

## Channeling Entities from the Spirit Realm and Speaking With Spirit Guides

Because I am often asked about my channeling experiences as well as how to speak with spirit guides I decided to address the matter on the Dragon of Drama website for the benefit of others who may be interested as well. I will begin by describing my own channeling experiences then I will discuss who spirit guides are, how to contact them and how to speak with your guides.

My channeling experiences began like this: When the entity Z, The Master of All Things made his presence known to me years ago I struggled during our first year of communication before I finally accepted the fact that Z was real, that he was acting as my spiritual guide and that he was not going to harm me. But before I came to these realizations there were times when I questioned my sanity because I had never heard of spirit guides and I had no one to lean on for support. Z was patient with me as I learned how to trust that he was real and to trust that the information he was giving me was truthful and to trust that he was not intending to harm me. It was especially difficult for me to believe that Z was not going to harm me because my awareness of his presence came at a time in my life when my world was just beginning to crash down around me so I had every reason to believe this entity was out to get me.

One day while I was doing some research on the internet I stumbled across a spiritual/metaphysical website that contained information I had never even heard of. Much to my surprise the author of the website had a spirit guide who was also a highly evolved entity whom she had developed a very close and trusting relationship with. Needless to say I was very relieved to know that spirit guides really did exist and that it was okay to communicate with them. After that synchronistic event, which by the way I did not recognize as being a synchronicity at the time, I came upon a row of books about spirit guides in my favorite bookstore. As I browsed through the books I again experienced a sense of relief that spirit guides really did exist; that lots of people were communicating with their guides and that I had not gone over my mental edge after all. So I calmed down and allowed Z to enter into my presence without any resistance from me and from then on we began to cultivate a very close relationship as I came to understand the magnitude of his existence and my relationship with him. Z taught me many things I had never even heard about in regard to universal matters which was always confirmed in some fashion later on. For example I would come across something Z taught me that was stated almost verbatim in many of the books I was reading at the time. I had the same experiences when I was doing research on the internet in preparation to write my thesis and my dissertation. Regardless of how the information was confirmed I would always be in awe of the fact that Z had already taught it to me.

Then Z assisted me in channeling entities from high vibrational frequencies which at first was a very overwhelming experience. Then I began to channel deceased family

members and others on behalf of someone else and of course the occasional visitors who just stopped by for a friendly chat. Speaking with Z was one thing but channeling entities from very high realms was a whole other experience and sometimes even frightening because of the way these entities entered into my presence. The way I channel entities from the higher realms is much different than how I channel those from the lower realms. When I channel entities from the higher realms their communication typically comes in through my crown chakra. If you are not familiar with the chakras, the crown chakra is the seventh chakra located at the top of the head. When I receive communication in my crown chakra it feels like the top of my head is opening up wide like an observatory and as the entity speaks I will experience a great deal of pressure in the top of my head. My temples will pulsate and the pressure often makes me feel a little sick to my stomach. My eyes will feel like they are going to pop out of my head including my third eye. I will feel an overall weakness and tend to get dehydrated. These physical reactions can last about thirty minutes to an hour after the entity has left my presence. Z always instructs me to rehydrate, get nourishment and rest.

I am not sharing my experience to scare anyone away from channeling high vibrational entities except to forewarn you that it is very important to understand how energy affects the channeling experience. Energy travels along vibrational frequencies, thus the higher the realm an entity is from the more powerful their energy is. Typically entities from higher vibrational frequencies will power down their energy to the energy level of the individual channeling them but even so there are physical affects because the energy is still so intense. I have actually turned down channeling opportunities with certain high energy entities until I was sure that I was physically up to the visit. I am learning how to run higher levels of energy through my body so that as the entity powers down his energy my energy is raised sufficiently to help avoid the physical affects. This is not easy and it takes practice to raise energy and not be overcome by the powerful affects especially when the energy reaches the crown chakra and your head feels like it is going to explode from the intense pressure.

Z is a very high energy entity but because he speaks to me on a daily basis and he has taken on the role of my spirit guide he always powers down his energy to a level that I can endure. But even so Z has been known to power up his energy when he gets on a role especially when he is speaking or teaching in the presence of others. Incidentally, I do not channel Z through my crown chakra. I feel Z's presence and I hear his words before he speaks the words through me. As I said earlier the way I channel lower vibrational entities is very different. Typically the communication from them comes in through the back of my head and I hear them speaking to me. Unless the entity wants to draw attention to his presence the communication is not usually verbalized. There is one particular entity who visits me occasionally and when he enters into my presence I hear him in my right ear. I have also encountered unexpected visitors who prefer to communicate through automatic writing. When this occurs I feel the energy of their

presence before they utter a word. I assure them that it is okay for them to speak to me and then we engage in lively conversation.

