

What Everyone Needs to Know about Channeling

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The value of any channeling is determined by how clearly it is transmitted and the consciousness of its source. This e-book will teach you how to evaluate the quality of your own channeling and/or, what is channeled through others.

There are two factors to consider: first is the channel being used, and second is the entity providing the information. Let's begin with the channel.

THE CHANNEL

Most channels are not masters of their craft. (The percentage of accuracy in most channeling is less than 80%.) It's not that they are lacking in spiritual devotion, they just don't know enough about how to interact with unseen energies in the most effective way. If they suddenly become capable of receiving and delivering information from other realms, how do they (or we) know that the information they are receiving is being received accurately or if the entity they are channeling is to be trusted? To be a master of channeling, the channel must be an empty vessel that vibrates at a frequency compatible with the frequency of an Ascended Master or Archangel (Christ consciousness.)

The primary cause of distortion in channeling is the channel's ego. By ego I am referring to the personal story about "me and my life." Whatever the ego thinks it knows, or believes to be true, will effect what can be received through channeling. If the ego has no understanding of a particular subject matter, this will block the channel's ability to receive this kind of information. Examples of this would be a channel's ability to receive information in an unknown language, or to receive scientific formulas if there is no familiarity with scientific theory. Another example is, when the channel believes in the bible, biblical references will appear in their channeled material. And if the channel believes in the Urantia book or the Phoenix journals, you will usually find references to this material in their channeling. The consciousness of the channel will attract energies and concepts that are aligned to what the channel believes. These

concepts are as accurate as their source, and should not be assumed to be truth because of these references.

When a channel's ego takes the position that the channel is so devoted to the light that whatever comes to them could not be anything other than light, this ego is then able to use channeling as a platform for its own agenda. As long as there is an ego involved, completely clear channeling is not possible. To be a clear channel, the influence of ego must be completely eliminated.

Unless the channel can discern with the HEART what is true and what is not, an entity, or the ego itself, can play on the channel's innocence to deliver deceptive information. For example, if the channel feels insecure in any way, is longing for love, or wants recognition, their channeling will include references to how they are special. This is a very common ruse of entities that are not of the highest level of awareness. In truth, no one is special, no matter who they were in past lives or how "spiritual" they are in the present one. No one channel has exclusivity with the Ascended Masters. Anyone who believes such a thing is being deluded by their sources.

An ego is a compilation of attitudes, beliefs, and intentions that are based on interpretations of input recorded by the physical senses. The beliefs and attitudes formed from these perceptions become the basis of what the mind considers to be reality in all other situations. This is the limit to what the ego "knows." It does not know God; it only presumes that it does because of concepts about God it has received. God can only be known when experienced in the heart.

Channeling is one way for an ego to expand its limited concept of reality. But most egos are threatened by it, so they do whatever they can to eliminate the threat. This includes discrediting a genuine message from The God that comes to guide the soul.

A spiritual journey is all about ego. It is about opening the heart to be more loving, and to expose all the untruths that are contained in the limited consciousness of ego. Clearing the mind of illusion and the body of reactivity is the only way a direct experience of our divine True Nature (I AM Presence) becomes possible.

Once this experience occurs, ego's control disappears, and "knowing" from the I AM Presence within and clear communication with Masters of Christ consciousness takes its place.

One of the greatest myths perpetuated by ego is that the ego knows what is and is not Truth. Don't be fooled, it does not, because by its own nature it is incapable of this level of knowing. Discernment is not possible when ego is in charge. Ego reacts to what it already believes. If information is not aligned to these beliefs it will create a fear response. Fear is from ego. The all knowing and unconditionally loving I AM Presence within is our only source for accurate discernment, and it has no fear. Its wisdom arises from the heart when the mind is quiet.

Ego maintains its control with emotions and mind chatter. It directs the mind's attention to anything and everything that distracts us from turning our attention within to find truth.

