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Channeling: What Is It? How to Do It!
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You are already a non-stop, 24/7 expert channel of:

i. Conscious self
ii. Higher self
iii. Other selves, your spiritual family
iv. Other people, times, probabilities, remote-viewing, etc.

7 Steps to Guiding What You Receive as a Channel

1. Believe it’s possible - understand, convince yourself, lean into it.
2. Know what you want - the outcome; the end-result. Let it be something you love and care about, not something you may be resisting.
3. INTEND to channel - have clarity and follow a simple process (like these steps).
4. Create the space to receive - time, location, silence your inner chatter.
5. Physically move into receiving it - write, act, pretend.
6. Refine - decide if what you receive is useful and ideal (it is channeled, but is it what you wanted?)
7. USE IT when you're ready - act on it, share it, rely on it, collect it, save it, etc.

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