

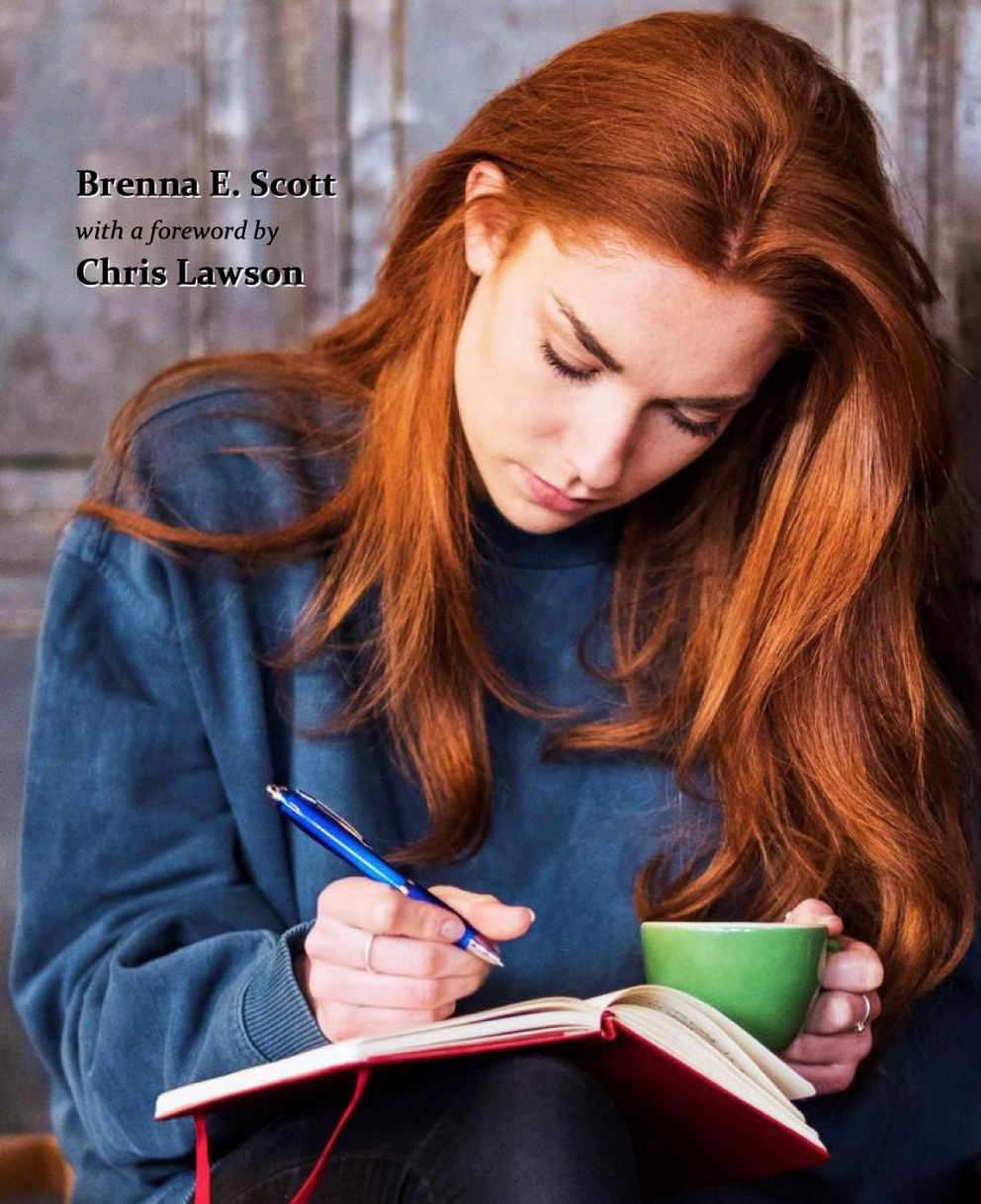
Christian Journaling or Psychic Channeling?

