

Learn to Meditate and Channel

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INTRODUCTION

This guide contains a course on meditation and channeling. It can be used individually, or as an aid to facilitate your own group.

There are seven lessons. Use them to begin meditating, and as a reference once your meditation becomes a regular practice.

Although channeling will be taught, it should be introduced as a natural outcome of meditation. Great discretion is required to determine when you, or others, are ready for the responsibilities associated with channeling.

If you choose to facilitate a group, try meeting once a week for two hours. The first hour may be used to discuss your meditation experiences during the previous week. The next forty minutes may be devoted to a group meditation, followed by a brief sharing of experiences and a wrap-up.

The information contained in this publication should be used as a guide only, and may be modified to accommodate your individual style and needs.

Lesson One:

BEGINNING THE JOURNEY

Meditation is a special technique designed to facilitate your journey along the path to self-discovery. *Channeling* is a way to communicate with more evolved beings in other realms. In this first lesson, important information about meditation will be taught, along with your first technique. Each subsequent lesson will teach a new method.

- Meditation is the key to channeling. Through meditation you build a bridge that connects your lower self to your Higher Self. When this is accomplished, you are able to transmit and receive information to and from Higher Beings.
- Meditation helps you to remain still long enough to rediscover your essence, to find out about the part of you that is forever linked to the Primary Source of All That Is. It can also help you to uncover the unique role you play in God's divine plan.
- Meditation is a journey into the unknown. Everyone has their own individual journey to take. This chapter contains some basic information to help you enter into new, uncharted territories.

Concentration and relaxation are keys to proper meditation. You must be able to focus your whole attention on the present moment, the NOW, during meditation. Your goal will remain out of reach if you become too easily distracted.

It is also important to remain relaxed throughout your meditation. This means a relaxed attitude as well as a relaxed body. Trying too hard is one method that your lower self uses to distract you from your task.

Allow things to flow. If you find yourself becoming sidetracked, then just tell yourself to get back on track. Becoming upset with yourself is a waste of energy that could be constructively utilized toward your meditation. You will soon find that this very attitude alone, going with the flow, will have an effect on your everyday life, causing less tension and less strife in your day-to-day matters. This is just one of the many gifts meditation has to offer.



How your body is situated during your meditation is not the main concern. It is important to be in a comfortable position so there will not be any muscle cramping or stiffening while remaining still for an extended period of time. You may sit in a chair, sit on the floor, or even lie down—whichever is the most comfortable position for you. Also, try not to cross any parts of your body. It is important that the energy is able to flow non-stop, and crossing any parts of your body could cause a limitation. You don't want anything interfering with the desired results.

NOW!

It is very important to stay in the moment, the NOW. This enables you to create stepping stones toward your goal. When you first start meditating, vocalize silently your experience of being in the NOW. For example, “Now I am going to meditate. Now I am closing my eyes. Now I am breathing deeply. Now I am visualizing the color blue.” As you progress in your practice, staying in the NOW will become second nature, and saying it to yourself will no longer be necessary.

Initially, it is important to be fully aware of how it feels to be totally immersed in the moment, and now *this* moment, and now *this* moment, and so on. This is better than a part of you being in this moment, and another part thinking about what’s going to happen tomorrow, or next week, or what just occurred, or what happened yesterday or last week. Being able to concentrate just on the NOW is a beautiful experience. If you think about it, this moment, now *this* moment, now *this* moment, has the only “real” significance.

The way that you breathe is yet another important consideration. Breathe in deeply, to your full capacity, and exhale completely. Breathing in deeply allows more oxygen to permeate the brain, thereby allowing awareness to be increased. In addition, it helps your concentration by focusing and maintaining your attention on your breath. When techniques are taught, you will learn ways in which to utilize the breath during meditation.

The environment cannot be overlooked. Where and when you practice the art of meditation must be considered beforehand. You don't want to be distracted. It is useful, especially when you first begin, and once you have found your very own quiet spot, to meditate at the same time, or times, every day. It is important to establish a set routine for yourself. Later, this discipline will assist you when you begin channeling. You may also wish to light incense and candles. A soft light will also do. This can be very soothing. Comfortable, loose-fitting clothing is essential.

