

Merging with Spirit Channeling for the New Millennium

A Workshop Presented by
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In the last few decades, channeling has become almost a household word. Although it seems very “New Age”, it is a practice as ancient as consciousness itself. Channeling, simply stated, is the process of opening ourselves to information and energy that doesn’t originate with our own conscious selves. While this is traditionally a transmission from dimensions other than the physical plane, it is certainly possible to channel beings from different parts of the physical space-time continuum—i.e., extraterrestrials, elementals, devas, and beings in a different part of the time-stream, past or future.

All consciousness is one. It is open-ended and non-local. This means that theoretically, we can contact any part of All That Is in any universe, including Source itself, simply by intent. Practically speaking, we each of us have an inherent capacity for how much energy from another dimension our bodies and fields can absorb. By learning consciously to channel, we expand this capacity over time so that our skill in handling very different frequencies in our bodies increases.

There is also a tendency to revere channeled beings and teachings, to put these beings on a pedestal as angels or godlike beings, above us in every way. Even though these beings are at a “higher” dimensional frequency, remember that their evolution depends upon them guiding and teaching those of us still incarnating on the physical plane. So they need us as much as we may need them. They are part of us, and we are part of them. The only difference is that, on the 5th dimension, they KNOW that we are One, while we on the 3rd dimension are working on physically assimilating that truth through the process of incarnation.

Also, while many people think of channeling as a transmission from another dimension “down” to us on this one, it is actually a fully cooperative and mutual transmission. While we are “downloading” information from these beings, we are also “uploading” our experiences and perceptions to the upper dimensions. The communication is definitely two-way, and our input to the upper dimensions is every bit as crucial as theirs to us. So it is helpful to see our channeling as a partnership with them, not as receiving the truth from “on high”, so to speak. Not only do 5th-dimensional and higher beings not mind that we question and self-validate all information that we receive from them, they actively encourage it.

No 5th-dimensional (or higher) entity will EVER tell us what to do (although lower-astral beings may try to manipulate us—more on that later). They encourage choice, questions, and rigorous self-validation. Their input as just another opinion, to be treated as any other opinion.

When confronted with any information, from any source, it is helpful to ask ourselves the question: “Is this true for me right now?” If so, then we can incorporate it into our experience. If not, then we can release it as irrelevant to us right now.

Another important consideration: NO EMBODIED CHANNEL IS EVER 100% ACCURATE. All information that is channeled comes through the channel’s own filters and pictures of reality, and so of course there is distortion.

Language is also a limiting factor. No human language can convey truth, just perception. Although some Earth languages are better than others for communicating spiritual concepts, English is not one of them. English evolved as a trade tongue, which means that evaluation (i.e., judgment) is intrinsic to it. It is for measuring products and prices, and is very limited when talking about that which cannot be weighed and measured (i.e., Spirit and all things spiritual). When we channel for

others, we can minimize misunderstanding and misinterpretation to make this lack of full accuracy clear before the channeling begins.

This is the “disclaimer” that I use:

No channel is 100% accurate. Please take anything transmitted as another opinion only. Keep whatever resonates with you as your truth, and lovingly discard the rest.

And no matter how careful you are to convey this, the person receiving the channeled information will also be receiving it through *their* filters and layers of distortion. You may be amazed to hear later about things that you allegedly said during a channeling that bear no resemblance whatsoever to what you recall coming out of your mouth. Such is the uncertainty of the physical plane, where we see “as through a glass, darkly”. If you are uncomfortable with this level of uncertainty, then you might want to consider only channeling for yourself.

Exercise: Preparing the Lower Fields to Channel

First, we must make sure that our fields are unified. This allows the most accurate and clear information from the higher dimensions to come to and through us. Next, we must make sure that our fields are filled with our energy, not anyone else’s. For this, a Resonance Release is helpful.

Resonance Release

With the Resonance Release, we are calling on assistance to assure that our fields are as clear as they can be for channeling accurately and powerfully, and to ensure that we are truly channeling multidimensionally/vertically, and not horizontally/from our fields, from energy we’ve picked up from anyone else.

“Spirit and Archangel Michael: I ask you to release all energy, entities, thoughtforms, emotions, cellular memory, orientations, pictures of reality, devices, intrusions and effects that are not of my core Divine Essence out of my body and fields—NOW!”