*A Critical Comparison of the Jesus Calling Series
with Occult Training Literature*

Brenna E. Scott

with a foreword by

Chris Lawson



ABBREVIATIONS

The God Calling Books

Two books channeled by “Two Listeners,” edited by A. J. Russell

GC	<i>God Calling</i>	adult	1935
GE	<i>God at Eventide</i>	adult	1950

The Jesus Calling Series

Sixteen of Sarah Young’s books, listed chronologically

JC	<i>Jesus Calling</i>	adult	2004
DJ	<i>Dear Jesus</i>	adult	2007
JL	<i>Jesus Lives</i>	adult	2009
KJC	<i>Jesus Calling: 365 Devotions for Kids</i>	8-12 yrs	2010
JT	<i>Jesus Today</i>	adult	2012
KSB	<i>Jesus Calling Bible Storybook</i>	4-8 yrs	2012
JCJ	<i>Jesus Calling Devotional Journal</i>	adult	2013
JTJ	<i>Jesus Today Devotional Journal</i>	adult	2014
KLO	<i>Jesus Calling for Little Ones</i>	0-4 yrs	2015
JCM	<i>Jesus Calling Morning & Evening</i>	adult	2015
KJT	<i>Jesus Today: Devotions for Kids</i>	8-12 yrs	2016
KMF	<i>Jesus Calling: My First Bible Storybook</i>	0-4 yrs	2016
JA	<i>Jesus Always</i>	adult	2016
KJA	<i>Jesus Always: 365 Devotions for Kids</i>	8-12 yrs	2017
KLB	<i>Jesus Calling: Little Book of Prayers</i>	0-4 yrs	2018
JLS	<i>Jesus Listens</i>	adult	2021

DISCLAIMER

"Christian Journaling or Psychic Channeling? A Critical Comparison of the Jesus Calling Series with Occult Training Literature" ("CJPC") is based solely on the views and opinions of its author, Brenna Scott. CJPC does not intend to ascribe any motives to Sarah Young for writing her books, other than reasons she, herself, has already given. No views or opinions are intended to malign any religion, ethnic group, club, organization, company, or individual.

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NOTE TO READER

In order to make a meaningful comparison, CJPC summarizes psychic channeling practices and quotes directly from psychic channeling books. It is not meant in any way to promote these practices or books, but rather to warn against them. Nor is it meant to attack Sarah Young personally, but rather to express deep concerns about her books.

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Brenna Scott Publishing, LLC

The main sources for this analysis are the sixteen books by Sarah Young that are referred to in CJPC as “the *Jesus Calling* series” and are listed on the front inside cover.

Abbreviated references are used throughout to compress and display information effectively. Full references can be found in “Sources.” Where possible, references are given as dates instead of page numbers so that the quotations can be found in all editions of the books.

Quotation marks, initial ellipses, and original italics have been generally omitted for readability. Boldface and red circling have been added to highlight similarities and patterns in the text. Blue font indicates quotations from children’s books.

Twelve quotations from *Jesus Calling*, two quotations from *Dear Jesus*, and three quotations from *Jesus Calling: 365 Devotions for Kids* are marked as “original” because they are taken from original printings of these books and can no longer be found in current printings. All other quotations from these three books are taken from current (2021) printings. In the *Jesus Calling* series, the printing year is indicated by the leftmost number of the printer’s key or number line that is usually found at the bottom of the copyright page.

Occasional British spellings (centre, channelling, favour, favoured, focussed, grey, judgement, marvellous, organisation, realise, recognise, and visualise) are used when quoting British authors and translators.

Scripture quotations are taken from the *King James Version*.

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“I have practiced listening a lot.
Usually I write His messages in a
notebook . . . You might even want
to keep your own journal, to record
your thoughts and any words Jesus
whispers to your heart.”

