

**How to Do Channeling**  
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**How To Do Channeling**  
Part One: Getting Started  
What is Channeling?

1.) What Is Channeling?

- f.) all one consciousness
- g.) the altered state (full and semi-trance)
- h.) How I (Jules Kennedy) came to channeling, how I channel now

2.) Practice and Preparation for Channeling

- a. learning meditation-the quiet before the voice
- b. trusting intuition
- c. clearing the channel (filter) for refined interpretation

**What is channeling?**

The process of channeling is practical, easy and the most honest way to receive answers or information about things that the everyday human mind cannot seem to bring forth. Channeling takes a strong personal belief in the power of mind, therefore the person channeling must be very open to whatever enlightening information comes forth. We all channel, all of the time. Thoughts come to us continuously from many different places in consciousness.

One might say then that the professional art of channeling is achieved because of a focused intent to receive specific information. In an altered state of mind and body, the channel, or human vessel in which the information comes through, is in an ultimate state of receptivity. Streams of thought then are able to come to the vessel's mind and, with practice, converted into the form of words, sentences and paragraphs. The energy source that is projecting the information through to the mind of the human vessel is somewhat restricted though to the scope of that human mind. The more scholarly and open minded the vessel, the more unlimited and free-range the information can be that comes through.

**An explanation of Channeling by the Pleiadian Collective:**

In order to maintain human form you have a physical body, which contains emotions, mental process and access to the spiritual domain. Indeed the physical dimension is energy just like the dimensions or realms beyond the physical. It is important in physical form to keep the physical density in place with the use of certain frequencies. But to us, the galactic community, those frequencies are very heavy and would hold us within the 3-D spatial realities that we no longer wish to be in. This

counteracts the purpose of this information relay. We could not transmit the cosmic information appropriately to you if we too were involved in the earth physical dimension, as you are in human form. So, it takes two, you as human, we as the cosmic information source. It takes the vessel, the one who has allowed herself to open to our frequency wave of information within her own consciousness, and our intent to provide this information. We must step down our frequency and by your standards this stepping down process is huge.

Also, the process that our channel (the vessel for our information) must go through is not a simple process by any standards of normal human consciousness. She works daily to maintain her clarity and her placement within physical form to bring through this material. She has made this a life pursuit, her life's work if you will. Therefore, the vessel rises up and we come down in frequency and we meet at the place where the channel can still be comprehensive and take copious notes.

### **All One Energy; All That Is; All One Consciousness**

Good day. We are the Pleiadian Collective. We bring to you information about the channeling process that humans can participate within. Consciousness is the field of thought, information, understanding, life affirming placement within, (for now lets us say) the Universe; the Universe that you know. Consciousness is a living breathing element of the All-That-Is. In fact it is all that is. Consciousness streams with you in your soul, in your physical body and everything within that complex.

Consciousness is vast. It holds the space for life within all places, all life forms, and all energy as you know it within the Universe. Therefore as human being, you do have access to all consciousness at all times, and some of it you cannot yet reach. Your

human brain is designed that it can receive a message from any place within consciousness, any place that can descend its frequency for interpretation within the human mind capacity.

The human brain has the ability to expand and grow beyond belief. We say beyond belief of the human comprehension at this time, however not beyond from our perspective in the Pleiadian consciousness or within other places in consciousness that house and use the higher frequencies and dimensions to have life. Your brain at this time is amazing and it will change and grow to compensate for more dimensional experience as you cultivate within the human acceptance and knowledge base scientifically, and also increase metaphysical understanding and metaphorical connections within the consciousness. All you must do is accept and receive.

We are here to tell you that everything can be tapped into within consciousness because it comes from the same source of energy that you do in the physical. There will be some places in consciousness, some identities that you will not be able to comprehend. So if you go there in consciousness you won't be able to bring back into a formulated sentence, that which you have experienced. We as Pleiadian connection are able to speak to human because we have been in human form in the 3-D dimension, on planet Earth and in other places. We now exist in a 4<sup>th</sup> and 5<sup>th</sup> and 6<sup>th</sup> dimensional framework within our frequency, but we have experience with 3-D form. So when you tap into your altered state we can meet you at almost 3-D because you can go beyond in your thought process.

There are many other entities or life forms within the 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> dimensions that can speak to you within your 3d form. All is energy. You are all connected, you can tap into anything where you can permeate the veils and bring the information to you. We

suggest that you ask for light beings, those with a benevolent intent toward humankind, to come to you when you channel. It is all one energy but there are some deceptive forces out there. We wish that you as humans not involve yourself with the darker energy right now. It is not necessary. It is much more pleasant to work with light. So Be It.

### **The Altered State**

Below is an explanation of the four states of brain waves, states of consciousness that humans can attain within the human brain.

*The brain pulse is measured like sound in cycles per second or Hertz.*

#### **Beta** (13- 40 cycles per second)

Beta is associated with our waking activity. During a day we experience all the brainwave patterns with a predominance of Beta.

#### **Alpha** (8-13 cycles per second)

Alpha pattern appears when in wakefulness when there is a relaxed and effortless alertness. Light meditation and day dreaming. It is recommend to practice your creative visualization and auto-suggestion technique in alpha state.

#### **Theta** (4-7 cycles per second)

Associated with creativity, dreams and Extra-sensory. Theta is simply the state where your ESP operates , if you do the proper work you can learn to enter theta at will and perform most of the psychic activities.

**Delta** (1/2 - 4 cycles per second)

Delta is associated with deep sleep, this pattern is very slow, but is important for the explorer of consciousness.

These above definitions come from: <http://www.psychic101.com/brainwaves-beta-alpha-delta.html>

You have the ability to alter your states of consciousness. When you relax, fully relax, you can go into an alpha state, or even a deep delta. We suggest as a beginner with channeling, or even the experienced channel much of the time, you will prefer to be in an alpha state rather than the full trance state of the delta. The difference being that, in the alpha state you are aware, but you simply shut down the active static thinking process.

You *allow by invocation and intent* other messages from consciousness, differently labeled identities to come through. It is not from your regular speaking channel or voice.

