

Channeling for Mediumship

Open your spiritual gateway. Clear Hearing: Clairaudience. Pendulum, spirit board, automatic writing, channeling, meet your Divine Beings, learn life purpose, learn past lives in Akashic Records.

Section 3 & Beyond

- **Section 1: Pendulum and spirit board**
- **Section 2: Soul Art & Automatic Writing**
- **Section 3: Meet Your Divine Beings**
 - Channeling Your Divine Beings
 - Life Purpose
- **Section 4: Akashic Records, Past Lives, Remote Influence**



Overview of L-O-V-E Steps

- **Let Go in Meditation**: Daily: **Meditation, prayer, rest and contemplation** (journal). Work: Take an 8 – 15 minute Theta Meditation. YouTube.com has many.
- **Open in prayer**: Daily: Pray to be in service. Work: *“Dear Spiritual Divine Beings please come to me now in love and light for a session. I give thanks in advance that messages come through clearly, accurately and as intended for the highest good of all. Thank you.”*
- **Vibrate in Alignment**. Daily: Live in love, peace and kind compassion. Work: Imagine sending out your energy to your Divine Beings. Wait for a click or shift in energy.
- **Entirely Receive Your Answers**. Daily: Follow the flow of Guidance, Opportunities and Destiny (GOD). Work: totally receive what is given.

Key Step: Entirely Receiving

- 4th Step of LOVE Formula is Entirely Receive. At times the messages may seem unreal or silly. The more you accept what you get, the more meaningful messages you will get.
- Story. Channeling otherside connection for client.
 - Her father comes in from other side. Evidence: Smoker, Green Eyes, tall, thin, dark hair, lung issues.
 - Personal Message: “I drink coffee with you in the night.” I felt silly saying this. I said to client, “Gosh.”
 - Client gasps. During recent stay in hospital they had given her coffee in middle of night to open her lungs. She had pneumonia.

Open Throat Chakra - Sing



- **Throat chakra exercises.** Free expression is key to channeling. Here are some ways to open your ability to freely express (channel) information from another source.
 - TRY imitating these 3 vocal samples. ☺ Teacher demos.
 - Stop Video. Open this presentation: <http://SpiritMediumLaura.com/CM-3.pdf>. Go to slide 5. Click on link to right of each of these links. Listen, then IMITATE! ONE. TWO. THREE.
 - Note how you feel after doing this: Silly? Free? Alive?
 - Other Ways, when you have time.
 - Singing. Sing Happy Birthday and really belt it out.
 - Toning. (Hum.) 7 Notes up and 7 notes down.
 - Scales. Ex. Sing word “LOVE” up seven notes then down.

Another Opening Exercise

1. **Do at least one time.** Channeling Warm Up: This is another effective way to open your ability to begin to channel.
2. On the next slide you will find an emotional monologue I wrote (based on a client). You can listen to me doing a recording of this monologue **HERE**. Go to link is on slide 6 of this presentation: <http://SpiritMediumLaura.com/CM-3.pdf>.
3. Stop Video. Read it aloud a few times as if you were the person in the monologue.
 - Within a few times you will begin to flow in the emotions of the person in the monologue. When you reach this point you are channeling.

Dramatic Monologue by me

- Recorded [HERE](#).
- “Listen Chris. You have freeloading off me W-A-Y too long. Now you want your daughter to drive you around in my car. She’s not insured for it. If she gets into an accident I am the one who will have to pay. You want me to pay all the bills. You want me to fund your lousy business idea. You don’t work. You live in my house rent free. I have to pay for everything! I want you to love me for who I am, not what I am giving you. Chris LOVE ME! Do you hear me? Chris LOVE ME!” [Max(ine) runs over to Chris, frantically shakes his/her shoulders). S/he is staring out the window apparently drunk and not listening.]