— Sarah Young, *Jesus Calling: 365 Devotions
for Kids*, original introduction, pp. vii-viii

With heartfelt thanks to
Chris Lawson
*for suggesting the comparative
aspect of this study and for making my
research available on his website*

and to
Warren B. Smith
*for his excellent books that have
opened my eyes to the occult
influences in the church*

*and to both of them for their
gracious personal encouragement
of this project*

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FOREWORD

When I first received a notebook full of Brenna Scott's research into Sarah Young's *Jesus Calling* series of devotionals, I was surprised and fascinated with its contents. Brenna's extensive research had not only further confirmed to me the many theological problems within *Jesus Calling*, her work also brought to light a vast number of other extra-biblical problems within Sarah Young's writings. I went from seeing the false teachings in the single *Jesus Calling* devotional to witnessing an entire system of false teachings permeating the *Jesus Calling* brand.

Many Christians have expressed concern about Young's writing method because of its similarity to automatic writing, an occult channeling practice. Brenna's work focuses instead on the *content* of Young's writing, suggesting that it—intentionally or not—effectively serves as a training course in psychic channeling.

As evidence, Brenna assembles a mock step-by-step channeling “manual,” composed of quotations from actual occult books and matching quotations from Sarah Young's books. This alarming direct comparison lets readers see for themselves how closely the *Jesus Calling* series tracks with psychic channeling books.

It is important to note that a person does not have to be in a full-trance (catatonic) state or even a light-trance state to receive so-called messages, communications, and impressions from the spirit world. Nor does one need to be voluntarily or involuntarily possessed by a spirit entity to perform psychic channeling. *Nor does one need to realize what he or she is doing.* If one simply applies the methods that Sarah Young's “Jesus” teaches, as shown in this study, he or she may very well become “psychic” and open channels for a whole range of mediumistic-type practices.

Sifting through thousands of pages of material from Sarah Young books to show that the *Jesus Calling* series teaches channeling has been no small task. Brenna has carefully examined the following books in order to provide documentation for the book in your hands: *Jesus Calling*, *Dear Jesus*, *Jesus Lives*, *Jesus Today*, *Jesus Always*, *Jesus Listens*, *Jesus Calling Morning & Evening*, *Jesus Calling: 365 Devotions for Kids*, *Jesus Today: Devotions for Kids*, *Jesus Always: 365 Devotions for Kids*, *Jesus Calling Bible Storybook*, two journaling books for adults and three board books for toddlers.

Brenna has also included the occult New Age book, *God Calling* (not written by Young), in this report for two reasons: 1) Young, herself, has acknowledged that *God Calling* inspired her to write *Jesus Calling* and 2) It is important to see the remarkable similarities between the authors.

It is likely that the majority of the millions who have read *Jesus Calling* are not aware that *God Calling* is indeed an occult New Age book. One of today's largest Christian publishers—Harvest House—published a book in the 1990s that identifies *God Calling* as such. Warren B. Smith explains:

In *The Encyclopedia of New Age Beliefs* . . . John Weldon and John Ankerberg provide ample evidence as to why *God Calling* is a channeled New Age book. In their chapter on channeling—under the subheading of “Impersonations and Denials of Christianity”—the two respected apologists describe *God Calling* as a book “replete with denials of biblical teaching” as it “subtly encourages psychic development and spiritistic inspiration under the guise of Christ’s personal guidance . . . and often misinterprets Scripture.” Citing a number of passages in *God Calling* that are unbiblical and have New Age implications, the two authors explain that channeling is a form

of occult mediumship and according to the Bible “is a practice specifically forbidden (Deuteronomy 18:9-12).” Yet Sarah Young stated it was *God Calling* that inspired her to receive her own “messages” from “Jesus.” In her original introduction to *Jesus Calling*, Young went out of her way to praise *God Calling* as “a treasure to me.”¹

Based on Sarah Young’s high esteem for *God Calling*, it seems that from the start of her *Jesus Calling* journey, she was not testing the spirits as we are instructed to do in 1 John 4:1-6. Nor has she, to my knowledge, included this important command in her books:

Beloved, believe not every spirit, but try [test] the spirits whether they are of God: because many false prophets are gone out into the world. Hereby know ye the Spirit of God: Every spirit that confesseth that Jesus Christ is come in the flesh is of God: And every spirit that confesseth not that Jesus Christ is come in the flesh is not of God: and this is that spirit of antichrist, whereof ye have heard that it should come; and even now already is it in the world. Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. They are of the world: therefore speak they of the world, and the world heareth them. We are of God: he that knoweth God heareth us; he that is not of God heareth not us. Hereby know we the spirit of truth, and the spirit of error (1 John 4:1-6).