In the altered state of alpha you would not be driving your car. You would not be thinking along every day modes of behavior and interpretation. You are quiet in relaxed meditation. And when you intend on receiving messages, at first you may not think that you receive them. But through the processes of automatic writing or verbalizing exactly what comes to you *without judgment* you will begin to notice by what is being said and by the voice that the message will change. It will not be your every day voice. It will seem different and varied.

You must be able to attain a quiet space within your state of consciousness. Meditation is the best way to practice this alpha state of being. Full trance is a lot more difficult to control. We do not advise that you go into full trance while channeling. Not at this time. You would then be giving yourself over completely to whatever wants to come through, and you are not ready for that. Even those that are experienced must be able to

trust the voice that they are going to bring through. We won't go into this full trance subject because we want you to practice from the alpha state at this time and remain in control, aware of your experience and the message coming through. So Be It.

### **How I (Jules Kennedy) Came to Channeling, How I Channel Now**

I began channeling back in 1990. I was working for a large non-profit organization that was putting in an entirely new computer system when I started the position. I had never worked with a computer before so it was a challenge for me to begin such a demanding job and also acquaint myself with the computer. I chose to stay in my office several evenings per week to practice my keyboarding skills. Of course, by the end of every grueling workday I was tired, and in a somewhat altered state of mind. I was not paying attention to what I was pounding out on the keyboard. I was only there to practice. In fact I do remember closing my eyes on occasion just to allow my mind a rest.

Little did I know that I was being prepped for a channeling session. One evening as I sat at the computer with my eyes closed a seemingly strange, but familiar sensation came over me. It felt as if someone else was there yet I knew this energy sensation well. It had been with me as a child and felt very comforting. It began to speak through me onto the keyboard. I allowed it to continue for many an evening after the first. But soon I became my own worst skeptic. I began to read what I was channeling. Things like: *everything is love, everything is light, everything is comprised of frequency.*

"Now wait a minute," I remember thinking to myself, "this stuff is spooky." These messages I'd been typing confronted the entire reality of density and darkness of which I had created for myself at that time. It opposed everything I was living. So I took

all of the typewritten channeled material, put it in a red folder, and hid it in a drawer at home, not to remember it until two years later.

In the meantime I began studying and practicing a metaphysical course working with the light body. The course started to change my life. It wasn't until midway through the course that I discovered the hidden red folder. I opened it and began to read. The information I had channeled two years prior was exactly the same information that I was learning presently in the light body coursework. How was it that I had the ability to channel information at the previous time having absolutely no understanding of it, but now was studying it from another source? This type of experience (getting the information before I totally understand and know it to be reality) has since been a source of great excitement to me. I rarely question anymore the information that comes to me when I channel, for inevitably I understand and begin to experience every passage.

Personally I recognize that what I perceive as information coming to me from an outside source is simply an expanded state of consciousness that I have chosen to perceive as outside of my present Self. When I began channeling, my guides gave very basic information. They would give me advice about my personal life, i.e. which book to read, which person to call. They would even lead me to places I'd never been in order that I could sense the energy. These guides seemed outside of me at the time but today they are such a part of myself that I regard them now as part of "I".

Now, almost 25 years later I consider myself a professional channel. I am learning every day, so I am not yet an expert by any means. I love learning in general; reading, listening, observing, meditating and visualizing. But my greatest love of learning comes

from the channeled sources that I bring through. They inspire me, guide me and allow me room to express in my own way what I am discovering.

When I work with individuals helping them channel I tell them not to judge anything that comes through. First, we practice some visualized meditation. Some people do not visualize well, but hear things or sense energy. I tell them to write whatever they see, sense or hear (or whatever comes through during the meditation). No judgment or analyzing of information when it presents itself. We can do that later. This exercise of channeling takes time and practice. Over time the information will start making sense at least for you, the channel, and then for others perhaps. Some people channel artwork or music, food preparation...all kinds of things can come from beyond what we might consider our personal selves.

A good resource that can help you with automatic writing practice is:

Writing Down the Bones by Natalie Goldberg. <http://nataliegoldberg.com/books/>

Two good resources for learning to channel:

Opening To Channel by Sanaya Roman, <http://www.orindaben.com/catalog/prodno/c101/>

Dimensional Ascension by Jules Kennedy (inquire at [JulesKennedy.com](http://JulesKennedy.com))

### **Learning Meditation-the quiet before the voice**

Meditation can be fun. If you find yourself not being able to stay focused during meditation then you might want to try a process of visualization. There are many meditation processes by which you can give your mind focus. Many religious traditions have processes of meditation. Prayer is a process of meditation. Whatever works for you will be the right way. Don't worry if it isn't the way others meditation. Use whatever helps you soothe and quiet your mind, and do this as often as you can.

With visualization you can create yourself. You might try putting affirmations on audio and listen to it regularly. Discover your best way of integrating: be it auditory, visual, kinesthetic, absolute silence, whatever works for you. You might create a safe place in your mind to go to when you meditate. Perhaps a lovely outdoor setting will become your safe haven, or perhaps a place that you went to as a child and felt safe.

Recreate a safe place in your mind. Meditation is not an empty void. Although at times there may be nothing that you can hold with your mind in meditation. Let the void experience work for you. Perhaps your mind is tired of thoughts and working. Perhaps it needs a blank slate from which to work. Give it time to be completely empty if that is what is required. The important thing is that you stay disciplined with your meditation. Do it on a regular basis just like you might do a regimen of physical exercise. Also give your mind time to exercise the quiet. Many people find that once they start meditating, they cannot stop. It becomes a craving, a healthy way for the body, mind and soul to connect. So they begin to crave meditation time. This is good. Give meditation a chance in your life. Doing it daily for three weeks should indicate to you the benefits of meditation, of knowing yourself and loving yourself.

### **Trusting Intuition**

In order to channel efficiently, you will need to begin to understand your intuition. It is a matter of paying attention in the moment that will allow your intuition to work for you. Intuition is that sense that something is right or wrong, that you must do or not do something. It could be different for each person. Intuition can work for you at very deep, deep levels of experience. This requires a great deal of surrender and trust that what you do, directed by your intuition, may not always produce immediate results or

even create a result that you can sensually feel out in your waking reality. You must trust that your intuition is right for you regardless of what it is telling you to do. It would be rare that your intuition would make you violate your principles or go against morals but it may challenge your set of ethics. You may have to rework the ethical code that you have made for yourself from time to time. A personal issue, but once again we say intuition will not lead you astray.