Divine Beings on Life Purpose

- Here is a channeled piece from The Alpha Omega on how to find your life purpose or mission and why you would want to do so.
- *The biggest problem for people on earth is the heart. How to heal it. Each individual on earth has come to earth with a mission to complete. Their mission is to heal their heart.*
- *So the biggest problem for people on earth is to heal their heart, how they feel about themselves and their life and others.*

Divine Beings on Life Purpose

- *Many people think the biggest problem people have is with other people as in love or with other things as in money. No. The biggest problem people have is their relationship with themselves related to love and money or related to relationship with others and with material things.*
- *So when you heal yourself, you heal your entire life from love to money.*
- *We are going to give you a simple test to perform on yourself to find your mission in life. When you find your mission you will have something to focus on about yourself.*
- *When you get going on your mission you are beginning the self healing process. When you heal yourself, your relationship with others and things will improve.*

Divine Beings on Life Purpose

- *You will enter a state of indefinite harmony with the universe.*
- *You cannot be in harmony with the external world until you have entered into harmony with your own internal world. You have to be at peace with yourself.*
- *You have to know why you have come to earth. Then you need to open to this mission.*
- *The mission could be as simple as self acceptance but this is your mission. It could be as complex as becoming a world leader.*

Divine Beings on Life Purpose

- *But when you accept your mission you accept yourself and you become very, very peaceful.*
- *When you become peaceful your miracles begin to blossom. It is through self peace that you will find your power.*
- *So the technique to find your miracle is to find why you have come to earth. Here is the simple technique to find this mission.*

Divine Beings on Life Purpose

- *Ask yourself what have you done in your life that you really loved and felt most alive doing? This is a clue as to what you have come to earth to do.*
- *Ask yourself what you have done on earth which made you feel false, empty and less energetically? What makes you feel tired? This is your illusion in life, not your mission, but rather your distraction from your true mission.*
- *One great way to find your mission is to find exactly what it is that bothers you in life, your biggest problem. Behind this problem is your mission.*
- *So when you discover this mission you will begin your miracle journey. Just lean into it and begin it. God bless.*

MEDITATION: Meet Your Divine Beings Life Purpose Meditation

- Time needed: ~10 minutes or so. This is a guided meditation for you to channel your life purpose.
- Have a pen and pad ready to record your channeling at end of this meditation.
- This presentation has the meditation recorded in it as we go forward to next few slides.
- OR ON YOUR OWN. Play recorded meditation.
 - Open this presentation. Link is HERE:
<http://SpiritMediumLaura.com/CM-3.pdf>.
 - Go to slide 13. Start the music by clicking HERE.
<http://cantonbecker.com/music/white-noise-sleep-sounds/mp3s.php>
 - Then open the Divine Beings recording by clicking HERE:
<http://spiritmediumlaura.com/meetdivinebeing.wma>

MEDITATION TRANSCRIPT:

Contacting Your Divine Beings

- Relax. Deep abdominal breathes 3 times. Fill your head, neck, shoulders, torso, thighs, calves, feet each with water. Imagine tingle & heaviness. Relax. Good.
- You are at ocean. Stroll to shore. Decide to walk right or left. Pay attention to what you see.
- Notice the colors, shapes, objects, and textures you see.
- Listen to the breeze, to the calling birds, whatever sounds are here.



Meet Divine Beings Meditation

- Continue to breathe deeply.
- Notice a forest set back from the beach. You feel very drawn to walk into the forest.
- When you arrive at the entrance you notice a path. You enter.
- The forest is beautiful inside. Large green leaves, ferns, flowers and you hear birds and other animals.
- Just enjoy yourself as you move forward. What else do you feel, hear and see as you follow the path?
- Keep Walking, slowly strolling, enjoying the walk down this path.
- Feel the weather, feel the clothes on your body, feel what is around you. Notice the temperature. Continue to stroll forward,

Meet Divine Beings Meditation

- You are being led to walk in a particular direction. Suddenly you notice there is a clearing up ahead.
- You are drawn to walk towards it. The forest is ending and there is an open expanse with a small ancient cottage.
- The cottage is in excellent shape even though it is very old. It is made of stone with a thatched roof.
- As you draw closer to this cottage you notice the door to it is very unusual. It is a different shape, color and size than most doors. What does your door look like?
- When you arrive at this door you knock on it. No one answers.
- You knock again. The door starts to creek open a bit. You push on it and it opens.