Another important factor to discuss is patience. Do not anticipate immediate results. If they occur, wonderful, but most people have to take one step at a time and work at it. To quote Edgar Cayce, “Patience is allowing the spirit to bear upon what you want.” In other words, be quiet and allow your Higher Self to help you out. You can even practice patience during your meditation by choosing to focus your attention upon that thought.

Finally, it is important that you meditate twice a day, every day. However, when you first start, 15 minutes at a time is sufficient, preferably once in the morning and once in the evening each day. This will help ease you into meditating.



Breath Awareness

This is a very simple technique and can be done with your eyes opened or closed. It does require a particular posture, unlike the others. While sitting, bend your right leg comfortably. Take your left leg and put it behind, or inside, your right leg. Take a large pillow and place it directly under your buttocks. This should cause your back to become erect. You may place your hands on or near your knees, with the palms up, or between your legs, whichever is more comfortable. The object of this posture is to position your belly and body so that an abundance of oxygen can be taken in. You are to concentrate on filling your body with air from the belly up. Put your attention on your breath. If you choose to have your eyes remain open, stare at a spot or object no more than a few feet away. Do not become distracted by the spot or object; keep your attention on your breath.

These, of course, are only suggestions and may be modified as you become comfortable with meditating. Remember to always breathe, to begin your meditation by saying silently to yourself, “Now I am...” so that you are giving your complete attention to your meditation, and to practice for no more than 15 minutes in the morning and 15 minutes in the evening each day. Also, keep a daily log of your thoughts and reactions after each meditation. Go slowly at first, and rest assured that the momentum will follow its own natural course.

Breathe, relax, and enjoy!

Lesson Two:

THE LANGUAGE OF MEDITATION

As you continue to experience the world of meditation, there may be new ideas and pictures that appear for you. In today's lesson I will be discussing some of these experiences, and will refer to them as the *Language of Meditation*.

The language of meditation includes *symbolology*, and *free-flowing thoughts*. I'll discuss symbolology first, as this often brings about your most insightful experiences.

Symbolology occurs during meditation when mental impressions and images appear. Know that each image has significance, not only to you, as a personal symbol, but often as a connection to the Universal Mind as well.

Although symbols occur more often than you may realize, do not become discouraged if you don't see anything when you first begin to meditate. Instead, relax and remain patient. Also, do not try to create symbols during your meditation. Although they can be a stimulus to your growth, they should occur freely.

Free-flowing thoughts occur regularly during meditation. Do not try to stop them. Instead, try listening to your thoughts to discover if they hold a significant message. Next, try *not* listening to your thoughts for awhile. Then listen to them again, and so on as you continue to meditate.

Each time you meditate, try to discover a central theme. Be aware of what your meditation is saying to you. What message does it hold?

Although you don't want to analyze what is occurring as you meditate, you do want to remain aware so that you may explore anything you deem significant.

Dear ones, continue meditating and I guarantee you will be rewarded many times over.



Rhythmic Breathing

Use the technique below during your meditations this week. Stretch your sessions to 20 minutes twice a day, morning and evening. In your daily log, record any symbols that occur. Try to determine if they hold significance on a personal or universal level. Also, record any themes that you may have detected by listening to your thoughts.

Get into a comfortable position. Do some rhythmic breathing, that is, breathe deeply to a rhythmic count. Inhale to a count of 5, hold your breath to a count of 5, exhale to a count of 5, hold your breath to a count of 5. Next, inhale to a count of 6, hold your breath to a count of 6, exhale to a count of 6, hold your breath to a count of 6. Increase the count with each breath, up to a count of 9.

Next, visualize a **Bright White Light**. Concentrate on this for the duration of your meditation.

Lesson Three:

MANIFESTING MIRACLES

If you're drawn to miracles
Like in the days of old,
And wonder how the Oracles
And prophecies they told,

Could be gleaned from sitting still
And breathing in the Light,
Recognize the strength of Will
Aligned with Sacred Might.

They always practiced what they preached
The way that they were taught,
Because the guides could not be reached
Except in silent thought.

To channel from the Book of Life
Revealed by guides so kind,
To ease the daily pains and strife
Of loved ones in a bind,

Your meditations must be done
With joy and open heart,
So you and They can be at One
—Each with a matching part.

Now, you may wish to re-create
A Delphic place to pray,
Where you can always meditate
And hear what guides may say.