As you develop with this channeling and move along your soul path, there will many things that will be required to change within yourself and with-out in your experience. Pay attention to that which is fear that could impede your progress, or of that which is guilt keeping you in cycles that may be dysfunctional, and that which may be grief needing to be addressed. Intuition works from a non-emotional placement within your experience. Intuition is not emotionally attached to anyone or anything. Intuition is that higher calling regardless of what your personality is doing.

To get in touch with your intuition you must pay attention when you are awake. You cannot go to sleep and pay attention all at the same time. In fact, you may require more physical sleep while you are practicing this initial work. Paying attention can be difficult at first, but practice staying alert and aware at the subtle levels of experience. When you are aware, beneath that, you will feel or sense your intuition. And then by trusting your intuition and acting accordingly, your channeling work will evolve.

There is no exercise better for you than paying attention. You might, at the beginning of your day, imagine that you have a little person inside your brain. Ask this little person to trigger you when you begin to go into a remote control brain pattern. When you begin to become robotic and not aware, this little person will ring its bell and

wake you up to your present reality. Oftentimes when individuals are experiencing a lot of mundane activity in their routine the mind has a tendency to go into remote mode. It is painful to pay attention while running mundane tasks, so the mind thinks, but if you pay attention during these moments you can learn from these mundane experiences. If you place a higher consciousness within the mundane or if you use a light technique within the mundane, it is bound to change. Either your perception of it will change, or you will intuit messages from the routine, or the situation itself will actually change. Intuition is an absolute must when you are doing the light work. You must trust explicitly that whatever your intuition calls you to do, you must do.

### **Clearing the Channel (filter) for Refined Interpretation, and Protection**

We are the Andromedans. Before you sit down to do a channeling session, it is important that you center yourself through visualization or a meditation that quiets your static mind. You can focus your attention on the breath. Take a deep breath in. Breathe out. In...and...out.

Begin to see only light within your mind. This can be a mild white light or the blue moon light that we so often talk about. Bring this into your body from all directions outside of yourself. Fill your body with the white or blue light. And as you breathe in and breathe out visualize that your entire physical body is filled with light, and that your mind, your thoughts are light. Your emotion is free flowing and filled with light. Your energy body around you is filled with light. Your spiritual body around your energy body is filled with light. Imagine that you sit within a cylinder of light that rotates clockwise into the earth and into the heavens. It is also filled with light so you are connected to the earth and you are connected cleanly through your channel out into the heavens

Take another deep breath in or out. Ask your guides to protect you as you begin this channeling process. Begin to write or verbalize. Sit back and remember you are connected to both the earth and the heavens. You are filled with light. You are divinely protected in this space so begin to verbalize or write exactly what you perceive at this moment. Do not judge what comes through, just put it into form.

When you are finished again sit quietly, ask for protection and slowly open your eyes. Come back to the room and know that your channel is as pure as it can possibly be in the moment. Put your writing aside and if possible step out into nature and receive the nurture that the mother has to give and the blessings that the heavens bestow upon you.  
So Be It.

Audio Mp3 link to the channeling: [..\protection for the channel - Shortcut.lnk](#)

**How to Do Channeling: Part Two**  
**Connecting with Higher Guidance**

- 3.) How to Connect with Higher Guidance
  - a. automatic writing
  - b. natural ability
  - c. verbalizing the channel
  - d. feelings about and who you are channeling
  
- 4.) Being the Channel—the process
  - a. trust
  - b. allowing
  - c. respect
  - d. being the channel
  - e. the process

### **Connecting with Higher Guidance**

For each person the channeling process has similar qualities, but variations based on how much you can receive and in what way that information can best come to you and thru you. When you allow yourself to be in the relaxed channeling mode, you are asking for information of what seems to be a higher source to come through you. Often the best way to get started in this process is through automatic writing.

### **Automatic Writing**

Have a pen, pencil and paper in front of you if you wish to write with your hand. Some people prefer to use the keyboard. It depends upon your skill level and the depth of relaxation you are going into. Often the hand will write what you are receiving without interference from your conscious mind or rather the awake mind. So it may not be necessary for you to type, and yet you may also want to verbalize the channel. In this case you must have a recording device of some sort.

Relax, write or verbalize what you are receiving. Do not judge. Go into channel via relaxation, ask for protection, receive and record the information.

### **Natural Ability**

We are the Pleiadian's. We say that everyone channels all of the time. What is most significant in a channel that states higher wisdom or uncommon information (if this info is coming through a person that is engaged in an active channeling process with intent to bring through forces of more divine wisdom) are these qualities:

- 1.) it takes a natural ability to believe it is possible
- 2.) ability to relax the mind and body
- 3.) setting aside judgment and emotion

## 4.) allowing this process to take hold

If this process of channeling in this method is to be a natural ability when it originates, it will seem placid, common and very acceptable. A person with natural ability just allows this to be. Beyond natural ability it takes discipline, a desire, intent, and most of all the willingness to have this proclivity. This type of activity is not for everyone. You all have natural ability for some things. Channeling is a process that can be developed, but there must be some natural ability to do it as we have discussed. Allowing the body to be an active part of this process, although very quiet when it is happening, the body is very actively involved.

The mind connection with higher frequency must also be present. Those who feel they are channeling when they are *doped* up may think differently when they are not under the influence. Sometimes this can be an accurate information channel, in the state of *dope*, but often the best channel is when the human channeling is straight and sober. That is an effort that good channels make as well. They do their best to keep the channel free of intoxicants while they channel. The mind and brain activity within a channeling session is altered from your normal waking state. Not every human being can get to this place. Let us also remember that in order to have constructive information the person channeling and or those that participate in reading, listening and using the information can attest to the validity of the information. Although some information may be about future occurrence, or things that the human consciousness in the awakened state is not aware of in the present, the info will seem relevant to a future time if it is accurate. That future time may be very distant. So it is a *gut* reaction (we use your slang), it is an

intuitive reaction to the information as being correct in some way. This validates the channeled information. Having natural ability is usually a necessity for a good channel.