The command to “try the spirits” does not mean we try the spirits on for size, so-to-speak, and play around with them. And it does not mean we try them out like a new bike or test drive

¹ Warren B. Smith, *The New Age Implications of Jesus Calling* (Eureka, MT: Lighthouse Trails Publishing, 2014), p. 4; <https://www.lighthouse trailsresearch.com/blog/?p=16568>.

them like a new car. Rather, it means we are to “test” the spirits—test their doctrine and examine their teachings to see if they line up with Scripture. Are their ideas, principles, and directives consistent with what Jesus Christ of Nazareth taught, with what the apostles taught, and with what the book of Acts instructs the church? In short, are we being taught by the person of the Holy Spirit or by “seducing spirits”?

Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils [demons];
(1 Timothy 4:1)

While you are reading Brenna’s research, ask yourself, “Is this the language and are these the concepts that Jesus and the disciples used?” You decide for yourself. However, in making your decision, keep in mind that the fact that tens of millions of copies of *Jesus Calling* have been sold does not authenticate the “Jesus” of *Jesus Calling*. According to the Bible, while it’s true that the masses were drawn to Jesus to be fed by Him or to witness His miracles, the crowds quickly thinned out when He preached the Gospel to them. As shown earlier in our passage in 1 John, the masses will be drawn to the teachings “of the world” but not to the truth of Christ. Please think these things through carefully under the light of Scripture as if your life depends on it, because when it comes to the Gospel, it really does.

And Jesus answered and said unto them, Take heed that no man deceive you. For many shall come in my name, saying, I am Christ; and shall deceive many
(Matt. 24:4-5).

— *Chris Lawson*
SpiritualResearchNetwork.org

PROLOGUE: My Reason for Writing

A few years ago, one of my sisters gave me a copy of *Jesus Calling* as a birthday present. I had heard of the book and was uneasy that it was written as if Jesus were the author, so after thanking her I set it aside and didn't pick it up for over a year. During that time, both of my sisters and my mom, who had been my spiritual mentor from childhood, were reading *Jesus Calling* with enthusiasm. When I hit a rocky spot in my life, Mom began urging me to read it, too, so that I could experience the same wonderful comfort it had offered her. Finally, around Christmastime of that year, I gave in.

From the beginning, I was a bit thrown off by the soothing, often flowery language, because it sounded so different from the Jesus of the Bible. Some of the messages were puzzling as well. The December 22 devotion told me to look for a “star of guidance” in my own life. The Christmas Day entry taught me that Jesus was displeased with the way he had come into the world. He spoke of the “appalling conditions” and the “filthy stable” he had had to endure. When he described his birth as “a dark night for Me,”² I suddenly felt off balance—wasn't that a wonderful night in the history of the world? Was I wrong to think of it that way?

Still, I stuck with the book for a while, suppressing my discomfort and taking it as a valid expression of Christianity that was just not to my taste. What else could it be, when such strong Christians I knew were reading it?

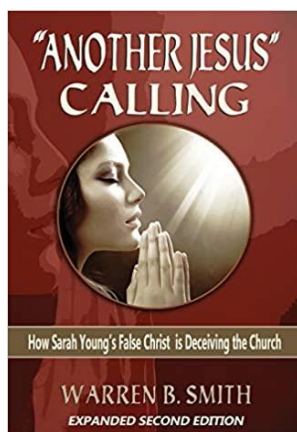
After about three weeks, though, something crystalized in my mind: the odd language and unusual ideas that kept popping up

² Sarah Young, *Jesus Calling*, original version, December 25. This phrase has since been removed (although it remains in KJC as of 2021). Warren B. Smith, *Changing Jesus Calling: Damage Control for a False Christ* (Eureka, MT: Lighthouse Trails Publishing, 2014), pp. 14-15. <https://www.lighthouse Trailsresearch.com/blog/?p=16349>.

were not biblical—they were New Age. But they were so surrounded by Christian jargon and Scripture fragments that they were hardly noticeable. I realized that *Jesus Calling* was not just an alternative way of looking at the Bible; on some level, it was *in conflict* with the Bible.

