

## **EXCERPTS FROM CHANNELING: THE HEART & THE ART**

### **Chapter One** **What You Need to Know Before You Begin to Channel**

To “channel” means that you make a connection to some other realm of existence, and allow energy and information to come to you from that realm. This energy and information gets expressed through you in some manner here in this reality. In the case of channeling healing energy, you allow the energy to come to you, to another person or group of people, to an animal companion, to a plant, even to machinery. When you channel information, you can speak it, write it down by hand or type it on your computer, draw or paint it, and dance or sing it.

This chapter gives some basic information about channeling that you’ll need to know before you learn to channel. You’ll find out about what it means to be an open channel, what a trance state is, and how to use your positive intention to move energy. This chapter also introduces you to the spirit realm and the types of beings encountered there. If some of these words sound strange to you, don’t worry! I’ll define these terms and some others, such as the “dualistic” and “unitive” states. In addition, I’ll discuss the importance of trusting yourself, and the doubts you might experience as you learn to channel. By the time you finish reading this chapter, you’ll have a better understanding of the heart and the art of channeling.

#### **Opening Your Channel**

Everyone can channel. I do not believe it is a gift only a chosen few possess. You have what it takes. You can make a conscious connection with the spirit realm. To begin your conscious connection is known as opening your channel. Before you open to channel, however, you may find you first need to do some healing work. Healing helps you to be more open and receptive. When your heart is open, and your mind open and clear, your availability to channel increases. Time and time again, I have seen students connect with their source of guidance,<sup>i</sup> even when they have had no conscious connection in the past. You can have this connection with the spirit realm as well.

The length of time it takes for you to establish a connection with your source of guidance depends on a number of factors. These factors include: how relaxed and creative you are, how open and receptive you are to new experiences, if you have channeled in other lives, if you’ve already worked with energy and can perceive it, if you believe that you can channel, and how much meditation/spiritual work you’ve done in the past. Even if you feel that none of those factors apply, you can still learn the art of channeling.

At the beginning of your learning process, you can have varied reactions to channeling. You may feel humbled by the experience of connecting to an angel, to the Divine, or a highly evolved spirit being. You may not feel anything at all. You may encounter your own issues and defenses from this life or even past ones, which prevent you from being a clear channel. Perhaps you can't quite believe you are actually channeling. You might be convinced you have made up the connection. Approach channeling with joy and wonderment from your heart, and any obstacles you may encounter early on will eventually be overcome with your perseverance.

Your experience of channeling, just like your experience of life, is shaped by your belief system, societal conditioning, past-life experiences, psychological makeup, and from within your personal energy field—your aura. Because of your experiences, you are unique. Don't compare yourself to others or pressure yourself to learn channeling quickly. Develop channeling skills at your own pace. It is imperative to be involved with your journey and to have patience with yourself.

### **When to Follow Guidance**

It's important to determine whether or not to follow the suggested course of action you think your source of guidance gave you. Upon coming out of the trance state, wait a while before you read or listen to the message. Allow some time for you to come back to this reality. Alexander Murray<sup>ii</sup> once told me, "Do not try to criticize whatever may appear until after the session, when [your] subconscious sensitivity to suggestion has decreased."

After you have gone back and looked at the guidance, if you feel the information is accurate—if it feels like it has the "ring of truth" to it—then you may decide to trust it and respond accordingly. However, if you feel unsure about the message, wait for further verification of the information before you do anything. You might consider seeking out a friend or an experienced channel who has an unbiased opinion to assist you in feeling out the guidance you've received.

When you follow channeled information, you are responsible for your choices. Your ensuing actions are always your responsibility. It doesn't help to blame your source of guidance, or another human being, after you followed some channeled information and had an undesirable result. It is imperative to be discerning with channeled information, whether you have channeled the information yourself, or a professional channel has done so for you.

### **Sitting with a Professional Channel**

An appointment with a professional channel is a great learning opportunity. You experience how the channel goes into trance, the level of trance the channel uses, her source of guidance, and the channel's expression of the heart and art of channeling. It's best to get a referral from a friend who has had a positive experience with a particular professional trance channel. However, you may not have such a reference.

If you call a channel you don't know, interview the person over the phone

to see what you feel and think about her:

- Ask how the session is conducted.
- What beings are channeled?
- What type of information comes through the channel?
- How long has the channel been in practice?
- What guidelines are used for this practice?
- Do you feel the channel is making an open connection to you?
- Does the person seem aloof, flaky or evasive?
- Are your questions answered clearly?
- Do you feel good about the conversation?

Keep tuning in to how you feel as your questions are answered. Your reactions to the answers are important. A person who is a healthy channel will be centered and open to answer the above types of questions. The practitioner will not be arrogant, but will have done personal process work on herself. Understand that many professionals may not have the luxury of spending a long period of time on the phone with you. However, they should be willing to spend a few minutes to make contact and explain how they work.