Then the path you choose to hark
Will lead through Golden Gates,
Where dreams are never vain and dark
Like men with soulless fates.

Instead, your newfound life will grow
From such a tiny seed,
Like a rose with blooms to show
—Miracles in Deed.



The Rose

Use the technique below during your meditations this week.

Choose a rose, or your favorite flower, for this meditation. Then get into a comfortable position and focus on your breath. Next, concentrate on visualizing the complete growth stages of your flower. First, see it as the seed it once was, planted in the ground. Then watch it germinate and push its tender young stem through the earth up to the sunlight that will nourish it. Watch as it grows into the perfect flower that it is. Become intimate with each leaf, with each thorn, with each petal. Then visualize the final stage as its leaves and petals fall off and the rose decays, falling back to the earth from whence it came.

Concentrate on the details of your flower, including where it is planted, the type of earth it thrives in, how often it is watered, and the surrounding landscape. Know that people are like flowers too.

Lesson Four:

COLOR AND VISUALIZATION

Now it is time to learn about the importance of color and visualization during your meditations. Each color that you meditate upon creates its own vibratory response, chiefly affecting the seven major chakras of the body. *Chakras* are energy centers located within the body. By visualizing the seven colors noted below, you'll be able to open up and balance these chakras. Each color, its significance, and the chakra it is associated with, is listed below:

RED is associated with survival and corresponds to the chakra at the base of the spine.

ORANGE is associated with serenity and corresponds to the chakra located near the spleen.

YELLOW is associated with wisdom and corresponds to the chakra located near the solar plexus.

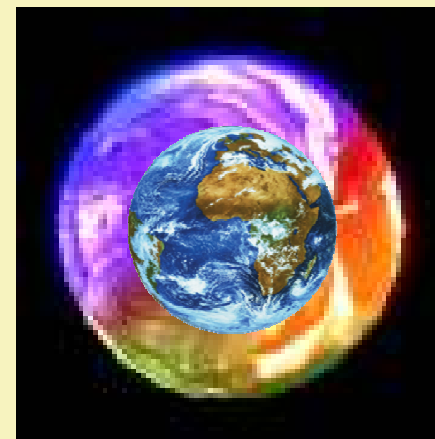
GREEN is associated with vitality and corresponds to the chakra located near the region of the heart.

BLUE is associated with power and corresponds to the chakra located near the throat.

INDIGO is associated with spiritual vision and corresponds to the “third eye” chakra located above the nose, between the eyes.

VIOLET is associated with divine alchemy and corresponds to the crown chakra located near the top of the head.

One other color—**WHITE**—is highly significant and can be utilized at all times. White is a combination of all the colors; it represents purity, the Christ essence.



Visualize these colors during your meditations. Imagine each color surrounding and permeating your whole being. You can also visualize them surrounding and permeating the entire planet. This would be beneficial to the Earth.

If you find that you are having difficulty clearly visualizing each color, then it is perfectly okay to say them to yourself.

During other meditations, when you are not specifically meditating on colors, try to be aware of the color or colors that predominate during each session. Can you determine what each color is saying to you?

Hue-man Rainbows

Use the technique below during your meditations this week. In your daily log, make a note of what color or colors appear and what this means to you.

Get into a comfortable position. Start by concentrating on your breath. Visualize the air being inhaled and exhaled. Once you have mastered visualizing your breath, imagine that you're are inhaling and exhaling the colors of the spectrum.

First inhale and exhale **RED**. Then inhale and exhale **ORANGE**, then **YELLOW**, then **GREEN**, **BLUE**, **INDIGO**, **VIOLET**, and finally **WHITE**, which is all of the colors combined. If you find that you are having difficulty visualizing the colors, say to yourself: **I AM RED!** 3 times on the inhale, and **I AM RED!** 3 times on the exhale; **I AM YELLOW!** 3 times on the next inhale, **I AM YELLOW!** 3 times on the next exhale, and so on.

Color is a gift to humanity; meditate on this truth.

Lesson Five:

POSITIVE AFFIRMATIONS

An important tool in allowing your true self to unfold is to be able to assert information which can lead to a desired result. While meditation is the process of discovering self from the inside out, affirmation empowers you from the outside in. This is personal, because you are the only one who can determine where you are at any given moment. In other words, the affirmation being utilized is only useful until the desired result is achieved.