When we channel, it is useful to know who is coming through, and from which dimension. For this reason, a model of the dimensions is in order.

Model of Dimensions

It is impossible to fully grasp the complexity of the planes of existence from the physical plane, just as it is impossible to speak Truth in any human language. Still, it is useful for us to work with some kind of model of the dimensions or planes of existence, so that we have a reference point for our channeling work.

This is the model of dimensions that the Council of One, the Michael Entity, and other mid-causal/5th-dimensional teaching entities use. It’s simple enough for our purposes as channels, yet clearly communicates the perfection and connection between universal levels of unity. It is a model not only of dimensions, but of the evolution of all consciousness, from Source to Earth and back to Source again.

It's a good idea to learn to be aware of the differences in vibration from one dimension to another, so that we can discern the source of channeling energy. Also, we exist simultaneously in all dimensions, from molecules up to Source itself, from the most differentiated to the least.

1st Dimension: This is the level of molecular consciousness, the animating spark of each atom. It is useful to contact this level when we are determining the potency and purity of anything we wish to take into our bodies, such as drugs and supplements. It is also useful for contacting so-called "inanimate objects" for the purposes of psychometry (accessing the history of an item through psychic ability and/or touch). People with "machine empathy" are often tuned in to this dimension.

2nd Dimension: This is the level of elementals and devas—the consciousness of rock, plants, and animals, as well as the raw physical forces that manifest on the 3rd dimension (i.e., electromagnetism). It is useful to contact this level when we wish to contact the consciousness of devic energy and work with earth grids and elementals.

3rd Dimension: This is the level where all physical life that we experience is found (the physical plane). The human body occupies the middle levels of the physical plane, while certain etheric structures and the manifestations called "ghosts" occupy the upper levels of the 3rd. One of the reasons that modern scientific instrumentation fails to detect energy from the upper dimensions is that no technological artifact can detect anything originating above the plane of its origin. So while sometimes scientific instruments can detect the upper physical plane phenomena, detecting the astral or higher emanations with such devices is impossible.

4th Dimension: Also called the astral plane, this is where the soul goes when it dies or when its body is unconscious or in deep sleep. When mediums contact the souls of the dead, they are channeling astral beings. It is interesting to note that there are entire species of humans and extraterrestrials that only reside on the astral plane, who never take physical incarnation. These individuals can be powerful teachers. It is also where the "collective consciousness" of ensouled species can be contacted directly.

5th Dimension: Also called the causal plane, this is where reunited oversouls/entities reside, who continue their evolution by guiding, influencing, and teaching individual souls on the astral and physical planes.

6th Dimension: Also called the mental, Messianic or Christ plane, this is where reunited cadres reside. The Earth manifestations of the Infinite Soul known as Jesus Christ, Quetzalcoatl, Krishna, and Isis and Osiris originated from this plane.

7th Dimension: Also called the Buddhic or I AM plane, this is where reunited greater cadres reside. The Earth manifestation of the Infinite Soul known to history as Buddha and Lao Tzu originated from this plane. This is the dimension where various universal projects are created and maintained, including the moderation of parallel and alternate universes.

The Akashic Plane: The Akashic is the record of every experience, every thought, every activity of consciousness everywhere. It interpenetrates every other plane of existence, and is accessible to every dimension. The Akashic Plane as it exists 7th-dimensionally is also known as Universal Mind (or God-Mind).

Exercise: Everything I See is Me

In this exercise, we will be contacting our own soul and Spirit through all dimensions all the way to Source.