### **Verbalizing the Channel**

Vocalizing the channel is a step beyond automatic writing or typing. It usually can be more specific and work at a faster speed. Remember that the channel must have the ability to relax, allow and tap into what would seem to be higher frequency. In the altered state of relaxation the person channeling can receive information from what seems to be beyond the normal waking consciousness in human form. It just becomes rote for the channel. Verbalizing comes without effort at this point. It is just setting yourself in the background and allowing whatever you have intended to come through. It should be a natural feeling, a welcome feeling. If it is not, we say try again.

Yes, sometimes it is necessary to bring through information that is not the most light filled. But only for your understanding and protection do we give any of, what you might call negative feedback information. It is not our place to scare you. We want to share with you the pleasantries of light and joy your channel may bring through other entities or sources within the consciousness. If you are working through this process we are certain that your intention is for goodness and therefore your reception and information will be light filled. Verbalizing will come easily to those who are meant to do the work. If you feel you are meant to do the work and it isn't happening, give it more time and more practice to relax.

### **Feelings about Who/What You Are Channeling**

The feelings involved in channeling should be of a very pleasant nature. You should feel comfortable with the source of info coming through you. It should be happy.

It should energize your body and mind. It should take you away from your everyday stress. If it is causing you harm we suggest you stop, say a prayer, ask for light filled information. Ask for protection. Give it some time. Be good to your body, your mind and your soul. Watch for the programming of your personal being. Perhaps there is guilt. Perhaps there are personal thought forms that are creating a conflict within you. Work on those and then try again. Channeling is a process.

You can evolve quickly through this process but first you must evolve to a place where feels joyful and pleasant. You should be magnificently in love with the channeling process and the information source that comes to you through the channel. If this is not the case examine what you are doing. Perhaps it is not time for you to channel, but also it might require more relaxation on your part and clearing your filter. The filter is all of those parts of self that can become confused and congested. Work on psychic development, personality development before and during your process of channeling. In order to get to the higher states of being through the methods of channeling and evolvment spiritually, you must also do the deeper levels of work on the psyche, the psychological, the physical and emotional parts of you. If those are not clear you can still channel and the channel may be highly evolved but you won't feel good either during or after the channeling takes place. This is an indication to do more work on the self.

### **Being the Channel**

- f. trust
- g. allowing
- h. respect
- i. being the channel

- j. the process
- k. obtaining the deepest altered state

**Trust:** Being the channel requires many things. First you must trust yourself within this process. You must trust that what you are doing is for your own highest good and perhaps the highest good for others. You must trust that what you channel is for this highest purpose. And you must trust the source of info coming through. We give you labels in order for you to separate different forms of information and yet there are light beings and multi-dimensional beings that have a way of communicating with human beings through this process of channeling that you very much can trust.

You must be very much in touch with your trust indicator. For each person it may be different but we say that refinement of the intuition and psychic development is crucial at high levels of channeling. Also development of the personality and the physical emotional soul filled human is important. You will know what to trust and what not to trust once you refine your intuition. You will have a sixth sense about the information and source you are in contact with. There must be a trust between you and that source. Ask the sources that you channel to also help protect you in these channeling moments and in your everyday life. That is what we are here to do. We want you to be able to receive our message so we help you in your daily walk. Remember this and learn to trust.

**Allowing:** Also, the allowing piece is very important. Allow different aspects of the info to come through and different sensations for various sources. If you are channeling just one source you will know what to allow and what not to allow.

At times, you could be channeling through an unclear filter, or fatigue or you might be channeling a new source. Allow the process to *be* without fear or judgment until

you can determine what your choice might be with that particular channel. Do not shut out the sources automatically unless your intuition is clearly telling you not to allow. The stronger you become in the light, and at this point we say that light work is essential, you will allow information to come in and you will just present it, transcribe it.

You will also allow those receiving to interpret that information from within them. You can give your interpretation personally of course. You are the one bringing through the information and will definitely have a much clearer perspective on the information. We encourage you to give your interpretation but also allow others to utilize the information as they indeed interpret it. But know that when someone is receiving the information that you've channeled they too are in some way asking our representation in their lives to be there as they interpret and utilize it.

We are multi-faceted and will help many. You do not need hundreds of thousands of channels on your planet. You need only a few good ones; meaning that a few would come from this source, a few from that source, maybe a few multi-sourced channels-- totaling perhaps about 1000 to 3000 on the entire planet. We cannot work with many more than that.

There are degrees of channeling as well. Healing energy definitely can be channeled. Laborers can channel their physical strength and abilities. We are speaking here only of this type of verbalized, higher consciousness channeling like we give you now. You don't need hundreds of thousands of those. The information would get too confused and constricted. Not everyone is meant to channel in this way. If you are doing so, allow the process to be what it is, when it is the perfect way. If it is not happening for

you don't give up but examine: are you really meant to do this work? If you feel that it is right for you, then perhaps you need to allow more space for it.

Also allow yourself to explore other means of channeling. Great musicians have channeled the most beautiful music. Artists have channeled their paintings. Writers channel their characters. School children channel their mathematics. There are all types of higher connections. Explore that and allow.

**Respect:** Once you have allowed you must accept the respect that we in the other realms of existence are giving you and this information we have for you. The respect is extreme. It is total. We know that you do the work for many people. The respect on our end is here and you may ask for what you need. The respect of your patrons also must be present. Sometimes human beings squander information. They absorb and absorb and let it go not to follow the info. They too must have respect.

You have currency as form of exchange on your planet and we demand that in order to show respect your experience as channel you respect yourself and the information coming through. You can charge a fee. We want you to have enough comfort so that you can do more of this work. If you are a novice you may get respect by having a few people in the room interested in what the channel presents. There are many forms of respect. We also ask you to respect yourself in being the channel. Respect yourself at higher levels without ego. That respect will begin to glow outward, attracting more to your energy. So we tell you to respect your energy levels and your own privacy. Respect is very important in a multi-level sort of way. We respect you. You respect us. You respect yourself. You respect your patrons. Your patrons respect you as the channel.

