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## **Module 6 – Lesson 1: The Art of Channeling**

I was first introduced to channeling in 2007/08. I was doing a lot of research into “alternate fields” and came across a lady channeling extraterrestrials. I watched about 5 seconds of the video and clicked off, rapidly coming to the conclusion she was insane. A few months later a web page was recommending Bashar so I checked him out. The information he was sharing seemed coherent and of a high intelligence. I became excited to explore the material further and get to the bottom of what he was sharing. From the end of summer 2008 to the end of summer 2009 I spent almost every day listening to Bashar. This was a difficult time in my life and I was looking for answers, I seemed to have found some. I decided to commit to the teachings and follow them to the best of my ability. This led me on a path to spiritual awakening and ET contact in a forest in the UK in 2009. After this experience I became highly energetically sensitive, much happier and able to channel interdimensional beings. I believe my chakras and kundalini energy were awakened in this experience activating my higher dimensional bodies and a much higher frequency within me.

After this experience I would drive back to the same spot in the forest regularly to re-experience the high frequency energies. I went back



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almost every day for months, then one day I went back and I could never find the spot again, it was strange, I still wonder if I shifted to a parallel Earth where that place was gone. I think it was the “you cannot perceive what you’re not the vibration of”, my frequency started to lower after a while as I forgot the high of the experience and began to come back down to Earth.

## **The Channeling State**

The channeling state is very much akin to how we operate in the new Fourth Density Earth. For much of this course I’ve been talking of the masculine and feminine sides of the brain. How we use the masculine side to calculate and take action according to the rules of the matrix, and how our feminine side connects us to our Infinite Nature and guides us in our actions by connecting us to the Infinite Wisdom of the Universe - so we always act in highest service to all. For this reason women will likely find the shift into Fourth Density easier than men as intuitive living is more natural to them. (Think women’s intuition!).

So women are naturally more connected to the channeling state , (Feminine Consciousness, Intelligent Infinity, Sophia Wisdom) but tend to lack the masculine focus to share their insights with the world. Men tend to be very action oriented and able to share their knowledge and abilities in the world. However lack connection to love, wisdom and feminine consciousness, so have no idea how to operate in the world. This is why our current patriarchal society is so destructive in nature,



our controlling bodies have lost their connection to love, source, and true wisdom. Our current systems are presently like snakes eating their own tail. They're based in fear, greed, selfishness, control and manipulation. In the future our socio-economic systems will be formed from a balanced male/female consciousness. And as such they will be based in unconditional love and service to all.

As our civilisation connects with it's higher consciousness and access to love/light wisdom we'll begin to get downloads/insights and visions as to how to create the new Earth. What the financial systems should look like, our political institutions, our educational systems and our spiritual centres. All this information will come to us intuitively as we reconnect to our source and allow the natural intelligence of creation to guide us in our daily actions.

## **Flow State**

Staying in flow and acting on our passion moment to moment is very similar to the channeling state, and perhaps *is* the channeling state. When an actor becomes the part, a singer is lost in the song or a golfer is "in the zone" they're in the gamma state brain wave frequency, this is the channeling state. When a vocal channel enters the channeling state they enter the gamma frequency and their consciousness expands to encompass all of creation. From here we're directly connected to Intelligent Infinity, the intelligence that exists all around us. When we're asked a question we tap into this intelligence by feeling the



consciousness and intelligence that exists in the energy field around us and its connection to all of creation. We can also tune in to the consciousness of extraterrestrials here by visualising an image or remembering an energy that connects us to them.

So the channeling state is the way we operate as we move into Fourth Density. Every moment receiving downloads from source in the form of insights, visions, excitements, creativity, unconditional love and a desire to serve other aspects of ourself in the understanding we are all one. We no longer make decisions with our limited physical minds, we connect with the limitless intelligence of creation directly to guide us in our daily actions.

Now we see how we can use the channeling state in our daily lives I'll talk a little about how to enter the verbal channeling state:

To access the channeling state we need to activate and energise all our chakras, balance the right and left hemispheres of the brain, enter the gamma brain wave state, and energise our body with plenty of chi and oxygen. Don't worry it's pretty simple! From here we get people to ask us questions, creating a circuit of consciousness that grounds the information, pulling it through us from source or the beings we're connecting with. It's easier to channel in this way due to the increased energy and focus of consciousness created by having a questioner. Channeling for ourself is harder due to the increased difficulty of focusing - the mind's tendency to interfere and want to hear what it thinks it wants to hear.



The channeling process:

1. Begin to breath deeply through the nose. This increases our Chi/Prana/Life Force/Intelligent Infinity consciousness and our oxygen levels, the brain needs increased oxygen during channeling.

2. Feel into the energy of your body, feel a deep magnetic energy going down into the core of the Earth, then feel an energising, uplifting and infinitely expansive/intelligent energy going up into space and spreading out into the universe. Feel how the same energy that gives life to our body is the same energy that gives life to creation and how we're all One. Continue to breath deeply, feel your frequency rising with every in breath. Feel all your chakras become energised, feel into the energy of each chakra from bottom to top. Feel the Root chakra grounding you and energising you in your strength as a co-creator and "new human". Feel your Sacral connecting you to the love and support of our Infinite Self. Feel your Solar Plexus empowering you in your ability to interact with society on a new higher level. Feel your Heart pouring Unconditional Love into All of Creation, knowing that unconditional love *is* All Of Creation. Feel the Throat energised and empowered to express the hearts message of unconditional love. Feel your pineal and Third Eye energise and activate, releasing DMT into your brain opening the gateway to your multidimensional soul. Let the Crown chakra bathe you in the Infinite White Light Of Creation.



3. Get someone to sit in front of you and ask you questions. This is key! This is much easier than trying to channel answers for yourself for two reasons. One, it enables you to get out your mind space much easier: When we want answers for ourselves we're often not open to what comes, because we want a specific answer that we term the good answer to come through. This involves ego and makes it harder to get a pure transmission. Ego is of the frequency of 3<sup>rd</sup> density and the lower three chakras, this is the old consciousness and blocks us from accessing the channeling state and Intelligent Infinity. We're looking to connect with our hearts intelligence and the higher centres to receive the channeled answers. When we get someone to ask us questions we're not so attached to the outcome of the answers and the natural flow of information can occur with less mind/ego blocks.

Secondly having someone ask you questions creates a circuit of energy that allows the energy to flow and ground more easily. When you as the channel go into the gamma state and begin to quiet your mind, then someone asks you a question this creates a pull on consciousness and if you're receptive the answers will come through you more easily. Don't attach to any particular outcome and don't "need to be right", a human trait that blocks the channeling state. Be willing to look a little silly, to be wrong and to let whatever comes come. The more we say whatever comes to us even though it might not make sense to our physical mind, the more we open to the flow of Intelligent Infinity.