## **Chapter Five**

### **The Spirit Guides' Point of View: How and Why Spirit Guides Connect to Humans**

I sat in conference with my spirit guides to write this chapter. The spirit guides revealed the steps they use to make contact with human beings, including spheres of knowledge and lines of communication; how they gather information; and the types of relationships the spirit guides have with human beings. I hope you will find it as fascinating and illuminating as I did.

My spirit guide, Holly, is overseeing the writing of this chapter. She begins with her joy and wisdom: "We are so delighted to have this opportunity to express our own experiences in the light of the channeling team. Know that our hearts are always with you in your striving to connect." The guides are constantly expressing their love, gratitude, and eagerness to be in a more conscious relationship with humans.

Holly continues: "We love every person we work with; we cherish the contact. The delight we find in connection [with a human being] cannot be surpassed. I think that's why so many [spirit] beings are drawn to this way of serving humankind. It's a joy. When I see one of my 'people' enjoying life more, exploring their inner being, having children, creating space for God within—I absolutely love it. It's true." Spirit guides are dedicated, joyful beings who want to see you grow and enjoy your life. Now let's look at how spirit guides make contact with you to teach and heal you, and to spread joy.

## **HOW GUIDES CONNECT WITH YOU**

The spirit guide:

1. Visually and energetically recognizes you.
2. Contracts its personal energy field to connect with you.
3. Energetically aligns with your soul, then your higher self.
4. Enters your personal energy field.
5. Establishes a line of communication (passageway for information and energy).
6. Makes contact with your subconscious mind and then your conscious mind.
7. Gives you a sphere of knowledge (conglomerate of information in a universal communication).
8. Assists you to translate spheres of knowledge.

## **Chapter Six**

### **Beginning a Relationship with the Clairs**

Psychic abilities play a significant part in the channeling equation. The art of channeling includes your psychic sensitivities as the receptors of guidance. Guidance is relayed through the sphere of knowledge, and your psychic sensitivities decipher the contents of the sphere. You also use your psychic sensitivities to know how grounded you are; to know if your personal energy field is open enough to receive guidance; to perceive the connection to your source of guidance; and to sense the energy of undeveloped beings. The list for psychic abilities goes on; these are a few of the important ones.

As you channel, your spirit guide can give you information in all sorts of ways and in all kinds of psychic combinations. As the guide talks to you clairaudiently, it may give you a clairvoyant picture to illustrate a point. Your guide may show you a clairvoyant image and send you a clairsentient physical sensation to accompany it. The spirit guide may send you a clairnostic knowing and a clairempathic emotion that enhances the knowing.

Using your psychic sensitivities, you can connect to the spirit realm and learn things you could not learn any other way. For example, spirit beings show me innovative healing techniques and have taught me how to meditate. They show me what to do to stay on my spiritual path. And, perhaps most importantly, my spirit guides teach me how to live with more love and integrity.

You can begin to study channeling without well-developed psychic sensitivities. As a matter of fact, most beginners have limited abilities. These skills become more finely honed as you meditate, practice channeling and clear your personal energy field. Usually, people I work with clairsentiently feel little or no energy at the beginning of their channeling studies. As we work together, they build upon their initial abilities and add other psychic abilities through their practice.

Psychic sensitivity has many names: ESP (extrasensory perception), HSP (high sense perception; coined by Barbara Ann Brennan), intuition, sixth sense,

second sight, psychic impression, “the gift,” and is comprised of subtle senses that transcend your human senses of emotional and physical sensation, vision, hearing, taste, and smell. The words used to express these subtle senses are:

- Clairsentience: Physical sensations
- Clairempathy: Emotional feeling
- Clairvoyance: Sight
- Clairaudience: Hearing
- Clairgnosis: Knowing
- Clairscent and Clairolfaction: Smell
- Clairsavorance and Clairgustance: Taste

Since all these words begin with “clair,” I use the word “clairs” to refer to the whole group of psychic sensitivities listed above. The French word “clair” means “clear” in English and each clair relates to a physical sense. In the following chapters, I give more specific descriptions of each clair. For now, let’s begin your psychic tour of these wonderful tools of channeling by looking at some general information about the clairs.

## **Integrity**

My channeling teacher, Alexander Murray, once advised me, “For every step in psychic development, take two in your moral development.” When you can perceive what others cannot, it’s imperative you don’t use your psychic perceptions for harm. Psychic abilities must be used for life-affirming purposes—they are not meant to destroy people or life.

As I mentioned earlier in this chapter, you may psychically receive information about a person that would make it easy to negatively judge that person. To paraphrase Native American wisdom—you must walk a mile in someone else’s moccasins before you truly know and understand the person. If you don’t know someone’s past lives or how she grew up in this life, or other intimate information about her, how can you possibly know why she is the way she is, and judge her? If you or I were in her “moccasins,” we might be just like her because we would have come from her same roots.