There are countless ways to tell yourself that you deserve certain manifestations in your life right now. It is best to target exactly what it is that you want to bring about, and then keep your affirmations simple and to the point. You need only formulate one line that can be repeated no less than three times. The purpose for this is twofold. First, this enables you to bring about clarity in your life. Second, when you consciously put it out into the universe, you are giving yourself permission to define what it is you want.

For example, if you desire more abundance in your life, first visualize yourself in that state already. How does it feel, how does it look, how does it smell, and so on. You might think that by saying three times, “I want more abundance in my life right now,” you will set into motion the desired effect. The only thing that this approach will accomplish is staying stuck. The affirmation must be stated in such a way so that you become the characteristic, as if it were already so. Thus, you would state clearly, no less than three times, “I AM Abundance Acting NOW!”

Be creative, not timid, about envisioning those things which are truly of benefit to yourself and others. Affirmation is a powerful tool; use it wisely. You *are* capable of materializing your life’s purpose.

Brother's Keeper

Get into a comfortable position. During the first part of your meditation, focus your attention on each part of your body, starting with your feet. As your attention is focused on a particular body part, allow it to completely relax. When you have gone over your entire body, repeat to yourself three times:

I AM One, I AM Whole, I AM at Peace.

(Remember to breathe!)

During the second part of your meditation, focus on positive affirmations for yourself and others. For example, say to yourself three times:

I AM Love, I AM Light, I AM My Brother's Keeper.

Other affirmations are acceptable as well. Express whatever you want as long as it will create a positive attitude for yourself and others. Say whatever feels appropriate at this present time in your life.

You truly are a wonderful human being!

Lesson Six:

PROTECTION

Today's lesson will discuss the importance of protection. *Protection* is a spiritual safety measure that should be employed before meditating. It is absolutely essential prior to channeling. When you first start channeling, it is important for you to protect yourself many times throughout the day.

When you decide to channel, you are requesting to receive information from the highest sources that will not only be of benefit to you, but to others as well. You are choosing to be a messenger for spiritual beings. Therefore, it is essential that you allow only *their* messages to come through. Protection aids in this process.

By opening yourself to higher realms, you may also inadvertently open yourself to realms where Beings of the Light do not reside. Hence, the necessary precautions. There is no need to fear these other entities; they have their own functions within the divine plan. By protecting yourself, you are simply choosing not to work with them because they do not serve your purposes.

Here are a few simple ways to protect yourself during your meditations, prior to channeling, and throughout the day. It is important to not only say each protective technique to yourself, but to visualize and feel them as well:

- Before each meditation call upon divinity to be with you NOW.
- Repeat the Lord's Prayer or any other humble and sincere supplication to the Creative Source of All That Is.
- Ask the Father/Mother/God for guidance and protection.
- Request to be surrounded in the White Light of the Cosmic Christ Energy.
- Ask God to place a protective emblem over each of your chakras, thus protecting your vital energy centers.
- Command entities that you do not want to associate with to leave.
- Banish unwelcome entities into the Light. This can be done by declaring:
"If you are not of the highest influence, I command you to depart NOW, never to return."

Protecting yourself should never be done out of fear. Children of the Light (You!) have nothing to be afraid of for you are ever at One with the Father/Mother/God. A desire to protect yourself should emanate from the heart and be done with love. For example, when asking unwanted entities to depart, feel genuine love and compassion for them. Such entities thrive on fear and are subdued with love.

At the end of each meditation, thank divinity for watching over and protecting you. Be sure to thank all the other spiritual guides who helped you as well.



White Light

Now that you know how to protect yourself, be sure to do so prior to each meditation. Practice protecting yourself at least seven times throughout the day as well. Continue to keep a record in your daily logs.

Get into a comfortable position. Visualize a **Bright White Light**. Allow the light to surround you inside and out. See it spreading 70 feet, then 770 feet, in all directions. Now visualize the white light surrounding the Earth, inside and out. See it spreading 70 miles, then 770 miles, in all directions. Concentrate on holding the light in that position for the duration of your meditation.

