

# CHANNELING: THE POWER OF CONNECTION

How to Connect with Your  
Guides Safely and Effectively

Christopher S. Harris

*A Reality: It's All In Your Mind™* Book



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A being of light is a singular entity, an entire species to itself. We have no siblings, no parents or children, no ancestors or descendants.

There are other beings of light, entities outside the restrictions of spacetime and entropy. We awaken from pure awareness into a corporeal consciousness – and we are a family, of sorts, one to the other.

We are like cousins, to use the human term, a small family of distantly related kin, few in comparison to the multitude of the human species, but close precisely because there are so few.

## Acknowledgments

I want to thank everyone who has assisted me in developing and producing this book! Your support, encouragement, and friendship over the years have been an invaluable gift for which words can never offer repayment!

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And last, my friend Marjorie Havens, with whom my first adventures in writing began!

To anyone who knows an author, never underestimate the power of your encouragement!

Channeling requires only acceptance, and your willingness to believe – that what you hear is the truth, that what is happening is something wonderful that does not come from within yourself.

A guide is not your higher self; you do not channel your soul – you already are your soul, so why would you need to channel it?

You can use channeling to more clearly understand your soul, and this is what I think we all seek to do – to understand ourselves, in the most basic, fundamental manner possible.

## About the Author

Christopher Harris has been interested in mental studies, psychology, healing, allopathy, energy, yoga, and spirituality his entire life.

Having grown up in a spiritually open family, he was able to explore his various interests and became deeply involved in Aṣṭāṅga Yoga and began training for certification.

After living and teaching yoga for several years, he came across a book on channeling that helped him reconnect with Ishmael, a being of light with whom he had worked in several previous lifetimes.

A certified Aṣṭāṅga Yoga instructor, certified energy healer, and spiritual teacher, Christopher and Ishmael intend to collaborate on many more books, bringing spiritual concepts and ideas to people in a

fundamental and approachable method.

Their teachings bring to everyone the complex ideas that are fundamental to conscious evolution while offering practical methods of applying what people learn from them.

Do you consider yourself a master of space and time? Do you feel that you are able to control your destiny – or do you believe that you are a pawn in a cosmic game?

You are the master of your reality. You create it with every breath, every decision, every action or inaction.

Channeling is a choice, and one that should not be made mindlessly. Be always mindful, and your decisions will always create the best outcome for your reality.

## *Reality: It's All In Your Mind<sup>TM</sup>*

Welcome to a new perspective on spirituality! This collection of materials, including books; audio-visual media, seminars, workshops, and discussion groups, are intended to help you on your spiritual journey.

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rial – helpful, concise, informative, and empowering. This collection will bring to you the information you need to become whatever you wish, because we create our reality every day, with every choice we make.

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Thank you!

**Namaste,  
Christopher Harris**

## **Disclaimer**

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People sometimes believe that channeling is like possession. The difference between channeling and possession is like that between night and day, and when you channel, it is of your own free will, your own volition.

We can only be with you because you welcome us, because you want us, and because you give us permission. You choose to have us around, to let us work with you.

Always, we observe your free will – for what is life, without the freedom to make your own decisions?

## Foreword

Greetings. I am Ishmael.

Channeling is something that humans have always done. In fact, all incarnate life, in every world, time, or dimension, has this capability – and in all of those places and times, just like here on Earth, it is not something that should be undertaken frivolously.

My desire in compiling this book was to bring to you knowledge on the mechanics of channeling – what it is, how it works, and how to do it safely. There is no ritual or prop that can assist you opening to channel – however, there are ways to do it safely and effectively.

People have used channeling for millennia to gain access to higher wisdom and understandings about the nature of reality and the process of human evolution. The physical body has changed greatly in

the millions of years humans have walked this planet, and the soul, as well.

Although the soul is intrinsically perfect, that perfection is at the level of pure awareness – the level from which all springs, the source of creation.

Consciousness and awareness are different, and while awareness is perfect, consciousness evolves. The process of this evolution is a journey, and this series of books is intended to assist you in your journey.

It is my desire that you read these words and interpret them in a way that makes sense to you and applies to the knowledge and wisdom of your own journey.

It is only with time and experience the truth becomes clear, and for each person, that truth is unique and precious. Channeling can help you uncover that truth, when it is practiced properly, and this book now exists to help you do just that.