Meet Divine Beings Meditation

- In the house across the room is a large window with a table under it. There is a figure seated at the table wearing a white translucent robe.
- You cannot see the face of the person in the robe, but you know this is a benevolent being waiting to meet you.
- The walls of the room are made of rocks and stone. It is beautiful, clean and very, very old. You are drawn to go sit on the other chair at the table, facing this robed individual.
- You go there. When you arrive you hear the words, “Pay attention” in your head.
- Suddenly the robe starts to melt away and there is your special spiritual Divine Being, the one who is assigned to work with you today.
- You say, “Hello.”

Meet Divine Beings Meditation

- Your spiritual Divine Being says, “Hello” back. There is a smile between you and a feeling of deep familiarity, benevolence and love.
- Imagine your Divine Being is made up of light and this light is gently extending into the room. As well your light is extending into the room until both of you connect energetically.
- You should feel a click as this happens.
- Do it one more time to be sure.
- Now we are going to ask our spiritual Divine Being the following questions.
- Get pen and pad ready.

EXERCISE 1: CHANNELING Divine Beings on Life Purpose

- Dear Divine Being, what is my **purpose in this lifetime?**
- You Divine Being looks at you with a kind, knowing and benevolent gaze. At first you do not hear, see or feel an answer then all of a sudden you are given an answer.
- Take a moment to write down what comes in. It could be a feeling, you could see something, you might hear a string of words which describe your life purpose. Just make a note of what you get in writing or if you are alone say what you get out loud.

Additional Questions For Divine Beings

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?

Additional Questions for Divine Beings

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?
14. How the people in your life today are important to your life purpose?
15. If you have a soul mate or soul mates from other lifetimes that you know now.
16. If you will meet other soul mates in the future you do not yet know.

Meet Divine Beings Meditation

- You may repeat this exercise as much as you like.
- Each day you do it you will receive more information until you have a complete story.

Exercise 2

- Get a partner with which to work.
- **Prepare with LOVE**: **Let go** in meditation. Deeply breathe 3Xs from abdomen. **Open** in prayer. “*Dear Divine Beings please come to me now in love and light for clear, accurate messages for the highest good of all. Thank you.*” **Vibrationally** align with your partner, **Entirely** receive messages.
- Receive for your partner on their
 - **Life Purpose**, and/or
 - **Other side connection**. Relationship, Appearance, Cause of passing, Names and/or Personal message.

Homework

- **Work with others.** Join FREE Facebook Support group: Soul Psychic Healer.
- **Next Section:** Past Lives
- **Days 1-7. Do Until You are Channeling.** Do the singing, acting monologues, “Meet Your Divine Beings” meditation with Exercise 1 as many times as you need until you are vocally channeling. *Seek the help of a coach in private sessions as needed.*
- **Days 1-7. Do the Exercise 2** at least two more times. This time ask Additional Questions For Divine Beings on the list following the meditation.



WORKSHOP EXERCISE

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- **ALTERNATELY you can play an AUDIO RECORDING of Divine Beings Meditation. TEACHER: Open this presentation at <http://SpiritMediumLaura.com/CM-3.pdf>. Go to slide 13.**
- **Start the music first by clicking here. <http://cantonbecker.com/music/white-noise-sleep-sounds/mp3s.php>**
- **REQUIRED: Start the audio recording by clicking here: <http://spiritmediumlaura.com/meetdivinebeing.wma>**

After Meditation: CHANNELING Divine Beings on Life Purpose

- Dear Spirit Divine Being, what is my **purpose in this lifetime?**
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DISCUSSION

- YOUR EXPERIENCE:
 - How did it feel to do the singing?
 - Do the monologue?
 - How did you experience, see, feel or hear your spiritual guide?
 - What did s/he tell you about your life purpose?
- PARTNER. Share what you got about your partner's life purpose, other questions or other side connection.
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