To be able to receive guidance from our own I AM Presence, or clear messages from Masters of the highest level of awareness, we must be able to bypass the ego so it is removed from the channeling process.

Most channels do not realize that the distortions in their channeling come from their own ego. A 70% level of accuracy is common for most channels, and this cannot be considered clear channeling. To increase that percentage, a major shift in a spiritual adept's initiation level must occur. This is why so many channels are currently having difficult life experiences. These experiences are necessary to generate more spiritual awareness. Cause related thinking, or blaming others for anything, turns an initiation into a long, drawn out, repetitive process. Clearing away all negative mental attitudes about any given situation, and caring about all who are involved, will cancel the adept's need to continue dealing with these life issues.

To become a clear channel one must develop **an attitude of absolute detachment** towards all things in life as well as the information being channeled. If anything in a channeling is

impacted by the personal attitudes of the channel, this can cancel their ability to receive all the details that need to be delivered.

Another thing that must be mentioned here is the need for a loving and caring attitude in all circumstances, as this quality of auric energy is necessary to attract an entity of the highest level of awareness. The aura of those who channel must energetically combine with the entity providing the information. If it does not merge with an entity of the highest awareness, there are entities of lesser integrity just waiting for an opportunity to infiltrate the energy field.

It is these opportunistic entities that we will speak of next.

THE ENTITIES WHO USE CHANNELS

It is the karmic responsibility of a channel to deliver channeled material with integrity. This responsibility includes making sure that what is shared with others is for the highest good of all, not just something that strokes the channel's ego.

There are many light beings in other dimensions currently assisting spiritually receptive beings on earth through channeling. Those of the highest vibration are doing everything they can to get our attention so we will be prepared for Ascension and the changes that will continue to occur on our planet. They do their best to find helpers who can deliver their messages with the least amount of distortion. Those they choose to work with are service oriented, and their hearts are open to loving all that is. These receiver/helpers are also aware of how the ego works and have managed to become detached from it. These attributes create a vibration compatible with the high vibration of those they are asked to channel. According to cosmic law, like attracts like.

Everyone who channels, or seeks channeling through another for guidance, wants their channeling to be accurate and from the highest level of awareness. That is why we want to know "who" the channeled entity is. An Ascended Master or Archangel is generally considered to be a messenger of Truth, so those who seek their

counsel are likely to assume that anyone claiming to be part of the spiritual hierarchy is who they say they are. Unfortunately, there are many imposters. Why? There are numerous reasons for this.

One reason is that *disembodied energies* wanting to experience human sensations again will locate susceptible humans willing to allow them to use their bodies for this purpose. Because they are not of the highest level of awareness, they have no hesitation about parading as a higher consciousness to achieve their self-centered goals. Their intent may not be evil, but their agenda may end up causing harm to those who trust them.

Another reason is the desire of *egocentric discarnate entities* to make an impact on the human race for their own aggrandizement. Beware of entities who claim to be better than you or anyone else, or attempt to control your life with their directions. **The highest consciousness respects and honors our freedom of choice**, and will humbly point out that the only difference between us and them is that they have realized the Truth of who they are and no longer need a body to discover this.

Then there are the *tricksters* who want to play with us for their enjoyment. These are the ones who will intentionally create harm just to keep us from becoming the joyous light beings that we really are.

In addition to these less conscious beings, there is *an entire hierarchy of controlling deities* whose intention is to dominate the world, not just the individuals in it. Channeling is one of the ways they attempt to deliver their influence onto the planet.

DARK vs. LIGHT

THE DARK is composed of anything causing harm to self or others. Look for negative attitudes, control, manipulation, terrorizing, placating, judging, undermining, superior or inferior attitudes, anger, blame, attack, dishonesty, etc. Fear is dark energy within ourselves. If we react with fear to something this does not mean that the message

or the one delivering the message is dark. It means that we have not transformed our own darkness into light (love).

