

Spiritualism New Zealand

# Channelling a Book

Information for participants

Message from Spirit:

*“You have chosen to be endowed with certain types of wisdom. Channelling is simply a way of unearthing it. Don’t doubt you can do it, simply start off by understanding that you are learning how to access this wisdom. Give yourself a bit of leeway but then fully embrace your abilities – there is no benefit to not doing this. Each of you has a set of gifts, and what you are being offered to channel is information that fits with your abilities, interests, and essence.”*

## SESSION DETAILS

The aim of the session is that we jointly channel information and wisdom from our guides / higher self, that will be made into an e-book. The topic we’ve been given for the e-book is **‘How to move peacefully, and in a heart-centred way through these changing times’**.

We’ll start off with a guided meditation. Then we’ll each take turns to channel information. It will be recorded during the Zoom session.

Spirit will guide us as to who will speak in which order. Perhaps we’ll speak more than once.

I’m expecting that we will do conscious channelling, but if you are called to do trance channelling, that’s OK.

Afterwards I’ll transcribe the information and make it into an e-book (as a pdf). I may need to contact you if there are parts of the recording that are difficult to hear. When the e-book is ready, we can share it with others.

## PREPARATION & PRACTICE

You are welcome to practise channelling beforehand if you feel called to do so. You may like to practise more than once, as it may take time to find the best way to work with your guides. For example, you may find that they speak too fast, or bring through information in various ways such as words, images, stories, metaphors, concepts, etc. You may need to train your guides as to the best way to communicate with you!

If you are new to channelling you might doubt the messages you get, so putting in some practice will help you to start trusting what you’re receiving, and it will feel more natural after a while. Don’t waste energy thinking you are making things up, instead spend the energy on building a connection.

The best way to connect with your guide is to listen – quietly. Listen to that quiet voice, however it presents itself to you.

You may like to voice-record what you get, or you may like to write it down. Note that you won’t be writing at the session in June.

## YOUR PRACTICE SESSION

### **Organise practicalities**

Ensure you are in a good frame of mind and feeling grounded. If you are unsettled or distracted, it's best to wait until you are calm.

Set aside time when you will be uninterrupted.

Have a way to record what you channel – it could be a voice recorder via your phone or laptop, or pen and paper, or a laptop you can type into with eyes open or closed.

### **Prepare the environment**

Prepare it in whatever way is most conducive for you to channel. It may be sitting indoors, sitting in the garden, or out walking in a forest.

Make sure you are physically comfy – have had enough food/drink, been to the toilet; the temperature is right; comfy clothes. You can choose your lighting, and whether you have music, candles, crystals, etc.

Turn off your phone or set it to flight mode if you are using it to record.

### **Bring in protection**

Choose a way to bring in protection – for example, have four obsidian crystals and place one in each corner of the house or room; cleanse or smudge yourself and the area, eg with sage, or use palo santo; ask for white light protection.

### **Set your intention**

It's essential that people have integrity of intention when channelling. All channelling should be done for the highest good of self and others.

Set your intention with your guides / higher self. It may simply be to receive any information they would like to pass on to you; or it may be something specific.

Ask your guides to only bring through information that is of a high vibration.

### **Tune into the right energy**

I've recorded a meditation you can use before you start channelling.

To listen to it, go to <https://www.kimchamberlain.com/channelling-a-book.html>

If you are familiar with working with your Akashic Records, you may like to open them now. You can close them when you've finished, if you wish.

### **Channel your messages**

You are welcome to channel any messages that come through, and / or use the practice topic *'How to be my authentic self'*.

Record or write your messages as you receive them.

If you speak the messages, it may help if you do it standing up. If you write or type them, don't try to edit, check spelling, add punctuation, look up a word you don't understand, or work out what the message really means. All of that can come afterwards; it's best not to break the flow.

If you don't receive anything for a while, simply start writing or saying anything to start the flow and wait for the channelled information to come. If it doesn't come, it may be time to stop and try again another time ... and have a chat with your guides about what happened!

### **Thank your guides**

After you have finished, thank your guides for choosing to work with you and for what they have given you.

If you have any questions, feel free to email me on [kim@kimchamberlain.com](mailto:kim@kimchamberlain.com).

See you soon,

Kim Chamberlain