1. Unify your fields using the Unified Field Meditation.
2. Drop your consciousness into the center of your heart chakra using the Connecting with the Inner Altar of the Heart exercise. Settle yourself into the center of the Threefold Flame.
3. Allow your consciousness to focus on a single cell in your body. Then, allow it to contact every chemical molecule making up that cell. Feel how each molecule is different in its vibration, get a sense of the vast space between atoms, how different chemicals have a different frequency and vibration. Allow yourself to experience consciousness from its perspective.
4. Allow your consciousness to focus on your body as a whole. Now, contact the Deva of the Human Species through your own body. Allow yourself to experience consciousness from the Human Deva's perspective.
5. Allow your consciousness to focus on yourself as you exist on the 3rd dimension—your body, your emotions, and your thoughts. Since this is the focus of your everyday consciousness, it won't feel very different from what you experience on a daily basis. This is the "self" that most people experience all the time, never allowing their consciousness to extend any further.
6. Allow your consciousness to focus on your soul as it exists on the astral plane. What are its perspectives? How does it add to your experience of your body as a whole?
7. Allow your consciousness to focus on your oversoul/entity as it exists on the 5th dimension.
8. Allow your consciousness to focus on your cadre on the 6th dimension. Be aware that it will be very difficult if not impossible for you to articulate your experiences from this level, so just get into the felt experience of it.
9. Allow your consciousness to focus on your greater cadre on the 7th dimension. You may see geometry and hear tones, as the upper-dimensional "languages of light" originate from here. Allow yourself to experience the vastness of your I AM presence.
10. Allow your consciousness to focus on the Source itself. Be in that energy for as long as you can maintain it.
11. When you feel complete, allow your consciousness to focus on your body again, and bring your focus back into your immediate surroundings.

You will probably find that you will be easily able to conceptualize everything up to the 5th dimension, but may get distracted or go unconscious when you contact the 6th dimension and higher. This is because it is easiest to contact dimensions no more than two removed from where you are focused. After that, it becomes very hard to hold focus, as the human mind is too linear to fully experience these levels. Verbal channeling pretty much cuts off at the 5th—after that, you will be working with pure energy channeling, though occasionally you may use tones or upper-dimensional languages when contacting these higher dimensions.

There are three levels of channeling: Access, Contact and Communion. Most channeling that is transmitted for groups and books is Contact channeling, the second level of connection. Access is very quick and shallow. A very good way to experience these levels is by contacting Universal Mind. The Universal Mind can also be called the Mind of God/Source/All That Is, and is the Akashic Plane where it touches the 7th Dimension.

Exercise: Universal Mind

1. Unify your fields using the Unified Field Meditation.
2. Ask Spirit to connect you with Universal Mind at the Access level. You can visualize this as a sphere of light descending over you to intersect with your Unified Field at the level of your head.
3. Ask a question. Sometimes, leaning your body forward can help with this. As you lean your body forward, concentrate your question as a beam of light lasering out of your Third Eye in your forehead. Lean back, visualizing your crown and brow chakras opening like the petals of a flower to receive the answer. Give this a moment, as it may take time to “research” your answer.
4. Ask Spirit to connect you with Universal Mind at the Contact level. Visualize the sphere of light that is Universal Mind descending further, to rest at the level of your heart chakra.
5. Ask a question, and receive the answer. Notice that the depth and quality of the answer is different—you may get more visuals, more of a kinesthetic sense in your body of the “wholeness” of the information.
6. Ask Spirit to connect you with Universal Mind at the Communion level. Visualize the sphere of light that is Universal Mind descending to completely merge with your Unified Field. This is not a space for questions. This is a state of Communion, where you can fully contact the Mind of God and feel your connection to all information, anywhere. Before you formulate a question, the answer is simply there, as a deep knowingness.
7. When you feel complete, ask Spirit to release the sphere of Universal Mind and allow your consciousness to come back into the room.

Spirit Guides, the Guiding Council, and Soul Families

Each one of us has spirit guides, what some call guardian angels. We each have one primary guide, who has been with us since before our first incarnation on Earth and will be with us after we cycle off to reside on the astral plane. There are also secondary guides, who may step in to help us for a lifetime or more when our souls are concentrating on a particular area of interest or study.

For instance, if a soul wants to really focus on mastering something specific, our primary guides might enlist a junior or secondary guide to assist. Secondary guides come and go, but our primary guide remains constant.

Guides are assigned to souls by their Guiding Council, which is a group of souls from the lower 5th who oversee the work of the guides and also add the benefit of their experience and wisdom to the incarnational process. After the body’s death, when the soul refocuses itself on the astral plane, there are meetings with our guides as well as our Guiding Council, to review the life just lived, evaluate progress, and work on planning the next incarnation.