**Being the channel:** does require a responsibility to self and some to others, but also to the information coming through. We realize that living the human life has its challenges especially in this day. It must be very difficult to be human and be a channel for higher message. We respect that. We know that being the channel requires a selfless, altruistic state of being. You must be prepared to become the channel because sometimes it does not shut down. If you are required for a mission, a world purpose, a lifework of being a channel, then not every moment is an opportune moment to channel. But you must set aside time and space and devotion to being the channel.

**The Process:** We have talked a lot about process. How do I get to the channeling space? How do I do the channeling? How do I present the channeling? What are the qualities needed to be the channel and so forth? There are deeper and deeper levels of channel and soon information will not be interpreted analytically like you are doing now. It will be interpreted intuitively and empathically. Although you will read the information or listen to the channel speak you will not need to know every word of the information. It will just become a part of you. There is so much we have to teach. We are proud and respectful of those that want to assist in this teaching. They are rewarded greatly in their altered life. We know the devotion it takes as a human being to allow this process and we thank you with sincerity.

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### **Part Three: Deeper Levels of Process and Channeling**

#### 5.) The Day to Day after channeling

- a. psychic development
- b. restraining/eliminating judgment
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- g. channeling higher self

**Psychic Development:**

Everyone has the ability to perceive psychic information. Hence, everyone is psychic...at least “a little bit.” In order to make good use of psychic information and learn how to interpret it a person must become aware of everything around them and the subtle energies underneath the obvious.

Psychic energy is that field in consciousness that allows for the interpretation of all information coming from all dimensions, realms and places beyond the physical, third dimension. We live in a Universe that has many dimensions other than what we can see, touch, and feel. The tangible, third dimensional perception is a very small part of what exists in consciousness total. For instance, everyone has felt attraction toward another person. We all feel love. How do we interpret love or the feelings associated with it other than to consult the psychic realms of interpretation? The psychic is “beyond” that which we can reasonably explain through scientific proof or logic. Psychic energy is the “way” that we can interpret the subtle realms of experience, those layers of existence that are there but are possibly not perceptible within the physical senses. Psychic energy then, you might say, is the glue, which holds everything in place in our consciousness as humans. It has been likened to the soul, but it is the energy of the soul that ties one thread of consciousness to another.

If we can understand how to interpret those threads, the links within consciousness, then we can build our knowledge base to surpass what we already know.

Begin to look at everything in your world as having a more complete knowledge base. Rather than looking at another person as just a person, begin to see the complexity of human nature. We are built with a physical body, a range of emotional responses,

feelings, thoughts, actions, an ego, a psyche, a soul and so much more. It would be unfair to assess a person just by the way he looks or by what he says. When we discover the intricacies that make up the human complex and our Universe, we are rich with compassion and understanding. Since the psychic level does not always structure itself in exact language as we do in human form, we must become adept at recognizing symbols and sensations.

Once we are aware of these signs and deeper symbolic presences, then comes the challenge of interpreting what that information might mean to us here in these human bodies, in our world. Learning to be psychically perceptive takes work. A person must be constantly in touch with the soul levels of being in order to accurately receive and interpret the subtle information.

It is recommended that you, as a devoted student to your psychic development and channeling, meditate daily. Any form of quiet time where you access information coming from higher mind is appropriate. It is not difficult but requires commitment, and that may be difficult. No one can do this part of the journey for you. The mind must learn how to slow down and read incoming information. Once you train your mind to be patient and look at all sides of reality, your awareness will become astute. You will see things or perceive effects within situations that you have never noticed before. Operating from these levels of knowledge truly asserts the power of the mind to create, interpret incoming information accurately and will help your channeling flourish effortlessly.

### **Restraining/Eliminating Judgment**

It's important to eliminate or restrain judgment at least while you are channeling, so that you do not prevent information coming through. It helps if you begin to notice

improper judgment within your everyday waking consciousness. What thoughts do you have that judge others, situations, the planet at large, yourself, and/or the universal beings that you channel? Take a look, as often as possible, at what you judge. Now, your judgment may be appropriate in certain situations. We can go on at length about the process of delineating and deciphering what is proper judgment for you to hold as protection for yourself or in protecting a child, the planet and so forth.

Some judgments may not be particularly helpful with which to get involved. Judgment is a good thing when used appropriately. It is up to your mind to decide what it judges and up to the heart to determine which of these judgmental thoughts are really appropriate. It may be a waste of time to judge certain things especially when you enter the channeling process, asking for protection and only that which will be helpful to come through. Eliminate the judgment in those moments and let the information come through so that you do not inhibit in any way.

You may find yourself questioning afterwards that which you have channeled and that is fine. You can make the determination later. Before you go into channel, eliminate judgment. If you have asked for protection and you believe in the divinity of all life, then your channeling will be as pure as possible. Remember to keep the filter clean when you are channeling; meaning that your intention is to channel helpful, highest info. This will keep the filter between that which you channel and yourself open and clean to allow the most perfect information to come through. Judgment can muddy that filter.

So in the event of channel do your best to keep judgment away and allow the channel to come through as it needs to. The resistance should be minimal to that which you channel. If you feel something coming thru that makes you feel squeamish, then it is

not the appropriate time perhaps to channel that particular energy. It may come through at a later time, but a lot of this has to do with your progression as an accepting human being of realms beyond the self.

Our channel (Jules) has had experiences of bringing through energies that were not pleasant before and after the channel. She did it to help another human and it did, but it was hard on her physical, mental, and emotional well-being. She has been practicing and doing this work for a long time. Thus she understands the dynamics of what she is doing and why. It is not necessary for a novice or experienced channel to take on information, or entities that do not feel right. It is not your responsibility. You can also ask your personal guides, your guardians and those closest to you (your self guides) to allow the space for information to pleasantly come through. Information is simply that...information.

Energy is energy but it can constrict in your body if your body is not willing to take it through. We cannot ask anyone to do anything that does not feel right. We ask you to be very intuitive in your future when you channel and in your daily walk. This way you will learn to discern what is right for you and what is not, allowing judgment to back away when channeling and trusting the process. So Be It.