Read this book knowing that what is written on these pages will have different meanings as new thoughtforms evolve in your consciousness.

Once experienced, your truth will remain with-

in you as part of the bedrock of your existence, creating within your soul the knowing that is the foundation of your evolution. From this knowing comes growth, and from growth comes enlightenment.

The source of life is immortal and imperishable. This source is beyond description, but everyone knows it at some time or other in their lives.

What you are reading in this book may help you clarify your path to knowing that source on a deeper, more fundamental level.

It is my hope that this is so.

**Ishmael**

People believe channeling is 'cool', or 'trendy'. It is an ancient art, lost and regained many times over millions of years. Can something that ancient be a trend?

You find yourself amazed when we know so much about you – that you are struggling, or tired, or confused. We can see that, and so much more.

We can only give to you what you ask of us. We cannot do for you what you must do for yourself, for your own peace and harmony, but we can answer your questions and guide you in the direction that will bring you understanding.

Have you ever wondered if someone out there understood you, and the life that you are living, with all its attendant troubles and heart-aches? Believe me when I say that your guides do know, and that you only need to ask for us to aid you.

## Introduction

I had heard at various times throughout my life about people who could mediate between the living and the dead – they could hear and see the frequencies of those who have discarnated and become pure energy.

It was always interesting to me as a child that these people could do this amazing thing, and truth is, I really wanted to be able to do it, too.

I could see the dead, actually, but none of the souls I saw ever spoke to me. There was a soul haunting my childhood home, which I saw nightly for several months out of every year. He was malevolent, however, and I never wanted anything to do with him for that reason.

Outside of that, I was sensitive to energy, in peo-

ple, places, and things, and I had many intuitive and psychic skills. These abilities ranged over many topics and have grown stronger and more varied as I have aged and studied mental function and cognition.

No matter how much I tried, though, I could not communicate with 'entities'.

Fast-forward to my midtwenties.

I was working in a big bookstore and we had a great metaphysical and psychic section that I hardly ever visited, preferring hard core science-fiction, various fantasy styles, yoga guides, and books on quantum mechanics.

One day, as I was working at my relatively unexciting part-time job as a cashier at this bookstore. I spent more time there every week reading avidly than working, being a speed reader – when someone came up to the counter with a book on channeling.

It had some tag line on the cover that anyone could learn to connect with wise, loving beings and receive their profound knowledge and aid in their everyday life.

I saw that and almost snatched the book from

the customer, but I managed to restrain myself in the end and let them buy it.

Grudgingly, I might add.

However, that got me thinking – I could do this, I could channel! I had been so blessed in my life already, surely I had a wise and loving guide assisting me.

Surely I had this ability, I mean I could sometimes see the probabilities of the future and sometimes read minds and divine the correct way to do things without having to think it through.

So why not this?

I bought a copy of the book that night online – that darn customer bought the last copy and I, one of seven or eight cashiers that day, had the good fortune to ring it up – providential, huh?

When it arrived in the mail, I unwrapped it and read it. Thank the universe for speed-reading! I read it again later that night, and again the next morning.

It was so wonderful, a profound book with such incredible concepts. I was so excited to do this – but wait, there was a website... and audiocassettes, and

stuff!

I bummed some money off my dad. I was trying to get my yoga and energy healing business off the ground at that time, teaching vigorously, working part-time at the bookstore, and scraping by.

My father lent me money for this bizarre interest of mine (he was used to bizarre interests of mine costing money, never all that much, but still, he would just look at me dubiously like I had lost my mind and kindly supply my habits). I bought the audiocassette course and put it out of my mind.

A week later, it arrived – I unpacked it, read the newsletter that came with it and then waited until bedtime to go through the process.

They advised going through the tapes in order, since it taught you how to get into trance and stuff. Thanks to my own studies and hobbies, I had been getting into trances for years and it only takes me about ten seconds.

I put myself in trance, skipped right to the opening to channel part of the cassette course, and had a field day meeting my guides. Yes, I had five of them,

it turns out – one for writing, one for art, one for healing, and one for bodywork. The fifth... well, that was another story!

The way it works is like this: you open to channel and the guide of highest frequency comes in first to prepare the way.

This being helps stabilize the connection between you and the higher realms of consciousness, and modifies your energy system to handle the extra amounts of vibration that will be coming in.

This guide also assists in a myriad of other ways that will likely get touched on at some point in this book itself.