Our “soul families” are those souls with whom we share close connections. Almost every soul chooses an essence twin at the beginning of the cycle, although we will almost certainly all choose to “fly solo” for a Grand Cycle at some point, to learn independence. The essence twin (also called the twin soul or twin flame) is like a mirror of our soul’s energetic signature, fully equal and designed to help us learn true intimacy. Often, one soul will be incarnate while the essence twin remains discarnate on the astral, or both be incarnate with no plans to meet, but sometimes physical plane meetings are arranged. No soul will spend every lifetime reveling in the essence twin, or not much would get accomplished in the world. Note that while there is a tendency to romanticize this bond, the hallmark of it is deep inner work, and so the physical plane relationship

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is not always comfortable or even pleasant. There was a joke among Michael entity channels at one time, that the first question asked is, “How do I find my essence twin?” And after the essence twin is found, the next question is, “How do I get rid of my essence twin?” The essence twin is usually a different role in essence.

We also have task companions, who are more like work colleagues, who help us focus on the outer work in the world the way the essence twin helps us focus on the deep inner work. There is often a great deal of instant trust and camaraderie with our task companions when we meet them on the physical plane. This tends to be a more comfortable relationship than that of the essence twin, at least on the physical plane. Task companions will often work together on completing karmic monads, so it can get intense, but not in the same way as the essence twin. Task companions are usually of a different role in essence.

Each soul is cast into a group of seven souls, all of them the same role in essence. In the Michael system, this is called the **cadence**, though in the Life-Between-Life work of Michael Newton, the cadence is referred to as the soul group.

Seven cadences of seven souls make up the **greater cadence** of 49 souls, and groups of these greater cadences form the **entity**, or **oversoul**, a group of 1,000 or so souls that reunite when all the individual souls cycle off the physical plane, and together move to the 5th dimension (causal plane). Entities make up a group called the **cadre** on the 6th dimension. About 70% of a soul’s karmas are played out with members of its cadre, so it really is “all in the family.” When entities reunite on the upper 5th to transition to the 6th dimension, they form the cadre, and all essence twins are finally fully merged (essence twins are almost always members of the same cadre, and it is the reunion of the essence twins that forms the “glue” that holds the entire cadre together).

When cadres reunite on the 7th dimension, they make up the **greater cadre** or **energy ring**, the largest conglomerate of souls before final reunification with the Source before another Grand Cycle is begun.

From most intimate (essence twin and task companion) to the most extended (the energy ring), these groups make up our soul families. It is powerful work to connect with our extended soul families on the physical plane, as we can often accelerate growth and evolution for each other. And it is our guides and our Guiding Councils who act as loving mentors and teachers to help us grow and evolve lifetime to lifetime. So it can be good work to consciously contact them, so that we can navigate our physical lifetimes with more ease and Grace.

Exercise: Contacting Our Spirit Guides

1. Unify your fields using the Unified Field Meditation.
2. Settle into the center of the Threefold Flame using the Connecting with the Inner Altar of the Heart exercise.
3. Ask that your primary guide approach you where you are focused, in the Threefold Flame. You may get a visual representation or just a sense of presence.
4. When you feel that you have made contact, ask your guide if he has any messages for you. Ask him or her where you need to focus your attention at this time. Is there anything in particular that you need to work with, any blocks or blind spots that you are unaware of? Ask if there is any particular way they like to contact you, what signals they may give you that will tell you when something needs your attention. If you have no such signal, arrange for that now. Ask them anything else you feel the need to know from them at this time.

5. When you feel complete with your primary guide, call forward any secondary guides you may be working with. There may be none, there may be many of them. With each of your secondary guides, ask them what particular skills, qualities, or life-tasks that they are assisting you with. And then ask them the same questions you asked your primary guide.
6. When you feel complete with your secondary guides, allow your consciousness to come back into the room.

Practicum: Contacting the Guiding Council

Practicum: Contacting our Soul Families

Practicum: Mediumship

Varieties of Channeling Experience

It has been stated before, but is worth repeating: **that no channel in a 3^d-dimensional body with separated consciousness is 100% accurate!**

All beings who channel through us verbally must use our mental bodies, vocabularies, and native communication skills in order to articulate through us. Since 5th-dimensional and higher beings do not utilize a symbolic/conceptual language such as we do here on Earth, it must be this way. For that reason, pure energy transmission and channeling tones and upper-dimensional experiential languages are probably the “purest” channeling we can achieve while embodied on Earth.

