Step 5 - First Meeting with Your Guide

Goal:

This is to welcome you to the guide's realm and to enable you to gain a conscious impression of the guide you will be channeling.

Preparation:

Complete Attuning with Life Force Energy and Channeling Posture and Position exercises in Chapter 6 before doing this process. Put on some soothing, beautiful music that gives you a feeling of reverence and uplifts you.

Steps:

1. Get into a comfortable position with your back erect. Once again examine your body position, starting with your feet. Notice the placement of your hands, back, and legs. Become aware of your breathing. Close your eyes, and begin to take a few deep breaths. Enter into the channeling state you have practiced.

2. Imagine going higher and higher, transcending ordinary reality and entering into a higher dimension of love, light, and joy. Imagine being bathed in light; feel the space about you full of beautiful, soft, white light.

3. Imagine that many beings of light are coming closer to join you. Feel their love and caring for you. Open your heart to receive them. Imagine the doorways opening between your reality and theirs. Sense the presence of many loving and high beings all around you, welcoming you into the higher realms, where there is joy and unconditional love. Imagine them creating a doorway for you into the higher realms.

4. Realize it is no coincidence that you are making this connection. Reflect on the whole chain of events that led you to this moment — the chance meetings, the books, and the changes that have already been occurring in your life. Your guide and all the guides are aware of you and are holding a special welcome for you as you join more closely with them.

5. Imagine that there is a doorway in front of you. On the other side of this doorway is a world of light, of higher vibration, and of accelerated growth for you. Go inward, into your heart, and ask yourself if you are ready to make a larger commitment to yourself and to your path of service. When you are ready, walk through this doorway. (If you are not ready now, it will be all right if you choose to walk though the door even weeks, months, or years later.) Feel the light pouring upon you, healing and cleansing you. Accept this new level of

light into your life. Be aware that this is a very real doorway and that your life will begin to change in positive ways after you walk through it.

6. There is a plan for humanity’s evolution that many high beings are broadcasting. Sit silently, and imagine you are tuning into this broadcast. Pretend that your energies are aligning with this plan, so that as your path unfolds everything you do will be in accordance with the greater plan. Set your intention to be a channel for light in whatever way you choose to pursue your growth and in whatever work you will be doing with your guide.

7. Continue to adjust your posture as you go higher and higher. Ask for the highest guide and teacher who is aligned with you to come forward. Imagine that your guide, a special guide, is coming forward.

Sense this guide, feel his or her love for you. Be open to receive. Feel your heart welcoming this guide. Feel the response. Believe that it is really happening! Your imagination is the closest ability you have to channeling, and it is the easiest connection your guide has to you at first.

8. What does your guide look or feel like? Let impressions come in. Do not censor or judge the sensations, images, pictures, or information you are getting. Become familiar with this high feeling of your guide.

9. Greet your guide in your mind. Ask your guide if he or she is from the light. Affirm that you are asking for the highest possible guide who is here to work with you to bring you your higher good and assist you with your spiritual path. You may want to carry on a conversation with this guide until you feel comfortable about allowing the guide to come closer. If you do not feel good about this guide, ask him or her to leave. Do not play around with a guide you

do not feel good about, or wonder if it is just in your imagination that something does not feel quite right, but instead ask again for a high, healing master teacher to come to you. (If you have questions about how to recognize a high-level guide, refer again to Chapter 3, Who Are the Guides?) When you feel good about a guide, go to the next step.

10. Ask your guide to begin doing all that he or she can to open the channel, now that you are committed and ready to verbally channel. Ask your guide to send a mental message if there is anything further that you need to do to prepare to verbally channel.

11. When you feel complete with this step, thank all the beings of light, and feel their appreciation for you. Thank your guide, and ask him or her to help you get ready to verbally channel. Say goodbye, and return slowly and easily to your normal reality. You have now made a connection with the guide you will verbally channel.

Evaluation:

If you were able to walk through the doorway, and if you were able to mentally sense and meet your guide, proceed to the next process, Verbally Channeling Your Guide. If you were able to walk through the doorway but not able to sense or mentally talk to a guide, repeat this process at another time. Do not proceed to the next process to verbally channel your guide until you have mentally met and conversed with your guide.

If you did not feel ready to walk through the doorway, do not proceed to the next process. Walking through this doorway and making a larger commitment to yourself are big steps. Before proceeding, you may want to read about Sanaya's, Duane's, and other people's experiences with channeling in Chapters 10 through 13. When you do decide to go through the doorway, go back and repeat this process until you establish a good mental connection to your guide.

SANAYA When Orin first offered me the opportunity to walk through the doorway, I took three weeks to say "yes." I thought about it intently beforehand. I had many concerns about what I might be giving up to take on this greater responsibility. Within days after walking through this doorway in my mind, my life began to change dramatically. Opportunities to serve and help others began coming from everywhere. My life got better in every way, and I realized that the only things that left my life were those things that I did not need and that were holding me back. Duane's experience was almost identical. He, too, took time to think things over before making the commitment. He, too, experienced many changes within days of doing so.