### **Free Flow Channeling or Studies Specific to the Genre of the Channel:**

When you begin channeling, you will have personal questions or interests. Channeling in modified form can address these issues because being in the altered state, accessing information removes you from the analytical part of mind function that can get in the way of seeing clearly.

The information that you channel will probably come in as (or become like) the higher areas of interest that you have in your everyday work or studies. If you are a teacher of technology studies, it may seem odd that a channeled piece come through on angels and how they operate in the world, but somewhere you have the capacity to understand this information even on lower levels of thinking in 3-D. You will find that although a channeling may start out to be related to your specific field or genre of interest, it can switch to other topics when the timing is right.

It is fun to open up to anything that comes, especially when you are channeling for another person or a group. Interesting information comes through when there are no set structures of subject matter to discuss. Free form channeling is the highest possible information at any given time, depending also on the skill of the channel and possibly the mood of the group. Any topic can be asked, but not all channels are meant to answer all questions.

### **Flexing the Psychic Muscle**

As a channel or anyone doing work with intuition or psychic clairvoyance it is important to allow the channel to operate in practice mode. For those who channel, much of that ability is gifted to the person, or to the soul within the person. Albeit there could be blocks; there could be challenges set up during the child development stages due to dysfunction within the surroundings. It is important to at least test the waters everyday.

Test yourself via automatic writing, vocalizing and recording, observations during each day. As you develop your channel you will also need to develop your understanding of this work by doing psychic development, light and frequency work. These things will

help you to perfect the channel and keep that filter between the sources that you channel and your own physical and mental (lower selves) clear.

### **Inner Reflection, Outer Observation**

Begin to notice things that happen around you. Are they symptomatic of an unclear filter or simply a byproduct of the light you are shining, and creating changes within the shadow?

Channeling is something people do everyday. You channel from higher self and beyond. Intuition is a product of soul knowledge, human lifetime knowledge and the higher self that is guiding you. Some people say they have guardian angels and that is exactly what that higher self piece is. You may have outside sources in consciousness that watch over you on either side, above or around. And they too can funnel information to you in your daily walk thru your intuition and higher self. But when you put yourself in an altered state and you intend to channel, you will begin to notice changes with the way that you function; the way that you believe the way that you see things, perception, and the way that you feel things.

You will begin to know how to eliminate panic, anxiety, worry, guilt, shame. As you continue to channel and ask for healing it will become so. You will begin to heal. Ask the darkness to lighten and show you what's in that shadow. This is flexing the psych muscle, the ability to see beyond and interpret it in the light.

There are many layers to consciousness that we will not explain here, but daily practice and observation within yourself in your environment--in your daily world and also begin to sense the outer realms that are observable from your current placement.

They will help you navigate your walk between daily activity and the altered state of channeling. You can do both efficiently if you give time and practice to the channel.

**Ethics of a Channel:**

Let us now address your ethics. The ethics of a channel are also important. Are you willing to take a look within to evolve yourself to the highest light and responsibility for that light possible? If you are willing and you actively accept, then your ethics will purify. You may begin to notice that things you once never paid attention to are now bothering you or coming up for you to examine. You may begin to eliminate people, circumstance, and places from your life that do not feel loving or do not feel ethical. Your ethics will become light filled. The way that you express your ethics in the world will become pure. You will attract those people that want to know this purity. And you will probably repel those that are not choosing purity at this time.

Ethics do vary among individuals and groups. One person may not think it appropriate to steal from another whereas the person stealing may not have an ethical stance on that activity. And then who are we to judge that activity for them. If you stay focused on yourself, the connection to the divine and your personal work, then your ethics will become cleaner. If you are channeling, are following the set intentions to be a good channel and you provide information for the highest good for all concerned, then your ethics are purifying, becoming very clean.

You are becoming very clean as a person with a soul in your body. Your light will shine and others will react to that light. Your magnetism will pull in those who want that light and repel those that are afraid of that light or are not ethically wanted. It is not for

the channel to judge. It is for the channel to receive and accept that which is ethically clean. But at times what appears to be muddied or dirty is actually very pure.

**Channeling Higher Self:**

The higher self is that aspect of you that seems just beyond reach. It is accessible when you are quiet, in meditation with no distractions. It will give you a more balanced and organized set of directions than when you are frantic.

The higher self suggestions may also come when you are first awakening from slumber or right before you fall asleep. These messages, although not exactly from linear mind activity (during beta) may come to you as intuitive hunches or in the form of an inner voice or thought. These ideas or thoughts may be a bit surprising, but yet feel right, not unlike a gut feeling or reaction. Over time you will learn to trust these messages.

Channeling higher beings and entities in consciousness is a topic of discussion that will be followed up on in part four of this article:

## **How to Do Channeling: Part Four**

### **The Skilled Channel, Higher Levels of Channeling**

#### 6.) Upper Levels of Channeling

- a. use of divination tools
- b. other consciousness beyond higher self
- c. way out in consciousness-farther removed
- d. sources that Jules channels
- e. famous channels throughout time

**Use of Divination Tools**

Divination is the procedure of foretelling the future or of revealing hidden truth by means of occult practices often with the use of divining devices such as runes, cards, coins, sticks, speaking boards, crystal balls or by means of human mediums or channels. Divination works intimately with perception by intuition. To foretell the future one must first of all be prone to intuition or a sixth sense and have the open mindedness to relate to the objects used in divining or reading that future. Many spiritual practices use a form of divination to help in the search to higher truth.

Each divination device is simply a tool to assist the spiritual seeker. The divination tool is not the god and should not be worshiped as such. It is the secretary that records truth. When you use a system of divination you can research more deeply into issues that are going on in your life. You can understand circumstance before it happens. This helps you to more effectively live life because you can circumvent problems and embellish opportunities before they occur. For instance if your divining tool keeps hinting at the possibility of impending danger whenever you ask about a certain incident, then you are warned to perhaps avoid the incident, smooth out the path before you get there, or go into the experience with full awareness of what could possibly happen. The divination form that you have chosen may even give you solutions to problems and tell you what to do in preparation. It will also direct you to your highest truth so that danger will never again be a possibility.

Belief is what makes any form of divination work. You must believe in the mystery of the device that you are using. Imagination becomes the key when working with any form of divination. Imagine something long enough and it become reality.