Also, realize that it is very difficult for entities to channel communication through us that conflicts with any of our closed systems or “this is the way it is” belief structures. If you begin a professional channeling practice, it would be a responsible thing to do to let your clients know the limitations of channeling, that the information is just opinion, not truth, that truth is impossible to express in a human language, and that it would be ideal if they take the information received as stimulation to their own insights only, using their own discernment to validate for themselves all information received, no matter the source.

You can be sure that whatever you transmit in the form of verbal information is also going through the filters of your audience, and so don't be surprised when you later hear words from people you channeled for that you allegedly spoke, but which bear no resemblance whatsoever to your memory of the channeling. You say what you say, and they get what they get through their filters. Such is the way it must be while we inhabit a world of subjective perception, a free-will universe where the meaning we ascribe to anything is a matter of our choice.

Trance Channeling

This is an ancient form of channeling. From the Sibylline Oracles to Jane Roberts and Seth, “being possessed by the spirits” is probably the most well-known method of contacting “the other side.” However, people who can engage in this form of channeling without incurring extensive and possibly permanent damage to their physical bodies and psyches are very rare. Because the person completely leaves their body, allowing another being to take control of it and use it for the channeling, this leaves the body feeling very vulnerable and abandoned. The body resists the “possession” of the foreign mind at all times, so this can lead to serious energetic and neurological

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problems in the body. Also, this form of channeling, because the person is out of control of the body, can leave you very vulnerable to non-volitional possession by any number of astral entities, who may or may not mean the primary occupant of the body well, but who will assuredly use the possession for their own purposes, and not that of you and your Spirit. Trance channeling also leaves out the co-creative partnership aspect of the channeling experience, and since co-creation with Spirit and with other masters is one of the goals in the process of soul evolution, trance channeling is not recommended. While it's true that there is less likelihood that the channeling will be "edited" through the personality and reality filters of the channel, the dangers inherent in this form of channeling make it very undesirable as a form of interdimensional communication. Please be aware that no being residing on the 5th Dimension and higher would even suggest, much less encourage, this form of channeling at this point in our ascension process.

While there are a very few people on the planet whose bodies are specially "wired" for this type of channeling, chances are that you are not one of them! If you encounter a being who wishes to channel through you in this way, please be very skeptical and use your utmost discernment.

Access, or Telepathic Channeling

When information is received via telepathic messaging, we call it "access channeling". Strong telepaths tend to favor this method, as no entity actually enters the body and fields during this type of information exchange.

The advantage of this method is that entities that could normally not communicate directly through a person's fields due to a frequency disharmony can still communicate with the channel.

The disadvantage of this method is that there is a greater chance of distortion of the information, as the beings do not actually anchor and stabilize the transmission through the body and fields.

Also, since the energy isn't moving through the channel's fields, only information can be transmitted, not pure energy. This method is a very good one, however, if you just want some quick answers and you don't feel like going into a full merge.

Conscious Channeling

This is the type of channeling that is currently most popular. In this method, the channel opens to the entity and allows the being to communicate through the body and fields. This method utilizes a "step-back" procedure, where the dominant ego-consciousness of the channel moves out of the way of the being channeling through. This type of channeling does engage the person's body and fields, and allows for pure energy transmission. The disadvantage of this method is that the channel does not merge with her Spirit in a transpersonal spiral, thus leaving her vulnerable to distortion of perception and channeling inappropriate entities.

Merged Channeling

This method is the channeling favored by the co-creative master, who wishes to enter into partnership with her Spirit and ensure that only beings who can merge with her Spirit upper-dimensionally are permitted to come through her fields. Also, the channel enters what we call the "transpersonal spiral", where her orientation to the channeling and the people for whom she is channeling tends to be impersonal and more free of the distortions of ego-perception. This type of

channeling, though it can be demanding to learn, tends to be the most rewarding, because it trains the channel to orient to life in a transpersonal, rather than karmic, way. Also, this method of channeling is far less limited than the other varieties. One can channel vast group energies safely with this method, all moderated by the presence of the channel's Spirit. The disadvantage is that some people are not prepared for the level of ego-sublimation that the merge requires to be effective.