Hold on, though – this guide that came in, he (I will say he, even though he had no gender, intrinsically) did not give a damn about humanity.

Not to sound flippant, but where was the love? He was wise but he really did not care about humans. Period.

Did I do something wrong? I did not feel bad with him, his vibration was awesome, just like the channeling book and audio course indicated it should

be.

This entity had never incarnated, had never lowered his vibration past a certain point and was sailing ever upward.

He was cold, though, to others – to me he felt fine, and I was confused a little by how all this was playing out. I did the opening process a second time – and guess what? I had another guide, another being of light.

This one was more like what I expected – wise and loving and compassionate, willing to help humans and provide information that would support a person's evolutionary journeys.

This was Ishmael (he used that term because it was an easy name to transmit to me and because I happen to like names that flow that way).

In addition, it was similar to a name which he had used in a past incarnation in which we worked together, making this current choice of titles resonate more strongly with me.

Then what was the deal? It turns out the first entity that came in was a being of light with whom I had

worked before on other worlds during other lifetimes when I was apparently not human. He was fine when he worked with that other group, but humans just did not do much for him.

I reconnected with Ishmael, the guide with whom I'm working in this life, and we have been teaching and creating and working together since then.

Although I never did speak with the dead, I found myself blessed to speak and work with something – somebeing, if you will – who is so much more than I ever expected. I am truly fortunate to have this experience.

Recently, I was talking with friends of mine and we discovered there are no manuals for channeling. Yes, there are many great books, but there are none that talk about the science of the technique, none that really feel like they explain what happens, or where things go.

These books do not explain what has to give inside of us to let these entities come in and work with us and through us.

Channeling is not a simple process – I was lucky to have certain things preexisting that enabled me to channel safely.

There is some risk here, and this process should not be performed lightly – channeling opens you to the energy of the higher realms, and some entities in those realms are attracted to humans, and not in a good way!

This book has been created to help people open to channel in the safest ways possible, with full knowledge and understanding of what channeling is. By knowing how it works, and learning the proper process, you can ensure that what happens, happens for the highest ideal of everyone concerned!

## **Chapter One: What Is Channeling?**

### **A Definition of the Term...**

Channeling is a process of connection – an association between incarnate entities and beings that have no physical body, that exist in different dimensions or realms of consciousness.

They are not only wise, filled with knowledge tempered by compassion, but they also have a perspective on our level of reality that is both vast and comprehensive. They are willing to share that perspective with us when we open ourselves to channeling.

Channels were once called ‘mediums’ – people that mediated between the seen, our world, and the unseen – the realms of energy and pure consciousness.

These mediums could typically speak with the dead, with angels, or with other discarnate beings.

Through these mediums, entities could convey messages to us, sharing with humanity visions of higher realms of consciousness, of evolution, of self-empowerment and enlightenment.

With the advent of mediums as an accepted, albeit arcane, practice, there came also a spiritual re-awakening to help us recover what we had forgotten as technology and an external focus became ever more invasive in our lives.

It was not long ago the word 'medium' gave way to the word 'channel'. It is a more accurate description of what an incarnate being does when they allow these acorporeal beings to come through them and communicate with us in this realm of consciousness.

Although these two words are now considered interchangeable, meaning much the same things, for the purposes of this book I would like to specify that a medium is someone who works with the dead, while a channel works with discarnate entities of all other types.

The practice of channeling is an ancient one, used to uncover deeper truths and higher wisdoms. It has been used by humans for as long as humans have been self-aware, a technique allowing us to gain access to knowledge and wisdom that has served us in sustaining and supporting evolution.

Why would you channel? Why would you want to allow a being with no physical body, one that has perhaps never been incarnate, to communicate to others through your own flesh?

It is a great and wonderful gift to channel for others. These beings have a unique and different perspective that grants an incarnate entity access to information and wisdom that might otherwise remain hidden or unavailable.

By opening ourselves to channeling, we become empowered. We become able to share with others the higher vibration and greater wisdom that these beings have to offer so spiritual evolution and understanding can be manifested more fully in our lives.

The process of channeling develops over many lifetimes. It is not done just once and then forgotten, or

used a single time or a few times and then lost.

Although anyone can learn to channel, can open themselves to the wisdom of higher beings, it is a practice that is always performed repeatedly throughout the incarnation cycle.