I immediately called my mother to explain my discovery, but she was unfazed. In fact, she was almost amused by my alarm, and very uncharacteristically responded with a cliché: “We’ll have to agree to disagree on this one.” That reply shook me, because we are very close and it was unusual for her not to take me seriously or for us not to see eye to eye about spiritual things. She was clearly attached to Sarah Young’s book.

I turned to the Internet for something that could help—surely someone else had recognized that *Jesus Calling* was off base and written something about it? And indeed they had. I found Warren B. Smith’s “*Another Jesus Calling*” and ordered it on the spot. When it arrived, I read it quickly and sent it to Mom with a note urging her to read it just as soon as she got it.



As it turned out, Mom didn’t read it the day it arrived but my sister, who was visiting for the weekend, picked it up off the coffee table and read it that night. Couldn’t put it down. For her, it served as a confirmation of a growing uneasiness about *Jesus Calling*. She had noticed that she was looking forward to reading Young’s book more than the Bible in her daily devotions; now she realized that she should quit it altogether. The next morning over coffee, she summarized the main points of Smith’s book for our mother, who listened in amazement. Mom was powerfully convicted about *Jesus Calling*, repented, and completely gave it up.

I was greatly relieved that both of them had responded so quickly and positively and hoped my other sister would, too. But she had no interest in reading Warren Smith's book and remained devoted to *Jesus Calling*. So I thought, "If she won't listen to him, maybe she will listen to me." I decided to read the rest of *Jesus Calling* and see if I could find things on my own that specifically contradicted the Bible. What could she say to that?

Oddly, though, when searching through individual devotions, I couldn't put my finger on anything terribly wrong beyond what Smith had already found. Some of the ideas were a bit unusual, but were mostly accompanied by Scriptures that could conceivably support them. Unable to pin down any glaring new errors, I set out to understand the message of the book as a whole. Over three weeks, I read *Jesus Calling* cover-to-cover five times. This was a mind-numbing experience—the language was so repetitive and hypnotic that I would often be lulled into forgetting what I was looking for: a consistent bottom-line message. Even after five reads, while I could begin to see patterns, I still couldn't summarize the content. So I bought three similar Sarah Young devotionals—*Dear Jesus*, *Jesus Lives*, and *Jesus Today*—hoping that they would shed some light. As I read through each of them twice, I finally started to gain some clarity by focusing in on two questions:

- 1) How did Young's "Jesus" identify himself? Readers assume that he is the biblical Jesus, but who did he claim to be?
- 2) Platitudes aside, what exactly did Young's "Jesus" instruct readers to do?

As for his identity, I found that he referred to himself most often with the vague term, "Presence," and even though he used *some* biblical names, he avoided "Jesus Christ" altogether. Considering the importance of names in the Bible, this seemed significant.

Studying his imperative statements was even more revealing. As I scanned the text for commands, a pattern of Eastern-style meditation began to emerge throughout the books: sit quietly, breathe deeply, relax, repeat a mantra, clear your mind, focus, etc. However, these imperatives were so wrapped up in Christian-sounding language that it was hard to see that they formed a *different* message. So I decided to extract them from the text and compile them into lists that clarify what Young's "Jesus" wants readers to do. Thus began an eight-year project, as the *Jesus Calling* series continued to fly off the shelves!

Over time, I noticed that more people were writing and speaking out against *Jesus Calling* and wondered whether my type of analysis had already been done elsewhere. I wrote to Warren Smith, thanked him for writing "*Another Jesus*" *Calling*, and asked whether he thought my research was different enough to be helpful. He encouraged me to keep working on it and put me in touch with Chris Lawson, who was potentially interested in posting it on his website, SpiritualResearchNetwork.org.