THE LIGHT is: happiness, joy, loving, giving, caring, empowering, supporting, assisting, inspiring, sharing, motivating, neutral thinking, service, gratitude, appreciation, valuing, positive thinking, devotion to the divine, self care, empathy, compassion, honesty, etc.

These polar opposites carry heavy or light feelings and energy levels. Your vibratory frequency is determined by the amount of DARKNESS or LIGHT you allow to exist in your energy field. Everyone experiences both in this world of duality. If we didn't know the dark, how could we choose to be part of the light? Darkness is not something to be feared. Resisting, judging, rejecting and avoiding it are all expressions of our inner dance with darkness. Those who choose to become light must bring light into their own darkness so it is transformed into light. As long as our inner darkness exists we will be vulnerable to interference in our lives from entities that have not yet chosen light for themselves. The only way to be sure we are energetically compatible with the Brotherhood of Light is to do what it takes to match their vibration. This is done by loving all that is, especially bringing love to the darkness within ourselves.

DISCERNMENT IN CHANNELING

Discernment is not judgment; it is merely the recognition of differences so choices can be made with awareness. Entities and channeling from less than the highest level of awareness can be easily discovered if you know what to look for. Here are some clues:

- A message contains negativity about anyone or anything.
- A declaration or attitude of superiority from the channeled entity or the channel themselves.
- Any attempt to control or manipulate anyone.
- Talking in generalities rather than specifics.
- Fancy, flowery, hard to understand language.
- If the channel is imposed upon rather than invited to channel.

- The personal life of the channel is dramatically disrupted and/or is part of the channeled entity's public conversation.
- Sometimes a miraculous healing is effected by a dark entity to attract followers to a channel or "healer" they are using.
- Pure consciousness does not maneuver; it only offers options and opportunities.

DEALING WITH AN IMPOSTER OR NEGATIVE EGO

Check in with yourself to see if you are centered in the light. In a grounded, calm and loving way, confront the entity or ego with this statement, "Are you One with Christ Consciousness." If there is any response other than "YES I AM," say thank you and leave or banish them from your energy field.

If the entity does not respond to the question at all, this is the equivalent of "NO." Again, say thank you and leave. Don't allow your negative ego to hold you back from doing this. If someone is channeling an entity that is not Christ consciousness, they need to know about it so they can be released from this arrangement. Your action will be a gift of light to the channel and anyone else who can learn from this potentially harmful experience.

No entity of the highest level of awareness will be offended by this question. Saint Germain taught me this test for channeled entities and includes it in his channeling course.

WHAT MAKES A CHANNEL CLEAR

A clear channel has no opinions, beliefs or attitudes that would present the ego with a reason to interfere in a channeled transmission. Being neutral and detached from what is being said is essential. Being loving, non-judgmental and fearless are also attributes that support clear channeling because the vibration of this level of consciousness is aligned with higher vibration entities. Being a channel for a trickster or dark entity is a karmic responsibility that can cancel your chela status with the Ascended Masters.

MAKE CHANNELING A GIFT TO YOURSELF AND OTHERS

Checking out your own channeling or the channeling of others with these guidelines will help you determine whether a channeled transmission is pure and from the highest level of awareness.

If you would like a step-by-step process to access clear guidance from your I AM Presence within or be a clear channel for beings of Christ consciousness, Saint Germain's 5-week channeling course is an ideal way to do this. According to Saint Germain, having this ability is a requirement for Ascension, and because, in many of the coming circumstances you can find yourself in, you will not be able to depend on others for essential guidance.

This course is available in 6 MP3 files that can be downloaded at www.awakeningcoach.com. Saint Germain and the Archangels work directly with those who participate in this course.

About the Author

Aruna Byers has been a channel for the spiritual hierarchy since 1985. She co-authored a book about channeling that was published in Germany in 1993. Her subsequent workshops worldwide have opened many to their own channeled guidance. Most recently, with Saint Germain, she developed and facilitated "A Course in Channeling," now available in MP3 format with or without the companion transcript.