

DOWNLOAD PDF OPENING THE CHANNEL CONNECTING WITH YOUR GUIDE

Chapter 1 : How To Effectively Communicate With Your Spirit Guides - mindbodygreen

Orin's Connecting with Your Guide: Receiving Clear Guidance This course works well with the Opening to Channel, Connecting with Your Guide to assist you in connecting with a new guide and/or strengthening your connection to your existing guide to receive clear guidance. You will receive energy from your guide to remove obstacles to a clear.

Enjoy all of my free monthly tips and events sent to your inbox from New Three University! Five Steps To Channel Spirit! It is how we can connect and get to know Spirit. Spirit is a word encompassing all spiritual assistance we have and the Spirit realm in general. Spirit includes God, Source, Jesus, Buddha, Spirit guides, deceased loved ones, friends and family spirits, and soul mates. Through channeling we form a close relationship with Spirit. We get to know and love them as friends and family without bodies. Spirit is always with us and helps us daily. They understand our purpose better than we do because they have all the knowledge about anything they need to know; they are also very wise. They can give us advice and open our life up to opportunities that we would never consider on our own! Then by thinking of Spirit as our nonphysical family and friends, just as we have a physical family and friends, we can take the feeling of support with Spirit deeper than our own physical friends and family. When we channel Spirit, our mind moves out of the way and we watch it all take place with little interaction. We may butt in and make a comment, ask a question, or we may even get clear enough to have a dialogue with the channeled spirit. It may take time to get comfortable with it. Open up to the infinite possibilities that Spirit has for you. Every time you channel, it heals you! Automatic Writing Automatic writing is the best way to open and start using your intuition and form a relationship with Spirit. We can also call it inspired writing. Automatic writing is the process of inviting Spirit into your living creative space to guide you through channeled writing, where you channel the inspiration of a spirit through writing. Always have an intention before you begin, a question or intention you want insight into. When you start to receive a vision or thought, just let it pour out of you by writing what comes to you on a piece of paper. Unblock your mind and let the words flow freely. Step out of the way of Spirit so you can fully receive. Five Steps To Channel Spirit: Breathe in and feel yourself connect to your center, the spirit within you. Breathe out and expand yourself to create more room for the connection to your spirit. Surrender everything mentally thoughts , emotionally feelings and physically relax the body that is not serving your highest purpose in this moment. Continue surrendering and breathing this way through the remainder of the exercise. Ask Spirit in whatever Spirit form is special to you, to come into your space to guide and heal you. Write your intention or question down on a pad of paper or journal as you verbalize it out loud. If you were to imagine the answer wafting into your mind, what is it. It might seem like your own thinking and that is okay, just go with it and write it down as it comes into your mind. Many times the channeled information begins with a word or phrase and as you begin writing it unfolds into more detailed answers to your questions. It may be a few lines to a few pages before you feel the flow. Then your verbiage and writing style may change, using words atypical to your vocabulary. Once you receive your information, the pieces that you resonate with, act on them. The more you practice the clearer and easier it will feel. The journey to knowing Spirit involves patience. If you want to take your mediumship to a level beyond what you can imagine, watch the video below on our international channeling training program. To register and for more information visit: You can, as long as you include this complete blurb with it: Get his FREE online trainings at <http://>

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Chapter 2 : Download PDF: Opening to Channel: How to Connect with Your Guide by Sanaya Roman Free

Opening to channel is a fantastic book for people who are interested in exploring their abilities and minds on a different, new level. For those just getting started and knowing there is "more" out there, this book walks the student step by step and covers every base.