There are plenty of factors working with belief however, so manifestation can be altered between the time of intellectual invention and the actual creation of the imagined circumstance. This means that you give a belief power if you concentrate enough on it and thus work it into material form in your life. Any type of divination can help you empower the good things and bring disempowerment to the not so good things in life. Here is a great article that lists many and most of the types of Divination Tools:

<http://www.paganspath.com/meta/divinationtools.htm>

Utilizing divination tools can help a channel better understand what has been channeled and life itself. When things become complicated pulling a tarot card or divining with a pendulum can help shift the energy and make things more visible to the inner eye.

### **Channeling Higher Sources Beyond Higher Self**

You probably recognize by now when there is a higher self message coming through the channel. Most of those messages are personal to you, and others around you that are mainly in your life. Those messages from higher self will help you navigate your day to day.

When you begin to ask for information from the highest placements in consciousness do so with ease, allow your body to relax, getting yourself to a place of quiet and peace. These messages will come through at times when you are able to accept whatever might be there. So it is a deeper state of relaxation that your body will be in, your mind will be focused on the relaxation and the channel will come through. Ask with intention to receive the highest info in the light of protection. You are being protected. Your channel will open up with each level of practice. This does take practice. The

higher sources that we speak of are simply places in consciousness that everyone would have access to if they were in this place of dedication, devotion and relaxation. Not everyone can channel, in every lifetime, this placement in consciousness with these messages. It is not for everyone.

Souls come into the body and cloak themselves with different layers of density, be it mind, body, emotion. And if you are asking to channel, serious about it and practice your altered states of reception, you will begin to receive information that will evolve over time with more practice and non-judgmental reception. The sources that you channel may be varied or all may come from one significant source within consciousness. Usually these sources are given a label, a name so that they can be identified in human consciousness. But it is all part of one energy. Everything is comprised from one energy.

We will give you a list of sources from which our channel receives messages. You as a channel may receive messages from other sources dependent on your vibrational output and how it matches the vibrational input of the sources coming through. Your vibration must be able to match the vibration of the source so that it can come through in a way that you can interpret the message. In channel you are simply interpreting the message that is given to you as a vibrational thought. In channel you are not yet interpreting the content itself, or the meaning of the content. But at a human level of mind and mental capacity depending upon where you are at evolutionarily you will interpret the message given to suit the inner perceptions and belief structure. We encourage you to work on self. That is very important. We encourage you to walk your talk as a channel. You will begin to lighten the cloak that your body sits in and have clarity within the channel. You might have access to one source or several. That is

between you as the channel, your connection to higher self and the higher self connection to Source. So be it.

As you deepen your ability to go deeper into the altered state of consciousness the experience will bring you to the highest placement within consciousness, so that you can channel sources beyond self.

Consciousness is what the soul is saturated within. The soul can pick up consciousness from any placement and if the human channel is in tune with all vibrations it can bring through any message from any source. So as you practice your altered state, as you relax your body your mind your life you will be able to see how it will be for you to bring in various sources of information. It is important to relax the body, mind and life. If you live within a chaotic environment in your life it may not be possible for you to bring yourself to a quiet state of higher reception. Yet again depending upon your personal and soul abilities you may. It is all relative to the individual.

Most often if you have sincere intent to channel and you give it practice and time, and a relaxed effort, you will bring through multiple sources. Those sources could come through one source connected to your higher self, to you. The amount of sources that you seem to channel is not important. It is important that the info coming through feels right to you. The altered state of consciousness, the deeper you go, the more beneficial it is to your whole being regardless of whether you ask to channel or not. Sit quietly. Intend light around you and ask that you channel.

### **Way Out in Consciousness-farther removed**

### **Channeling At the Far Reaches of Your Own Consciousness**

This is why we encourage you to expand your consciousness, meaning basically to intensify your ability to meditate, go deep within, and also your ability to receive. Sometimes a transmission from out in cons, way out will seem garbled and not intelligible when received. We say receive it anyway, document it anyway continue with the channel and perhaps in your next session ask for clarification on the previous info. Going out to the far reaches of your own cons will help you push the envelope further, and the more receptive you are the info will become intangible but feasible in that your human mechanism is opening to work at very extreme places in cons. The info does not need to be necessarily coherent in the moment, but sit with it and in your future we would suggest that you will understand what you have documented. The key to far out is deepening your meditative ability and the ability to go into a deep altered state and practice receiving whatever may come through. So be it.

### **Sources that Jules Channels**

#### **My Experience as a Channel, and the Sources I Channel**

Channeled data often has transformative effects upon the reader. Words are the energetic formations of soul symbols recognizable to the intellect, felt by the heart and actualized into experience by the human body. Personally, I now explore the communication coming to me from perceived outside sources as simply an expanded state of consciousness that I have chosen to view as being outside of my present Self.

When I began channeling, my guides gave very basic information. They would give me advice about my personal life, i.e. which book to read, which person to call. They would even lead me to places (through visualization or by physical sensation) I'd never been in order that I could interpret the energy. These guides seemed outside of me

at the time but today they are what my conscious person has become. I regard this communication as the spiritual guidance that helps me live peacefully in this world

When I incorporated these personal guides as part of "I" (me, my reality) it then became necessary for me to explore even more expanded knowledge; knowledge that was relevant to many people upon the planet instead of information that pertained just to my personal well-being. It was not long before guidance was coming through from a guide named **Talemahe'ke** (Tally, as I sometimes refer to her.) Tally is a very feminine energy source, which comes to me from the fifth dimension (in this dimension the light worker can begin to use light to shift perceptions and actual life experiences—Tally uses the fifth dimensional vibration of grace to do her work). She tells me that she is able to step down her vibration and that I am able to step up my vibration so that we can meet in the fourth dimensional energy spaces. It took me a while to maintain a sense of fourth dimensional perception in order for me to channel Tally for any length of time. But today it is very easy for me to BE Tally's energy.