Remember, you are just another human being. Parts of you still need to learn and grow. You can be imperfect and mistaken at times. Let this admission of your humanity be a strength for you. Try not to hide behind a mask of perfectionism or claim that your channeling or psychic abilities are perfect. If you try to maintain the facade of perfection, it will only damage your channeling and psychic abilities, and disconnect you from yourself, others and the Divine.

Honesty becomes even more important when you channel for someone else. The longer you channel and assist people to grow and change, the more you will see how vitally important it is to practice integrity. You must be willing to admit when you are not clear, see where you may have interfered, and see how you might be defending yourself.

## **Chapter Nineteen**

### **The Art of Channeling: How to Be Clear**

#### **This Chapter and the Art of Channeling**

This chapter is designed for the advanced channeling student and the professional channel. Whether you are an advanced student or professional, you can deeply impact the recipient by channeled guidance given. Therefore, it becomes imperative you further develop your skills in the art of channeling. The art of channeling is a life-long process, developing as you develop your inner awareness and evolve spiritually.

As you know, two aspects comprise your inner clarity. The first is moment-to-moment awareness of thoughts and feelings that you, your source of guidance, your partner or a group of sitters trigger inside you. The second aspect is tools you use to deal with the inner triggers so you can continue to channel clearly.

Inner clarity means that issues can surface inside you, yet you know how to handle them to maintain a flow of clear, channeled guidance. *Inner clarity does not mean NO issues come up when you channel.* This is a very important concept. If you are aware of uncomfortable feelings while you channel, that's great—you have enough inner clarity to realize these feelings are surfacing. You are less clear if you block your awareness of the issues. In this case, your blocked issues can more easily convolute the channeled material and energy.

As an addition to your knowledge about inner clarity, this chapter introduces you to the psychological concepts transference and counter-transference. At the end of the chapter is an Ego Discernment Worksheet, which I highly recommend you read, mull over and answer the questions on the worksheet as best you can. The questions are probing—in a good way—and assist you to know various parts of your inner self and the dynamics in your relationships. The Ego Discernment Worksheet uses the insights about yourself from the Dyad Worksheet and takes them a step further.

## **Chapter Twenty-Two**

### **How to Add Channeling to Your Existing Practice**

A private trance session gives vital information to the client about her growth and how to heal her wounds. It is an insightful addition to any services you may presently offer. If you work with a client who sees you for a private trance session in addition to another type of session, your work with her can deepen considerably. The insight from the trance session can be closely worked on in other types of sessions to further the client's growth.

The receipt of guidance during a non-trance session, such as an acupuncture treatment or chiropractic adjustment, can significantly contribute to

your knowledge of the client or patient. This receipt of guidance is a technique called SCSC, which is a light, semiconscious trance state used to receive subjective clairaudient guidance while in a client or patient session. Whether you offer private trance sessions or SCSC in a non-trance session, guidance is a great tool to include in your practitioner's tool kit.

### **THE ADDITION OF PRIVATE TRANCE SESSIONS**

The type of practice you have and whether your clients accept channeling determine how you introduce private trance sessions. If you offer psychic readings, healings, astrological readings, or some other type of intuitive session, adding private trance sessions will most likely be easy. You have a clientele that accepts intuitive ways of working and will welcome the addition of private trance sessions.

You may receive guidance that a particular client needs a private trance session. Perhaps this client has only seen you for past-life regressions or acupuncture treatments. In this case, ask for guidance on how to approach the client to offer a trance session. If you feel shy about approaching the client, remind yourself that your source of guidance felt it was an important addition to the client's healing process.

If you are a psychotherapist, medical doctor or psychiatrist, you may find it challenging, perhaps even impossible, to add private trance sessions to your practice. You must answer to a conservative standard of professionalism to keep your credentials. Channeling is usually not part of that conservative standard. To introduce channeling, pick the patients you feel are most open to intuitive skills and broach the subject when you sense it's a good time. If you have concerns about a client who may feel you are losing your professionalism or are getting too "airy fairy," of course don't speak about the private trance session. Instead, discreetly incorporate SCSC into your practice.

My practice is a combination of private trance sessions, hands-on healings, psychotherapy and spiritual counseling. I am open about all of my services with clients. However, I do not always allow my psychotherapy or healing clients to have private trance sessions. My decision rests upon where the client is in her development, how grounded she is, and what boundaries the client needs for her healing process. At times I may steer an ungrounded client away from private trance sessions and healings to keep her present in the moment and in her body so she is less apt to fantasize about her past lives or another etheric topic.

When you begin to offer private trance sessions, you may want to advertise the new sessions. You can use the venues described in Chapter Twenty-One to get the word out, such as a newsletter or introductory evening. The FAQ sheet in Chapter Twenty is a helpful handout to describe the new trance session to your present clients. Now let's move on to exercises that prepare you to do SCSC in non-trance sessions.

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<sup>i</sup> Energy or spirit being you channel.

<sup>ii</sup> The second channeling teacher with whom I studied. More details about Alexander Murray in Chapter Two.