This type of channeling requires the greatest level of surrender to Spirit and to Divine Will. Though probably the most powerful method of channeling available on the planet at this time, the level of requirement is high, and not all people are willing or ready to embark upon this type of self-knowledge. If you are, though, this type of channeling is the most satisfying, as it trains you to embody Spirit fully and enter into a conscious co-creative partnership between all levels of your consciousness.

Channeling Methods

There are many divination and channeling methods that have stood the test of time. When we lack confidence in our ability to channel verbally, they can help us build that confidence. That said, there are certain limitations to using these methods.

Automatic Writing/Typing

Using merged or conscious channeling methods, this is a very efficient method of channeling. The drawback is that there is a bit more chance of mental body interference to come in and "edit", since most people edit as they write. I've found that the best approach to this method is to allow it to simply stream out of you and then go back and edit spelling, grammar, etc.

Ouija Board

As I see it, the issues with using this channeling method are:

1. It takes FOREVER to channel when you are pulling down each word one letter at a time, and
2. Ouija Boards are basically open gates to the astral plane. Unless you are very confident of the clarity of your intent and your fields, the information can be confusing or misleading, and in a few cases has led to astral possession.

Pendulum

This method is good for Access-level channeling, when we're seeking a quick answer to a specific question, especially when body-testing. However, it's rather easy for the mental body to interfere and move the pendulum in the direction it wants it to go.

Cards, Runes, Bones

This is a great method to use when you're just beginning your channeling practice, especially for others, because it takes the pressure off of you to be the "actor" or presenter of the information. You can channel freely and "blame it on the cards."

The Channeling Contract

Once you open to channel, there will be no shortage of beings from the upper-dimensions who will be happy to use you as such. You may have some ideas about which beings you would like to channel, or you might simply invite Spirit to open the door to the being or beings most appropriate for you to channel at this time. Though you might want to channel a being whose channeling through others you've enjoyed, sometimes even with the merged channeling method, their energy might not be a good match for yours. But before you experiment, it is helpful to establish your requirements with Spirit as to your intent when channeling. This makes sure that Spirit is aware of the parameters under which you desire to channel.

There have been quite a few psychics and mediums who have been successful and powerful channels for 4th-dimensional entities. However, if you are interested in a more transpersonal channeling experience, free of the distortions that so often plague astral channeling, then it is helpful to engage your Spirit's assistance in assuring that your channeling is as clean as possible. Spirit can do this for you even if you are channeling astral beings. The most important thing is that your energy and fields be protected. Such a "contract" also predisposes you to a merged channeling experience.

Exercise: The Channeling Contract

1. Unify your fields using the Unified Field Meditation.
2. Enter the space in your inner altar in the Threefold Flame using the Connecting to the Inner Altar of the Heart technique.
3. From your inner altar, request your Spirit's attention. Then: "Spirit: I hereby set my intent to open to the channeling experience. I ask for your assistance in assuring that only beings that can merge with us 5th-Dimensionally and higher be permitted to come through my body and fields. I ask that we create a channeling partnership whereby I keep my body and fields as clean and clear as possible for the channeling and that you ensure that the energy remains clean and pure upper-dimensionally. Under the law of free will, under the auspices of Divine Will, I do so request this. And so it is!"
4. It is also helpful to do the following Contract Dissolution in order to ensure that any pre-existing karmic conditions are dissolved through Grace so that your channeling (and life, for that matter!) is as clear as possible: "As a Divine Being, one with Source, by the Force of Grace, I hereby dissolve and release all contracts, agreements and karmic interactions with any and all beings, on any and all dimensions, from any and all Universal Systems, which allow for interference with my physical well-being, and/or destruction of and damage to my physical body. I further release all karma and contracts, by the Force of Grace, with these beings that allow for interference with any of my energy fields and consciousness levels and/or destruction and/or damage of same. By the Will of the Source, all such contracts are hereby revoked by me under the auspices of my Free Will, and made null and Void, NOW. Any being with whom I have such contracts, if there is any problem or complaint with this dissolution, must immediately forward such complaint to the Karma Board on the 5th Dimension, and in such case I must be informed, by Divine Law."
5. When you feel complete, allow your consciousness to return to the room.