Lesson Seven:

CHANNELING

Channeling establishes a rapport between yourself and higher beings. When you channel, you have consciously chosen to step up your vibrations to meet, halfway so to speak, with Ascended Masters, spiritual guides, benevolent extra-terrestrials, and other angelic beings who have allowed their vibrations to connect with yours.

Before we continue with this discussion on channeling, an explanation about Ascended Masters and benevolent extraterrestrials is in order. Ascended Masters are great beings who lived on the Earth just like you. However, they balanced their karma and are no longer required to experience the “wheel of rebirth.” In other words, they graduated, or ascended, from the Earth. Benevolent extraterrestrials are also great beings, much like the Ascended Masters. However, their evolutionary growth mainly occurred in other realms, not on the planet Earth.

The Ascended Masters and benevolent extraterrestrials share one important similarity: their common desire to serve God by serving humanity. These great beings, along with your spiritual guides, have banded together out of unconditional love to aid you in your individual and collective growth. However, they will not interfere with Free Will. You must ask for their support.

Channeling is one way to ask for their guidance. It is a means by which you consciously choose to be a divine conduit to receive messages from these higher beings. You may then pass these messages on to all who are willing to hear. By choosing to channel you are aligning yourself not only with the Ascended Masters and other higher beings, but with the Universal Creative Source as well.

Channeling is a noble endeavor. Messages are received from higher beings in other realms. They are accessed through mental telepathy. Sometimes messages are received word for word. At other times a thought “bubble,” or thought concept, is mentally apprehended.

As you begin to channel, the messages will more than likely be brief. This is due to the necessary adjustment, or vibratory alignment, between your realm and theirs. It is important, especially at the beginning, to challenge all sources of information. This can be done simply by asking, “Are you of the Christ Light?” or “Are you aligned with the Pure Essence of God?” If not, then the “thoughts,” or message, will vanish. Trustworthy information will persist.

Know that the Masters want you to challenge all sources of information so that you may become adept in your discernment. Another clue is that the Masters will never criticize or berate you. If the messages you receive are belittling or especially critical, challenge the source at once, for you are probably dealing with an impure entity. On the other hand, excessive personal praise should be challenged as well, for the Masters consider everyone special. We are all One in God’s eyes. These tips will help you to maintain purity as you begin to channel.

Plan to begin channeling each day after achieving the proper meditative attitude. Say your protections. Always have a pad and pen or pencil nearby so that you may write down any messages that you receive. As stated, the messages will probably be brief at first. Nevertheless, write down everything that you receive, no matter how silly the message may seem at first. Allow the information to flow. You are the conduit, or channel, not the message-maker. Therefore, do not try to second guess the Masters. (Don't confuse this with challenging the source of suspicious information.)

Know that anyone can channel. The Masters have made it available to everyone, not just to a chosen few, for the Masters are ever willing and eager to spread God's message. Isn't it time for you to work with them? The choice is yours.



Phone Home

Meditate twice each day utilizing the White Light method taught in the sixth lesson. Follow the proper protection procedure before proceeding. Have a pad and pen or pencil nearby. After feeling that you're properly centered, call upon the Ascended Masters and your spiritual guides. Ask if they have any messages for you that would be of benefit to yourself or others. Let them know that you are ready to receive them. Then listen in your mind, and when it feels right, write down any messages you may receive.

Relax and focus your attention on receiving information, not on the possibility that nothing will come through. When you are sure that contact has been made, don't be concerned about overtaxing the Masters' time, for they are ever happy and willing to be with you.

CONCLUSION

You have only just begun your journey into self-discovery. Continue to expand your horizons through meditation and channeling. You may wish to start a new meditation and channeling group. At the very least, continue meditating daily.

Take this time to review what has been learned and gained through meditation. If you are facilitating a group, realize that you are helping to create a support system that will ultimately aid in humanity's enlightenment. Remind everyone in the group that new insights are always there to be found through meditation, for the answers are within. With meditation we are ever able to connect with the central part of ourselves—our inner being that is eternally at one with God. This special communion has been re-established, and it need never be lost or forgotten again.

Continue to journey within, for this is the best tool in gaining answers to your many questions, and to the questions others may have. Go forth in God's eternal love and light. Be of service to yourself and others, for this is your highest calling.



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For more information about
Meditation and Channeling, visit:

SUMMON THE LIGHT
www.SummonTheLight.com