A channel gains greater ability and capacity to understand what these beings are attempting to communicate with each successive lifetime of experience.

There will be lifetimes in which you channel and lifetimes in which you do not. Like all aspects of spiritual evolution, it is a process.

Each time we allow an entity to innervate our physical bodies, subtle changes are made to us – mostly energetically, but on the physical and emotional, as well, to a lesser extent – to better enable those communications.

Each time the higher frequencies of a being fill our energy fields, each time our brains work to translate their vibrations into speech, changes are made to us on many levels. These changes are good, because not only do they simplify the channeling process, they help us gain insight into ourselves and enable us to

change our perspective on things.

The process of innervation, of allowing an entity to 'come in' and talk with us or through us, becomes greatly streamlined as the practice continues.

Throughout the process of multiple incarnations it is possible for certain physiological changes in the brain to occur that further enable us to work with a particular being or group of entities.

These changes are subtle and may be difficult to notice, but they are there. They are not yet measurable by our current sciences, for we know too little of incarnate and discarnate life and the actual mechanics of energetic integration into a physical body.

Even less is known of the actual process of channeling and innervation.

## **The Basic Principles**

The basic principles of channeling are straightforward. With the aid of our guides (this term will be used broadly throughout this book to indicate any discarnate entity outside of dead humans), we open a certain energy center in our body that enables us to be-

come a vessel for an entity of higher frequency.

This entity can then speak through us to communicate truths and insights to others seeking guidance. Paramount to any element of channeling with a true being or spirit guide is free will.

Free will means that we allow this being to enter our consciousness, that we freely accept their energies into ourselves and allow them to control either part or all of our body.

This also means that people seeking advice from a being and channel should do so of their own free will, as well, and that they should ask questions with full knowledge of receiving truthful answers.

Beings always communicate information to others in the most nonviolent terms possible. They seek only to enlighten a soul that is seeking guidance on their spiritual path.

If any information received from a being is hurtful or said with malicious tones, then this being is likely an entity of lower frequency. A person may not always like what they hear, but this is the ego interfering with receiving an uncomfortable truth. Hurtfulness is dif-

ferent from truthfulness.

There are times – or occasionally lifetimes – when a healer or spiritual teacher will become entangled with lower frequency entities.

This may not be deliberate on the part of the channel – some beings seem wise and wonderful during the opening to channel process, but in truth they may be anything but.

It is always best to perform the opening with someone you know to be working with a true guide.

In the beginning, these capricious beings will seem to be helpful and may even offer accurate, genuine advice during channeling. They may describe in detail possible future events, which is appealing to the ego, to know precisely what the future holds.

However, this is not the action of a true guide, for they will never explain the future. The future is not set in stone, but like water, with every unseen current a potential divergence from whatever future a being may see in the instant of a channeling session.

A malicious guide will use their higher perspective to lead a person to take actions that are self-de-

structive or hurtful.

This may result in the person seeking aid from these beings avoiding valid life lessons and withdrawing from life situations in such a way as to prevent evolution and growth – while the being may indicate the precise opposite is occurring.

One who channels should always seek to attain the highest ideal of any situation and know that whatever they do, they must seek to act with nonviolence.

When guides communicate through their hosts or channels, they always maintain a wise compassion and nonviolent dialogue that is supportive to any who ask for aid in their evolutionary processes.

Sometimes, as mentioned before, what is communicated by a guide will not be well taken. This typically indicates the human ego has gotten in the way of accepting the truth.

Denial and a determined focus on the external world is the province of the ego, while the insight and advice from a guide always focuses on the internal world where our true power lies.

When such a reaction occurs during a session, it

may take time for the person to realize that their ego is interfering and influencing their reaction.

When we seek answers from beings, we should be prepared to hear the truth – and we often know exactly what the truth is. To become defensive is to reject what we know to be true in an effort to sustain a lie – and that, too, is an act of free will.

## **Energetic Kingdoms**

At the most fundamental levels, there is no difference between any frequency of energy or intellect anywhere in the universe.

Although we perceive differences between types of matter and between the physical bodies of people on this planet<sup>1</sup> everything in the universe is a frequency or vibration of energy.

Ultimately, all vibration comes from a single point, and it is this underlying source of origin that intrinsically and irrevocably connects everything.

Incarnate beings like to create strata, classifications into which we can fit things that exist in what we perceive as the material world. This is a method for us