



OPEN YOUR CHANNEL

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Module 1

Know Thyself

This path is not just about knowing spirits or gathering outside information but about knowing yourself more fully.

What is your life path and or what are some of your goals?

Why do you want to be a medium/ channel?

What do you believe about the spirit world and life after death?

Who do you need to offer forgiveness and compassion for?

Write/ say a prayer and light a candle for that person everyday this week. You can repeat this for anyone else that you want to do this with.

Create some affirmations to support your journey.

Examples: Mediumship/ channeling is easy for me and I am advancing quickly. I fully remember my previous training and knowledge in how to be a channel. My system is upgrading quickly. Connecting to the spirit realms is natural.

What forms of mediumship might feel easiest to you at this point? What would you like to explore and practice?

What is the biggest doubt that you have about this work? Where does it live in your body?

What is the replacement belief that you are cultivating?

What is the biggest fear that you have about this work? Where does it live in your body?

What is the replacement belief that you are cultivating?

What is the biggest judgement or comparison that you have about this work? Where does it live in your body?

What is the replacement belief that you are cultivating?

Module 2

Becoming the Channel

It is not about seeking, forcing or chasing but about clearing out all that blocks you, aligning with light and being present.

Do you feel that you need to open more, and up-regulate the channel or do you need to stabilize more and down-regulate and why?

What are some things that you can commit to that will help you achieve this?

What else can you commit to in order to raise your vibration on a regular basis?

Homework:

1. Continue to work with your higher self on a regular basis through the meditations and practices we have done so far.
2. Create time and space to allow movement, breath and sound to help you to process any emotional debris in your system.
3. Ask for your mediumship mentor to start working with you and upgrading your system so that you are ready to meet soon.

Module 3

Mastering The Channel

1. Places that I tend to give away my power...
2. Things that I was taught about boundaries as a child and how this might relate to my own energetic and spiritual boundaries now...
3. Do I see boundaries as a negative or positive aspect of relationships.
4. Ways that I can work on my boundaries and sovereign state on a regular basis.

Homework:

1. Continue to work with your higher self on a regular basis through the meditations and practices we have done so far.
2. Continue to work with emotional release.
3. Start more focused work with your mediumship mentor.

Setting aside times for divine wisdom gives the beings that are around you permission to work on you.

Module 4

Integrating The Channel

1. When I think of letting people know about this part of myself I feel...
2. Some safe people that I know who I could talk about this with or places I could go to find those people.
3. Right now, where do I see I need to work.. in physical, energetic, spiritual practices to more fully stabilize?
4. Are there areas of my life that I need to find more congruence?
Is this work in alignment with my internal belief structures, mission and service? Are there any areas that I am out of alignment in my life?

5. Where might my ego trip me up on this path?

6. What offering could I have to start to bring this work to others in my life more?
How do I want to start talking about this?