

5. The How of Meditative Channeling

I Believe Meditative Channeling is Easy to do. It takes No Special Gifts or Preparation. Spurred on by Malachi's Words, I sat down at My Computer, put Myself into a Relaxed State with Deep Breathing and Asked if There was Anything for Me to Receive. I later Learned It was Important To Ask For Protection, to Ask That the Chakras Be Opened and to Thank Whoever Came Through. This is an Over Simplification but Essentially That Is All There Is To It.

After Several Weeks I found Myself Falling into a Comfortable Order and Routine. It is Outlined Here, Not because it is the Best or Only Way, but Because It Works for Me and May Give You Assistance and Guidance as You Start Your Own Program.

1. ASK GOD FOR PROTECTION from All Dark Forces and Negative Beings. This is Very Important. Jesus Warned Several Times to Be Alert and On Guard Against Dark Energies or Beings of Lower Vibrational Levels.

I also Sensed Some Dark Energies at Times so I Asked that they be Healed and Sent to the Light and Went On With My Meditation.

2. VISUALIZE YOURSELF SITTING INSIDE A PYRAMID. I didn't do this at First but after Reviewing what Malachi told Me, I Began To Do So. It seems to Me Communications are Clearer and More Instructive Since I've Been Doing That.

3. ASK THAT ALL TWELVE OF YOUR CHAKRAS BE OPENED. The Chakras are Portals for Communication from Higher Beings. This Communication Comes in Many Different Forms, Not Just in Words We Understand. I Believe the "Knowing" Children of Light Have, Comes Through Their Chakras.

4. ASK THAT YOU BE UPLIFTED AND OPENED WITH THE WHIRLWIND OF ELIJAH. Elijah was taken from Earth in a Whirlwind Without Dying. Asking that this Whirlwind be Used for My Benefit is Just a Personal Thing for Me. It Feels Good and Comfortable.

5. RELAX INTO A MEDITATIVE STATE THROUGH DEEP, REGULAR BREATHING. There are Many Methods of Accomplishing This. What is Important is to Empty One's Body, Mind and Spirit of Everything. One Way of Accomplishing this is to Focus on Ones Breathing. The Goal Is To Be a Clean Slate, Open and Prepared for Whatever May Be Written, Spoken, Communicated in Any Way or Form.

6. ASK THAT ANY BEING OF LIGHT WHO WISHES TO COMMUNICATE WITH YOU, TO DO SO

NOW. I was Directed to Archangel Raphael by Malachi. How Jesus began to Communicate, I Don't Know. What I Believe is Important, is To Open Yourself to Any Being of Light. There are Millions of Them and They All are Eager to Communicate with You. Ask if They Come In The Name of Christ and to Give You a Signal.

7. ASK QUESTIONS FREELY. I Rarely Asked Questions at First, Preferring to let Jesus, Raphael or whoever, Decide what Information should Come to Me. I Believe, however, Questions Should Also be Used. In fact Malachi told me, "...**We're going to Ask You to Simply Ask One Question At a Time...Allow Yourself then, to Explore, Little One, the Answer You just Asked of the Universe.**" There are No Inappropriate Questions as far as I can see.

8. BE OPEN AND WILLING TO ACCEPT WHATEVER COMES, NO MATTER WHAT IT IS. Even when Nothing Comes Consciously, I think Blessing and Inner Knowing are Increased.

9. BE SURE TO THANK ANY BEINGS OF LIGHT WHO HAVE COMMUNICATED WITH YOU.

10. IT IS IMPORTANT TO SOMEHOW RECORD WHATEVER IS FELT, SENSED, SEEN OR HEARD WHILE IT IS OCCURRING. I Believe it is a Mistake to Wait Until the Meditation is Completed Before Attempting to Record It. I use a Computer when I'm at Home and a Recorder when not at Home. Meditations with a Recorder are Later Transcribed, so a Complete Written Record of All of Them is Maintained. Most of what I have Recorded are Words and Colors. I Believe, however, that My Feeling and Sensing are Becoming More Acute and are Picking Up more Things as I Continue Meditating.

The Recorded Meditations are Kept in a Notebook. Each Meditation is Summarized. These Summaries are Kept in the Front of the Notebook for Easy Reference.

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