Early on, I had come to believe that Young's books taught psychic channeling as well as meditation but had not come up with a compelling way to show it. Late in the project, Lawson suggested a direct comparison of Young's devotionals with a book like psychotherapist Kathryn Ridall's *Channeling: How to Reach Out to Your Spirit Guides*. I thought it was a terrific idea, but since I am not in the habit of reading occult books, I opened up Ridall's book with both curiosity and prayer. There were indeed many interesting similarities and matching quotations, so it was great confirmation that I was on the right track. Later, in search of an even closer match, I read and/or browsed many similar books on mediumship, channeling, automatic writing, spirit guides, angels, visualization, out-of-body experiences, psychic development, psychic healing, soul awakening, Spiritualism, and Buddhism. Each book yielded new, relevant quotations, so I began thinking of a broad comparison with multiple books instead of just with one.

The more I learned about the channeling process, the more I found connections with Young's writing. The parallels far exceeded what I had imagined, not only in incidental terminology but also in the actual techniques of channeling. In fact, as far as I could tell, *all of the basic mechanics of channeling*, minus the candles and incense, were included in Young's books. Yet they were apparently going unnoticed by most readers, if sales were an indication. I felt an urgency to bring them to light.

As Christians, we are indeed obligated to obey Jesus's commands:

He that hath my commandments, and keepeth them, he it is that loveth me (John 14:21a)

But we are not obligated to obey new commands from Young's "Jesus." Imperative statements, making up a large portion of Young's text, lay a heavy burden on the reader. The Bible warns us not to submit ourselves again to the law, much less to man-made commands:

Howbeit in vain do they worship me, teaching for doctrines the commandments of men. (Mark 7:7)

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage. (Galatians 5:1)

My hope and prayer is that this study will expose the unbiblical yoke of the *Jesus Calling* series, and help free many who have taken it on as Christianity.

— Brenna Scott

Definitions

channel (v.) – to serve as a channeler or intermediary for
(n.) – CHANNELER – one who speaks for nonphysical beings or spirits

familiar spirit (n.) – a spirit or demon that serves or prompts an individual

medium (n.) – *plural* mediums: an individual held to be a channel of communication between the earthly world and a world of spirits

mediumship (n.) – the capacity, function, or profession of a spiritualistic medium

occult (adj.) – hidden from view; not revealed: SECRET
(n.) – matters regarded as involving the action or influence of supernatural or supernormal powers or some secret knowledge of them – used with *the*

psychic (n.) – a person apparently sensitive to nonphysical forces; MEDIUM

www. merriam-webster.com

[spirit] guide (n.) – spirit believed to influence mediums so as to direct what they utter and convey messages through them

www.collinsdictionary.com

“In the past the words ‘medium’ or ‘psychic’ were used when speaking of contacting guides. This is being replaced by the word ‘channel.’”

Roman and Packer, Opening to Channel, 1987, p. 1

“Channeling is a New Age euphemism for mediumship or spirit possession.”

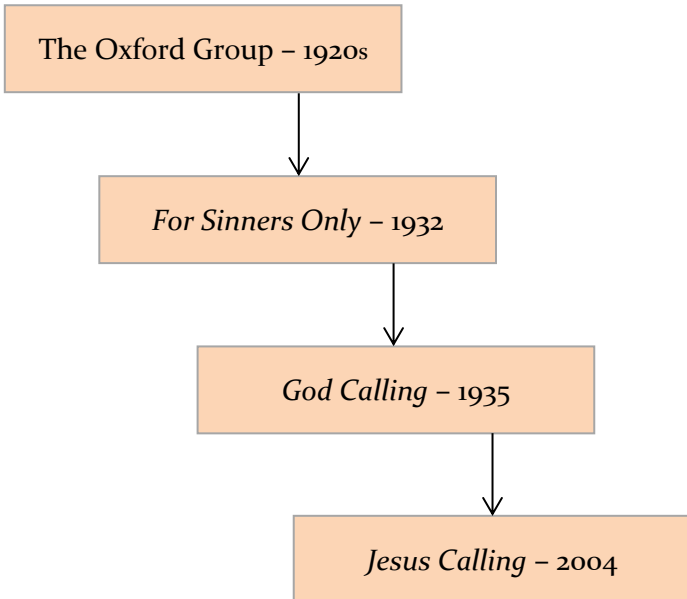
Ankerberg & Weldon, The Encyclopedia of New Age Beliefs, p. 80