So you may be wondering if there are any differences between channeling and speaking with spirit guides and if so what are they. The differences are that when you are interacting with spirit guides you are typically speaking to friends, family members or spirits from the other side who are looking out for your best interest as opposed to the experience of channeling in which case you are actually interacting with the vibrational energy of an entity as well as their level of enlightenment and their intentions. This means that you can unknowingly interact with low vibrational negative energy entities whose only interest in you is to cause harm to you or to get you to do something for them that is not in your best interest. You must be very careful in discerning the intentions of an entity before you agree to any further communication. You have the right to ask them pertinent questions just as you have the right to ask them to leave your presence if you sense or feel negative energy coming from the entity or they are attempting to take over your mind or threaten to put you in a trance. If you have an interest in channeling it is advisable to know the do's and don'ts before you start communicating with various energy entities especially if you are a novice. I said earlier that Z assisted me in my channeling experiences which he did intentionally to be sure my channeling experiences were not harmful to me in any way. Channeling can be a very rewarding experience because high vibrational entities are always seeking opportunities to share their knowledge and wisdom as well as to send important messages.

#### About Spirit Guides:

Everyone has at least one spirit guide and there are very specific reasons why we have guides. Your spirit guide or guides are there to assist you throughout the course of your human journey. In most cases a guide will assist you during a phase of your journey or to help you learn a particular karmic lesson and then afterwards another guide or guides may step in to assist you throughout the remainder of your physical journey. Spirit guides can be deceased family members and friends whom you have shared a karmic relationship with from previous life existences. There are no standards in this respect as every karmic relationship differs from one to the other. Guides are usually of the opposite sex but that is not a hard and fast rule. There are many underlying factors too complex to discuss here which have to do with the relationship you have with those who have agreed to guide your human experience. It is very common for such acquaintances to play various roles and these arrangements will be unique to your physical experience as it relates to the purpose and the fulfillment of your incarnation.

The next question I am asked the most is “how do I speak to my guide?” Before I begin describing the process I want to be sure you understand that spirit guides do not need your conscious awareness to communicate with you. The work they do on your behalf is typically done without your awareness. You can discern or detect their presence in many ways. For example you might be aware of a feeling or hear a voice guiding you in one direction or another. They may help open up doors of opportunity or they might be helping you resolve a karmic debt. You may experience your guides in your dreams and you are probably interacting with them on a psychic level in the course of your day even though you might not be aware of it. If you pay close attention to these forms of communication you will be pleasantly surprised to realize that your guides have been communicating with you all along even though you did not know it.

Your guide or guides know when you wish to communicate with them in your conscious awareness. So in this respect do not be afraid to politely ask them to introduce themselves to you. Please bear in mind that your state of mind is the controlling factor in initiating contact with your guide. If you are unbelieving or if you have a negative or controlling mental attitude your guide will not be in a hurry to communicate with you. Although guides have their own way of communicating you should be prepared by having a pen and notepad with you just in case your guide elects to use automatic writing. Automatic writing is best defined as feeling your fingers move without your own force and the information is not generated from your mind. Automatic writing can be done on a computer, it can be in text form just as well as it can be done on paper. Spirit guides are very intelligent beings and are up to snuff on modern technology so do offer them any means of communication you have available. Z has been known to send text messages to my son or daughter (he watches over them carefully) when it was the most appropriate means of communicating with them on the QT and believe me my kids know the difference between me and Z! Once you have expressed your desire to speak with your guide and you have offered whatever communication you have available just sit quietly, relax and wait for your guide to begin communication.

If you experience what appears to not be a response from your guide do not worry about this. Most often it is not that our guides are not communicating but rather it is us who are not receiving the communication because we have a tendency to throw up psychic barriers from fear or being nervous. It takes a little practice but once you establish communication you will find them to be great company. They will spend time teaching you about matters that are pertinent to your physical journey and they will also be there to help you make the pass from your physicality back to the realm or plane you existed on prior to your incarnation.

When it comes to knowing the names of your guides you might be surprised to learn that they are not necessarily concerned with being identified by a particular name. Therefore, they may or may not provide you with a name or they may ask you to select a

name you desire to identify them with or they may choose to identify themselves with a name that was meaningful to you in the relationship you shared with them prior to your incarnation. I communicate with a group of guides known as the Collective We and to this day I have no idea how many entities make up this collective group nor do I know any of their names. They have only seen fit to identify themselves as a collective and have never been forthcoming with any other information as far as their identity goes. There was only one occasion when an entity from this group during a one on one conversation chose to be identified with a name and not very willingly I might add. Sometimes their names will be relative to their title or their level of responsibility. Although Z's universal title is the Master of All Things his name also has a universal significance.

As is always the case with we humans we have a tendency to categorize, departmentalize and organize the matters of life, hence channeling and speaking with spirit guides are no exception to the rule. So it goes without saying that there are always the experts or gurus who provide steps, lists, charts and graphs designed to provide us with the most beneficial means of knowing how to channel and speak to our spirit guides. While these do serve their purposes do not get hung up on dotting all the i's and crossing all the t's. It is really more a matter of following your intuition or just simply paying close attention to information that streams in from outside of your scope of knowledge or understanding. I hope that I have shed light on the matter of channeling and speaking with spirit guides and I hope that you found this article helpful. If you have any questions or would like to share your experiences please feel free to contact me.

Thank you,

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*The psyche is a gestalt of aware energy in which your own identity resides, inviolate, yet ever-changing as you fulfill your potentials. You are your psyche's living experience, its human manifestation. Yet you allow yourselves often to become blind to brilliant aspects of your own existence...Seth*