Step 2 - Holding a Focus and Concentration   
  
An important aspect of channeling is being able to focus, so you can receive and put out energy at the same time. If you are bringing through high, transformative energy from your guide, you want to act as a channel, receiving the energy at the same time you are transmitting it.

If you are channeling verbal information with your guide, you will want to receive information from your guide at the same time you speak. The challenge in channeling for some people is that they receive easily, but find it difficult to speak at the same time. You can learn this kind of mental-physical dexterity.

When people sit to meditate or relax, everything on their minds may begin to surface. One woman said that every time she sat down to channel, she would think of everything she had to do. She would think of people she had forgotten to call, letters that needed answering, and all the things around the house that she needed to do. She decided to keep a pad of paper to jot down these thoughts as they came up. Once she knew she had written them down, she could relax.

She said that if she did not write them down, she would get so concerned about the possibility of forgetting them that she would have difficulty going any further and would eventually stop. This worked for her. If you have the same problem, experiment with what works for you.

Spending time getting used to expanded states of consciousness is important. Learn to quiet the normal flow of your thoughts and concentrate on one idea at a time. Do not worry if you find it hard to focus, for as you continue, it will get easier. Your ability to concentrate and achieve one-pointed attention upward is what allows a clear connection with your guide.

Goal:

The mind is naturally fast and active. For channeling, the mind needs to develop some degree of skill in directing this speed and activity into concentrating on the flow of information coming from your guide.

Preparation:

Be able to achieve a relaxed state, physically and emotionally. If you like, listen to some very soothing, calming music. If you want, keep something nearby to record any to do lists that come up.

Steps:

1. When you feel relaxed, pick one positive quality you would like to bring into your life. It might be something such as love, compassion, joy, or peace.

2. As you think of that quality, imagine how many ways you could experience it in your life. How would your feeling that way change your life?   
What would you do differently if you had more of that quality?   
How would having it change your relationships to other people?

3. Hold the images and thoughts clearly in your mind for as long as you can. Try this for at least five minutes.

4. Watch the intruding thoughts that come up about unrelated topics. If they are important and you need to remember them, jot them down so you can let them go from your mind.

At other times repeat the exercise, focusing on an object such as a flower, crystal, or any object you feel an affinity to. This time observe the object, noting its color, size, and detail for at least five minutes without intruding thoughts.

You might also try imagining a great being, a Master, sitting in front of you. Imagine you are looking into the eyes of the Master and aligning with his or her incredible presence of love and peace. See if you can hold this connection for at least five minutes. If your thoughts wander, just let them come back to the focus you are holding. Do not worry if your thoughts wander, this is normal.

The most important aspect of this is how quickly you catch that you have lost the focus and then how easily you regain it.

Evaluation:

Notice how long you are able to hold a focus. Five minutes is a very good start. If you cannot hold this focus for at least five minutes, start with a minute every day for a week or so, until you can stay focused for at least five minutes at a time on something of interest to you. Practice during the day when you are working on a creative project, noticing how long you can focus completely on what you are doing. When you can hold a focus for five minutes or longer, go on to the next exercise, Attuning with Life Force Energy

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Opening to Channel: How to Connect with Your Guide - Sanaya Roman & Duane Packer