



OPEN YOUR CHANNEL

Katherine Bird

Welcome to Open Your Channel!

Thank you for joining Open Your Channel. I am excited to begin this journey with you and I am committed to helping you find the connection to yourself which translates to your connection to the Divine and all streams of information and light which we have access to at this time.

First Thing To Do

Please fill out this form. You can not participate until this form has been completed. <https://forms.gle/9zv2spqVmrXX29v5A>

Classroom and Materials:

Your course will be on the back end of my website: katherinebird.com. You can find a small link in the upper left corner to log into your courses. You can also directly go through this link: <https://katherinebird.com/my-courses/>

You should have received at sign up an email with how to log in. Your email should be your log in and you should have chosen a password on sign up.

Further tech questions are to be submitted to: support@katherinebird.com.

All of the recordings will be here, as well as the workbook.

The workbook is for you to use to explore some of the concepts that we will be touching on.... what you get out of this work will really depend on what you put into it. I encourage you to print it right away so that you can use it to take notes. I encourage you to take these questions and explore them within the Forum and on the group calls. Sharing who you are can be challenging at first. But, you must

allow others to see you for your work to have a great effect on the world. Even if you do not want to be a 'channel' for a living, it is so healing to allow this work to be seen.

We have a Forum on Mighty Networks

This will be a place for asking any questions about the program, the assignments and to reflect on what you are receiving throughout our time together. Every question is a good question. Every reflection brings clarity for us all. I encourage you to be free and open in your shares. The way to get the most out of this time together is to be devoted and present throughout.

You will be able to post here any time and I will respond. Please also offer your reflection and perspectives for others. You will have access to this group and The Nest, the main Mighty Network community.

Join Now: https://network-5012136.mn.co/share/PW9XdgpKVkHkCQ1M?utm_source=manual

If you are struggling, uncertain or in need please reach out to me via the group!

Booking Private Sessions and Consults:

If you are booking private sessions, here are the links. I am available for consults to discuss further work and that can be booked via the online link.

On-Line Sessions:

Please use this link to book your sessions: <https://heal.katherinebird.com/booking>

Conferencing Software for Live Calls

We will be using Zoom for our coaching, channeling calls. Everyone will have access to the videos from the sessions. Although, you will have access to the recordings, I ask that you make the session in person. This way we are building a more powerful container for all of us and you will get any questions answered.

Here is the link for the conference:

<https://zoom.us/j/5080994131>

Meeting ID: 508 099 4131

One tap mobile

+16699006833,,5080994131# US (San Jose)

+16468769923,,5080994131# US (New York)

Dial by your location

+1 669 900 6833 US (San Jose)

+1 646 876 9923 US (New York)

Meeting ID: 508 099 4131

Find your local number: <https://zoom.us/j/5080994131>

You will be muted on entry. I will be offering a live teaching based on the current energies and group inquiries, clarifying the topics.

We will also go into practice space to work on presence, connection, energetic sensitivity and to develop new meditation techniques that support this path.

There will also be time for questions which you can ask live or via written chat. If you can not make a live call, you can email or FB or Mighty Network message me with questions.

This is about participation. So, please be prepared to give this time your full attention. Turn off your phone, go to a quiet space without distractions. You will only get out what you put in. I encourage your presence.

Homework

By incorporating the practices and concepts that we are working with into your regular meditations and practice times, you will progress in your abilities and offerings.

Hydration

Drink lots of water. Channeling and spiritual connection require more support of the physical body. IF you feel overheated drink coconut water.

Journal

Please get a journal that will be for this work and your inner life, to write about your experiences, the practices, what is coming up for you and your meditations. This is vital to deepen the journey and to give you reflection time. Especially in channeling, you might receive a lot via writing.

Sacred Space

It is important for you to have a sacred space in your home. Create a place that feels good for you to be in. It should have room for you to move. A spot in front of a window that looks onto something lovely or a special piece of art that makes you feel good to look at is a place to put your Yoga mat. A small table to create an altar is important. Here you can place objects that feel special, sacred or powerful to you. Images that reflect the aspects of you that you would like to see come out, candles, stones and crystals, animal images, objects from nature, whatever draws your eye and makes you feel good. Have a meditation cushion (so that when you sit your pelvis is above your knees) nearby. Your altar is a channel itself, streaming light into your space and anchoring your prayers and intentions.

This is a place that will bring you peace and power. This is where you will be doing your home practices.

Be sure to have candle(s) as light is important in this work.

Dates: April 2 - June 4: 9 weeks

Release Dates of Modules: April 2, 16, May 7, 21

Live Calls: April 16, May 7, May 21, June 4 all at 10am PST

If you have any questions, please reach out.

support@katherinebird.com

kat@katherinebird.com

323. 337. 7607

You are amazing! I am so honored to be taking this path with you!