Exercise: Negotiating Your Channeling Agreements

Maybe you don't have any clear idea of which specific being or beings you would like to channel. Or even if you do, it can be helpful to consciously negotiate agreements, so that beings that you may not know of and which might be a good match for you can introduce themselves.

1. Unify your fields using the Unified Field Meditation.
2. Center in your heart chakra using the Connecting with the Inner Altar of the Heart technique. Focus your consciousness into the center of the Threefold Flame.
3. Set your intent to call before you any beings who might wish to become channeling partners with you. Ask your Spirit to "pre-screen" them, so that only appropriate beings show up when you send the call.
4. You may become aware of a being or multiple beings approaching you. With each one, ask them why they wish to partner with you, and what type of energy and information they are most interested in conveying. Also ask if they will be approaching you from the 4th or 5th dimensions. If their reply sounds interesting to you, agree to be their partner, as long as they consent to your terms—they must be willing to merge with your soul and/or Spirit before touching your body and fields, and that they can do nothing to alter your energy to suit them without your Spirit's direction and consent. With 5th-dimensional beings, this is a given—this requirement is to keep astral entities in line and prevent the entire astral plane from trying to jump in.
5. Ask what you can do to make the channeling process fruitful and graceful for both you and them. Ask them if there are any particular blocks in your consciousness or energy fields that they know of that it would be helpful for you to address before channeling them regularly. Ask for their assistance in addressing such issues, if any come up.
6. If more than one being shows up, repeat this process with them. They may present you with some kind of symbol of your agreement—a scroll, a necklace or torc, something of that nature—especially if they are on the Ascended Master axis. Those Ascended Masters love their regalia!
7. When you feel complete, allow your consciousness to return to the room.

Getting Down to It—The Mechanics

There are three qualities that we must cultivate in ourselves before channeling successfully:

- Acceptance
- Permission
- Surrender

First, we must accept that we are channels, that we have the skill and ability to do so. Next, we must give permission for the being to channel through us. And then, the most difficult step, we must surrender fully to the energy coming through, so that our mental bodies can "step back" and allow the channeling to occur. This is easiest in merged channeling, and most difficult in other types—another reason to favor the merged channeling method. We have already worked on surrendering to our own Spirit and guides, and so all we need to do is surrender to them, and they

will act as “gatekeepers” for the beings channeling through, who must be merged with them to do so.

Practicing the Transpersonal Spiral is a very good adjunct to merged channeling, because it teaches us how to merge with our Spirit and others’. In merged channeling, it isn’t as important to determine if the being’s energy is compatible with ours, because they are connecting with our Spirit first, and we are certainly compatible with Spirit’s energy!

Channeling Styles

In channeling, as in any other practice of psychic ability, it’s important for us to release as much as possible the human tendency to compare ourselves with others. Our energy is unique, so the way in which we express our energy through channeling is unique as well. The beings who channel through us have a unique energetic signature as well, and merged together become something new in the universe.

There are many channels who don’t even know they’re channels, who channel energy all the time. That is actually everyone! Everyone channels energy, all the time, whether we are consciously aware of it or not. In a very real sense, we are channeling our personalities, because personality is like a garment, where our Spirit is the body wearing the garment. If you are a healing practitioner, you are channeling energy constantly—in the case of your clients, healing energy.

There is a difference in the kinds of information beings channel, depending on their orientation.

Ascended Masters

Ascended Masters is a phrase meant to refer to those beings/entities who have a history of working with humanity through the ages, usually through mystery schools, some of which are still extant. Examples of well-known channeled Ascended Masters are:

- St. Germain, Master of the Violet Ray
- Sananda (who influenced the occult master Jesus Christ and prepared his body for the advent of the Infinite Soul)
- Kuthumi
- Sunat Kumara
- Hilarion
- Serapis Bey
- Merlin
- Athena
- Kwan Yin
- Mother Mary

Some are inspirational (“hearts and flowers”), some offer practical techniques for spiritual development, and all are focused on the ascension of human consciousness.

