Step 1 - Achieving a Relaxed State

Goal:

This exercise is basic preparation for channeling by learning how to relax. We want your experience of channeling to be relaxing, easy, and joyful.

Preparation:

Pick a time when you will be undisturbed for at least ten or fifteen minutes. Turn off the phone. If other people live with you, let them know you want to be left alone and close the door. It is amazing how a peaceful, meditative state can attract children and people who suddenly want to talk to you. Create an enjoyable, soothing environment around you. Wear loose clothes; it is important to feel comfortable. Pick a time when you feel wide-awake. If you have just eaten or if you are tired, wait until later. Put on some soothing, gentle, calming

music.

Steps:

1. Find a comfortable sitting position, on either a chair or the floor, which you can easily hold for ten or fifteen minutes.

2. Close your eyes and begin breathing calmly and slowly, taking about twenty slow and rhythmic connected breaths into your upper chest.

3. Let all your concerns go. Imagine them vanishing. Every time a thought comes up, imagine it on a blackboard, then effortlessly erase it, or imagine putting each thought into a bubble that floats away.

4. Relax your body. Feel yourself growing serene, calm, and tranquil. In your imagination, travel through your body, relaxing each part. Mentally relax your feet, legs, thighs, stomach, chest, arms, hands, shoulders, neck, head, and face. Let your jaw be slightly open, and relax the muscles around your eyes.

5. If you choose, imagine a bubble of white light around you. Imagine its size, shape, and brightness. Play with making it larger and smaller until it feels just right.

6. When you feel calm and relaxed and ready to return, bring your attention slowly back into the room. Savor and enjoy your state of calm and peace.

Evaluation:

If you feel more calm and relaxed than normal, not how you imagine others to feel, but for you, then proceed to the next exercise, Holding a Focus and Concentration.
If you do not feel more calm and relaxed than normal, either stop for now and do this exercise again at another time, or go back over the steps and spend more time relaxing each part of your body. Try inventing your own processes or thoughts that will bring you to a more relaxed and calm state.

If you are not successful at relaxing, usually it is sufficient to practice every day for twenty

minutes or so for one to two weeks to grow accustomed to deeper relaxation and inner stillness. This regime is not absolutely essential, but helps you become accustomed to the state of mind that is best for a guide's entry.