAY every DAY. LIVE in JOY. (Law of Attraction class addresses this.)

Who is Chosen? (Channeled)

- You are NOT chosen to connect with guides.
- You have to CHOOSE.
- Available to all who desire to do so.
- You desire it because you chose prior to birth.
- You then planned a body, parents and talent.
- You brought in the right equipment.
- Not an elitist activity.



Making First Contact



- I was 3 – 5 years old.
- Dimensional shift as I drifted into Theta.
- Party Noise soft to blasting loud then click to silent.
- Experience of Star Seeds before a psychic experience or danger warning (Brad Steiger) and those that do OBEs.
- See people I did not know, heard my guides and saw them.
- Terrifying to me.

Near Death Experience

- Me as a little girl (~5 years old) trying to learn how to swim.
- Fell down into water.
- Sat there feeling comfortable and breathed it in.
- White light from right with party noise.
- My guide told me to “GET OUT!:
- I was catapulted to the surface of the water.
- Ran to shore.
- Mother ignored me. 😊



Extraterrestrial Contact

- During my teens meditate to “Sounds from Space” and “travel.”
- Extraterrestrial Guides educated me about infinity,
 - The universe is infinite in all directions.
 - The number of universes is infinite.
 - There is no smallest point or largest point.
 - There is no fixed reality.
 - Everything is always changing in all directions.
 - The universe is a symphony of vibrations. It never rests. It is not fixed. There is no limit.
- I am a star seed come to earth to help with Ascension.

Vocal Contact

- 30 years old, had time on my hands.
- Read, “Game of Life,” by Florence Scovell Shinn.
- Intuition leads to your purpose.
- Followed my intuition one day.
- Met a reader.
- Guides want to come through. I asked. They did!
- Channeled orally. Went to full trance once.

Exercise: Soul Art to Open

- You can repeat this until ready to write.
- Prepare a pad and pencil (or crayons) beforehand.
- FOCUS ON THIS MUSIC. (LINK: http://sampleswap.org/mp3/artist/robbot/robert-meyers_The-Magnificent-Escap-320.mp3)
- FEEL IT. DRAW WHAT YOU FEEL. Allow your pencil to wander over the paper.
- WHATEVER YOU GET IS CORRECT!
- Do not censor or critique your drawing. THIS IS A GREAT EXERCISE TO DO OFTEN TO OPEN YOUR GIFTS.
- STOP now to do this, then START again.

LOVE Steps: Automatic Writing

- Prepare with LOVE steps.
 - L = Let go in meditation. Youtube.com. If you just did Auto Drawing you just Let Go! Music [HERE](#).
 - O = Open in Prayer. *“Dear Infinite Divine Power, please allow all messages to be clear, accurate for the highest good in highest love, light and protected space. And so it is.”*
 - V = Vibration Align. Imagine your energy combines with object of reading, a spirit guide.
 - E = Entirely Receive. Don't edit what you get.

Exercise: Automatic Writing

- Get a new piece of paper with pen. Do LOVE formula: Let go in meditation, Open in prayer, Vibrate outward, Entirely receive.
- Write about an EMOTIONAL issue in your life. How it bothers you.
- Now write a question about it.
- Then ask your guide, “What is the answer?” Then wait. If no answer, ask your guide, “this is easy to handle because” and/or “the answer is to relax and?”
- No answer? Try these questions again slowly.
- Working alone? If you get nothing, let go and try tomorrow. STOP video to try this now, then START again.

Other Exercises

- After a while you will start to get answers.
- YES you will!
- Here are some other questions and on next page to ask your guides.
 - What is your (guide's) name?
 - How many guides do I have?
 - Why are we connected in this life time?
 - Do I have a soul mate on earth?
- The more loosened up, relaxed and open you are, the more you will get. Just let go and have fun with this.

Additional Questions For Guides

Page 26 of Channeling E-book.

1. Am I on my path?
2. Is the relationship I am in with “name” a good one for my soul path and development?
3. Will I get married in this life time? Have children?
4. What are their names?
5. Do I have any untapped talents I am supposed to use in this life time?
6. How many times have I incarnated?
7. When will I be able to stop incarnating?
8. Is there such a thing as incarnation?
9. Can I know my “name” from another lifetime?
10. What did I do in my past lifetime? Who was I?
11. Did we know each other in another life time?
12. Are there Angels?
13. What is the next step on my soul path in this life time?

Read for Each Other (15 – 30 min)

- GET PARTNER in workshop or if working alone from the Facebook Group: Soul Psychic Healer or a friend.
- ASK SPIRIT these questions for them after doing the LOVE formula to prepare. GET VALIDATION along the way!
 - What is their life purpose?
 - What should they focus on next?
 - Will they find their soul mate or have they already?
 - Any question they have.
 - MORE ADVANCED: MEDIUMSHIP. Who is on other side for them?
- It is imperative to work with others to get good at channeling for mediumship.

Homework

- Do the automatic drawing exercise followed by the automatic writing exercise until you are starting to open and get answers.
- Work with others at least once before moving on to Class 3, asking questions provided in this chapter.
- They should feel like they are flowing **through** you, but not **from** you.
- If you need help with this join a support group (Facebook: Soul Psychic Healer), seek the advice of a more experienced friend or coach.

WORKSHOP EXERCISES

- FACILITATOR demonstrates channeling. Channels a message for the workshop. This message should be a valuable one for the entire group.
- FACILITATOR leads group through exercises on slides 13 – 18.
- DISCUSSION.
- TIME ALLOWING. Group continues to “channel” messages for each other.
- Q & A about channeling.