My next move in consciousness was to become one with the energy of **The Twelve**. They came to me completely by surprise one day as I was channeling with a friend. It was as if Talemahe'ke stepped aside, leaving a wide-open space for this intense new energy to come through. The Twelve speak about all kinds of issues relating to consciousness. They span the entire spectrum of the twelve dimensions of consciousness that are possible for us to reach while in the physical plane of consciousness. We are capable of incorporating, and thus utilizing, these twelve dimensions. Presently we only use energy from the first four dimensions and often (for most on the earth plane) only the first three dimensions. The Twelve has come to assist us in remembering our abilities of

utilizing much finer dimensions in frequency (the sensual rate at which you feel your body or something else vibrating—as with most of the information in this book, frequency can be felt only as an intuitive understanding and can't be measured by scientific methods at this time) in order to create a possible Utopia; Heaven on Earth. It is the destiny of the earth plane dimension to move into Heaven and become Heaven. It will only be through our personal and planetary willingness to expand into extensive layers of consciousness (with the assistance of the guides and aware human life forms) that we will shift the entire consciousness of the planet. The Twelve is a Master Consciousness for which I have great respect, although I will also become this consciousness. We shall all become this consciousness. So it shall be said that The Twelve keeps me on the edge of my own consciousness. It keeps me in suspense as I continue to push out the boundaries of my own conscious spaces. It has become great fun to play with consciousness, to experiment with where frequency and light can take me.

I was alone, channeling The Twelve on tape, when the **Naguda Force** was introduced to me by The Twelve. Then it seemed to me that the Naguda Force was very impersonal and impatient. The energy of this guidance was difficult for me to maintain at the time. The Twelve told me however that it would be necessary to complete this manuscript with information from the Naguda Force. The Naguda Force speaks about Metaphysical Earth Changes. These are not descriptions of the physical changes that the Earth herself is going through, but is very poignant information describing the social/spiritual evolutionary changes about to take place as the Earth plane shifts into fourth and fifth dimensional living. From that one brief encounter I had with the Naguda Force, it was my experience that there is no emotional component to this energy. As a

highly emotional human being myself, it was difficult for me to perceive living my life without emotion. Although the Naguda Force is not a physical living entity (I perceive it as one energy when I channel it, but it refers to itself as “we” in the plural sense), I was exposed to the energy through the channeling process. It felt very stiff, cold and heartless when I began to bring it through. The Naguda Force seemed unfamiliar and calloused somehow. It was hard for me to accept that eventually I may become this consciousness that seemed without emotion. This particular strain of consciousness is knowledge, strictly information. The Naguda Force tells me that it comes straight from the Akashic Records to bring the necessary information into the earth plane consciousness.

I will introduce you to a favorite energy source, which I have worked with a lot and have had the pleasure to meet. These three little fellows call themselves **The Pleiadian Brothers**. Their energy reminds me of little elves or nymphs. They are very lively and came to me via a dear friend. He does not channel but can feel their energy. It was during the middle of one night when The Pleiadian Brothers approached me. Their energy was so vibrant and alive that I had a hard time communing with them at first. So I asked my guide Talemahe'ke to speak with them and interpret for me. This was yet another fun experiment with consciousness and channeling for me, and it worked.

I also channel the **Andromedan's** and have recently opened the gates to **Orion, Sirius, Sumerians**, and the **Galactic Council** with more to come. I am a pretty open channel. It is my passion.

### **Famous Channels throughout Time**

Five examples of other well known channels throughout time to now:

**Edgar Cayce:** called the "sleeping prophet" because he would appear to be sleeping as he channeled, but actually was in a deep trance-a full-trance channel. when asked how to become psychic, Cayce's advice was to become more spiritual.

[http://www.edgarcayce.org/are/ancient\\_mysteries.aspx?id=2071](http://www.edgarcayce.org/are/ancient_mysteries.aspx?id=2071)

*The first lesson for six months should be One-One-One- One; Oneness of God, oneness of man's relation, oneness of force, oneness of time, oneness of purpose, Oneness in every effort-Oneness- Oneness!* Edgar Cayce Reading 900-429

**Alice Bailey:** (Djwal Khul) described the majority of her work as having been telepathically dictated to her by a Master of Wisdom, initially referred to only as "the Tibetan" or by the initials "D.K.", later identified as Djwal Khul.

[http://www.lucistrust.org/en/books/alice\\_bailey\\_books/about\\_alice\\_bailey](http://www.lucistrust.org/en/books/alice_bailey_books/about_alice_bailey)

#### THE GREAT INVOCATION

From the point of Light within the Mind of God

Let light stream forth into the minds of men

Let Light descend on Earth.

From the point of Love within the Heart of God

Let love stream forth into the hearts of men

May Christ return to Earth.

From the centre where the Will of God is known

Let purpose guide the little wills of men

The purpose which the Masters know and serve.

From the centre which we call the race of men

Let the Plan of Love and Light work out

And may it seal the door where evil dwells.

Let Light and Love and Power restore the Plan on Earth.

**Jane Roberts:** (Seth) an American author, poet, self-proclaimed psychic and spirit medium, who claimed to channel an energy personality who called himself "Seth".

<https://www.youtube.com/watch?v=AMRYkgBjCoA>

*The electrons in a carbon atom in the human brain are connected to the subatomic particles that comprise every salmon that swims, every heart that beats, and every star that shimmers in the sky.*

**Esther Hicks:** (Abraham) Abraham has described themselves as "a group consciousness from the non-physical dimension.

<http://www.moneyandthelawofattraction.com/moneyandlawofattractionexcerpt.php>

*You are meant to live an expansive, exhilarating, good-feeling experience. It was your plan when you made the decision to become focused in your physical body in this time-space reality.*

**Barbara Marciniak:** (Pleiadian's-Family of Light material) The Pleiadians are a collective of multidimensional spirit beings from the Pleiades star system, and have been speaking through Barbara Marciniak since May of 1988.

<http://www.pleiadians.com/>

The Pleidians are here to assist humanity with the process of spiritual transformation, Their distinctive style blends wit and wisdom, common sense, and cosmic knowledge in teachings that encourage expansive thinking and personal empowerment, and which have been compared to native shamanism.

There are many wonderful channels out there now bringing in great information for humanity. Do a search on the Internet and read for yourself, and then channel for yourself. It is the purest form of individual and global information out there, if done with integrity, respect, devotion and compassion.