Step 3 - Attuning with Life-Force Energy

Goal:

When channeling, you need to sense the presence of your guide at a feeling, intuitive level. Sensing the subtle vibrations of life-force energy begins to open your awareness.

Preparation:

Be able to relax, and have mastered concentrating for at least five minutes, as in the Holding a Focus and Concentration exercise. Prepare yourself in the same way as for the Achieving a Relaxed State exercise, including the use of music. Find an uninterrupted time and a place where you will be undisturbed.

Have within easy reach 2 crystals (or any 2 pieces of jewelry with stones in them) and 2 flowers or plants within easy reach.

Steps:

1. Find a comfortable position, relax your body, quiet your thoughts, and calm your emotions. Let yourself have at least two to three minutes to relax. Imagine calling all of your energy back to yourself from everywhere in the Universe you might have scattered it. Imagine letting go of anyone else's energy that you have taken on and sending it upward.

2. Take one of the crystals or jewelry stones in your right hand. Send out your welcome to the crystal. Feel its perfect pattern. Imagine that each crystal has a special type of energy that can amplify something good for you. Sense the energy in this crystal, even if it feels like you are making it up. Mentally ask the crystal about its purpose. Explore if you can put words to what you are sensing. Give the crystal at least two or three minutes of your attention.

3. Put that crystal down and pick up the other crystal. Do the same thing with this crystal and notice any differences you sense between the crystals. It may feel as if the energy is coming from your imagination. That is as it should be. Notice that you CAN sense energy at this subtle level.

4. Put the crystals away and pick up one of the flowers or touch one of the plants. Greet this flower or plant and get to know it. Notice how you are able to feel its aliveness, its energy. Spend at least two or three minutes sensing and greeting it.

5. Put it down, and pick up the other flower or touch the other plant. Greet this flower or plant and get to know it. Notice how you are able to feel its aliveness, its energy. Notice the differences in energy between the two flowers or plants.

6. Come fully back, stretch your body, and open your eyes.

7. As you recall your insights, fill yourself with the conviction that you are able to sense the subtle energies of other life forms. Recall as many of the qualities and differences in the life-force of the crystals and flowers as you can.

Evaluation:

If you are able to sense these subtle vibrations, even slightly, even if it feels like you are just making it up, that is good. Proceed to the next exercise, Channeling Posture and Position.

If you cannot sense anything, repeat this exercise at other times until you can. Try sensing the energy in other objects, animals, or plants, and do this with a sense of play and discovery, for there is no right or wrong way to sense energy. Trust that whatever you get is perfect for you and just what you were meant to sense.

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