Angels and Elohim

Angels and Elohim are beings who channel through entities on the 5th dimension, but originate from reunited cadres on the 6th and 7th dimensions. Angels originate from the 6th, Elohim from the 7th. In order to come through physical plane channels verbally, they must “step down” their energy through dimensions to work through their partners on the 5th. Some examples:

- Archangels Michael, Raphael, Gabriel, Uriel, Ariel (many, many others)
- El Morya (Elohim, keeper of the Indigo Ray of Divine Alchemy), or any being who styles themselves as “El” anything.
- Grace Elohim, Purity Elohim, Peace Elohim, Victory Elohim, Rapture Elohim, and many others

Extraterrestrials

There are 5th-dimensional extraterrestrial groups with interests in channeling through Earth human partners, such as the Ashtar Command. But one can also contact the Zeta Reticulans, Barnardians, and Andromedans (astral and physical) as well as individuals from cultures on planets where the average number of previous cycles is considerably higher than that of Earth. These include but are not limited to: the Pleiadians, the Arcturians, the Sirians, the Hathors, and the Orions. Humans were seeded onto Earth from genetic stock taken from Orion and the Pleiades, so we especially resonate with those groups. Cetaceans were seeded from Sirius B, a water planet. Cetacean channels like to work with Sirians. There are also the canid Vargryn, feline Kzinti and Haazi, and the reptilian Silurians and Drac who like to channel through human partners.

Channeling Upper-Dimensional Languages

Sometimes, beings will channel through in tones, or in other non-Earth languages. This is because a great deal of information and energy can be conveyed directly to the listeners’ fields in this way. Unlike conceptual-symbolic languages, there is also little or no chance of distortion, so such transmissions are “pure”, if incomprehensible to the human mind. It takes a high level of surrender to channel in this way, but it can do much to break down any mental blocks against channeling if such exist, and some very powerful and effective work can be transmitted in this way, especially in a healing context.

Here are a few of the “Languages of Light” that I’m familiar with:

- Devic/Angelic Language (toning)
- Spiritual Scientific (sounds mechanical or robotic, as if you’re speaking “electronic-ese”)
- Sumari (a language used by humans on the astral; Jane Roberts channeled some of this language in her work with the Seth entity, very lovely and flowing)
- Semaphoric (the visual language of elementals, transmitted as pulses of light and color and geometry)

These languages are not only sound (except for Semaphoric), but light, color and geometry, and they transmit rote, which are fully experiential packets of information. For instance, instead of saying, “I went to the store today”, using these languages, you can transmit the entire experience of going to the store, including the experiences of the beings you interacted with during your errand. Volumes of information can be “seeded” into the listener’s body and fields, that will later come up as sudden insight. It’s a very effective means of communication, which is why I

sometimes use these languages in my healing sessions. Using tones, energy can be broken down and repatterned very rapidly, rather than taking hours or multiple sessions to resolve.

If we practice channeling toning and other “Light Languages”, it can break down any mental barriers we have or tendencies to edit what’s coming through us. For that reason, it’s a very good practice exercise for becoming a better conscious merged channel.

Practicum: Toning

Pre-Channeling Checklist

1. Unify your fields.
2. Ground into Spirit through the Alpha and Omega chakras.
3. Use the Astral Clearing exercise.
4. Check your Jade Pillow, make sure it is intact and fully functional. Ask that Spirit adjust any part of your body and fields that need to be adjusted for the channeling you are about to do. Ask that any repair of your etheric structures be done for you.
5. Request a Resonance Release, and call upon Grace and Violet Flame to purify your body and fields.
6. Initiate the Transpersonal Spiral and merge with your channeling partner.
7. Stabilize your fields using the EM Stabilization technique.
8. Start channeling!

Practicum: Merged Channeling Practice

After Channeling: Keeping Our Fields Healthy

Post-Channeling Checklist

1. Use the Astral Clearing exercise.
2. Check your Jade Pillow, make sure it is intact and fully functional. Ask that Spirit adjust any part of your body and fields that need to be adjusted following the channeling you have just completed. Ask that any repair of your etheric structures be done for you.
3. Request a Resonance Release, and call upon Grace and Violet Flame to purify your body and fields.
4. Unify your fields.
5. Ground into Spirit.