Children and teenagers speak to your parents for permission. You will never "get away" with anything again. No slipshod work ever again. Nothing underhanded ever again. You will become known as Miss or Mr. Include animals in this group, too. The Guides will amuse you with quips as you make your way through your regular everyday life. Being a Psychic is not going to solve all of your problems. What it will do is force you to develop a little more maturity and allow you to go about the business of solving your own problems in a really creative fashion. The Pitfalls You will have no privacy. Some of them you might not be able to understand or even control. You might feel out of control and frightened for a period of time. Are you very set in your beliefs? Do you believe there is evil afoot and good aplenty for those who work hard and deserve it? No way around this. Just be willing to take yourself off to a therapist if need be. This stuff is really potent. Do not follow this road. Your family might get really concerned about what you are doing. It might take years for them to accept what you have done. Once you make a connection to Spirit in this manner, there is no turning back. There is no turning it off. It is a commitment for the rest of your life. It is not the job of Folk in Spirit to answer all of your questions, to keep you safe from harm or illness or make you wealthy. Psychic Channeled Information Follows It might, in fact, turn out to be relatively easy for you to make the connection to Spirit via use of a Ouija Board or through automatic writing, but you will probably not be well prepared to understand the processes that take place. In order for a person to appreciate the information that comes through the channel between the realms it is necessary that you be able to handle the voltage, so to speak. If you are in any way startled, alarmed, frightened or ill prepared in that you have not yet learned to calm your mind and heart with meditation, you will probably be on the roller coaster ride of your life and a ticket to Six Flags would have been a hell of a lot easier for you. Our advice would be to have at hand a person or book to guide you through the stages you will progress through on your way to becoming a channel of Spirit. However, this channel did not read the entire book and so, in a sense, did not complete the coursework as advised. She did what many of you will do and that is to take whatever advice comes her way as she sees fit at that moment in time to accept and go forward. A note for you about the responsibilities of Spirit Guides towards those who would learn to channel: We will not prevent you from taking a false step, as it were. We do not see, from our vantage point, a difference between good or bad. It is all one. And, we work with what we got. Meaning, if you are a brush with a few bristles missing, who are we to complain? You will come across many different kinds of people who channel. Interestingly enough, if two people were to channel the same entity that entity would, likely, sound different coming from both of them. From one person the entity would be very matter of fact, giving few options for deviation from a proscribed course of study. The other person might come forth with a playful conversation involving much experimentation. This happens even when the channels are experienced and has much to do with the kind of person the channel is. There is information, too, that you would ask of us that is just not appropriate for you to know at this point in time. We will, more than likely, give you an answer, but it is your learning to see that the answer was not what the reality turned out to be. Once you learn to channel we will not live your lives for you. If you ask for advice we are generally there to say something, but to give you the answer? In any case, you do get the point here? If you have a personal interest in the information coming forth you will, more than likely, want for it so badly to be good news that you will force the issue. Many psychics and channels will tell you that they cannot read for themselves. The reason is because they have discovered that either the information given either proves false over time or is just not available. Our advice for you is that in learning how to channel the necessity of you reading for yourself is there. This is how the connection is strengthened between you and Spirit. But, also do not always take the

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information to heart. Do not pin all your hopes on what you hear. This in a sense is us asking you to dance, but not to enjoy yourself just yet. The alternative would be for you to immediately go out and read for other people, which is not a good idea for people who are in their first year of learning how to channel. It takes at least a year for you to smooth out the rough edges, so to speak, in your channeling. It takes much longer than that for the information to begin to be of use to yourself and others. You might be envious of those channels and mediums who can say they have had the Gift all their lives, who from the earliest age of five were sharing information with family members. And, who, more importantly from your own point of view as an adult learning how to channel, had the opportunity of all those years to get accustomed to the process. So, that, now, as adults they are very important personages, famous for their predictions and accurate in the information they relay. The lesson here, though, is about you being envious. Those people who had the Gift from an early age did not necessarily always have the support and nurturing of said Gift from their family. Their lessons through childhood and their teenage years were different than your own. You, as an adult, are making a conscious effort to go after said Gift and have this for your own. You will succeed to one degree or another, for not all psychics and channels are equal, but you will have the advantage of being an adult and be able to conduct yourself as an adult. The trade off is that you not be so anxious for time to pass and allow the 10 years or more that it might take for you to evolve into Primo Psychic or Channel. Takes a bit more energy for one person to do it, and it might not work right away It took me 6 months of tough determined work to finally get it just right so that Seth would finally come through to talk to me on the board. I felt pretty much the same before and after. I did, though, keep trying. And, I can tell you the minute before it actually worked for the first time I had two thoughts. The first one was I thought I had to stop wasting time; that I was being silly and I should get back to my writing. And, the second thought I had on the heels of the first one about wasting time was that I needed to be as innocent as I was as a little girl. To hedge my bets, though, I left my non-dominant hand, my left hand, on the planchette and typed with my right hand. Slow typing, but I was writing again. Not two minutes later my left hand skidded quickly across the board. Talk about somebody being surprised. What can I say? I have learned since this is similar to the laws of manifestation Here is my blog - [www](#).

Chapter 3 : Opening to Channel: How to Connect with Your Guide by Sanaya Roman

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Chapter 4 : Learn How To Channel at Talking To Spirit

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Opening to Channel includes practical hands-on instruction in how to know if you are ready; how to attract a high-level guide, go into a channeling state, channel for friends or yourself, use channeling to expand your consciousness, and open to the higher dimensions.

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Chapter 7 : Five Steps To Channel Spirit!

Opening your channel to the higher realms will create an evolutionary leap for you, for channeling is a powerful means of spiritual unfoldment and conscious transformation. As you channel you build a bridge to the higher realms- a loving, caring, purposeful collective higher consciousness that has been called God, the All-That-Is, or the.