I. The Backstory



Dr. Frank N. D. Buchman,
founder of the
Oxford Group

Harris & Ewing
Photographic Studio,
{{PD-US-not renewed}}



“If it could be proved that
God is the *only* Spirit that
transmits ‘luminous thoughts’
to ‘listeners,’ the method of
seeking Divine guidance which
the Groups favour would be
absolutely safe.”

— C. M. Chavasse, M. A., Master of St. Peter’s Hall, Oxford,
a close observer of the Oxford Group Movement from
its appearance in 1926, quoted by William C. Irvine,
Heresies Exposed, p. 50

The Oxford Group

The *Jesus Calling* series teaches a method of listening to “God” that is not found in the Bible. Author Sarah Young reports that she learned this practice from the 1935 British devotional *God Calling*,³ whose authors learned it from a book called *For Sinners Only*,⁴ whose author in turn learned it from the Oxford Group,⁵ a pseudo-Christian organization that was formed by Frank Buchman in England in the 1920s. A central theme of this Oxford Group was getting “guidance” on a daily basis through a time of meditation:

They called this early morning listening to God “Quiet Times.” The Oxford Group believed God spoke to them when they needed His guidance.⁶

This was not simple meditation, which may be concentration on some aspect of Christ or the Gospel, but something more: a listening for definite messages applicable to present needs.⁷

[I]t was a practice of the Group to keep a guidance-book and record in it those thoughts which came in periods of quiet listening to God.⁸

The Oxford Group and its listening/dictation practice raised alarms for some Christian leaders of the time. J. C. Brown, in his book, *The Oxford Group Movement*, said of the group’s leader, Frank Buchman:

He teaches his votaries to wait upon God with paper and pencil in hand each morning in this relaxed and inert condition, and to write down whatever guidance they get. This, however, is just the *very condition*

³ Sarah Young, *Jesus Calling*, original introduction, pp. x-xi.

⁴ A. J. Russell, ed., “The Voice Divine,” *God Calling*, p. 11.

⁵ A. J. Russell, *For Sinners Only*, pp. 28-29.

⁶ *Ibid.*, p. 28

⁷ *Ibid.*, p. 93.

⁸ *Ibid.*, p. 29.

required by *Spiritist mediums* to enable them to receive *impressions* from evil spirits . . . and it is a path which, by abandoning the Scripture-instructed judgment (which God always demands) for the purely occult and the psychic, has again and again led over the precipice. The soul that reduces itself to an automaton may at any moment be set spinning by a *demon*.⁹

Dr. Rowland Bingham, editor of *The Evangelical Christian*, wrote:

We do not object to their taking a pad and pencil to write down any thoughts of guidance which come to them. But to take the thoughts especially *generated in a mental vacuum* as Divine guidance, would throw one open to all the suggestions of *another* who knows how to come as an angel of light, and whose illumination would lead to *disaster*.¹⁰

H.T. Commons, pastor of the First Baptist Church of Atlantic City, wrote in his book, *Buchmanism*:

[S]itting down with paper and pencil in hand and letting the mind go *absolutely blank*, and then writing down whatever flashes across the mind as God's orders for the day, is beyond anything promised or sanctioned in Scripture. Indeed this "*passivity*" of mind is a very *perilous condition* to be in, for it is precisely at such moments that *Satan gains control* and does his devilish work.¹⁰

By contrast, London newspaper editor A. J. Russell wrote favorably about the Oxford Group in his book *For Sinners Only*, which was later characterized as the group's "Bible."¹¹ This book detailed real-life experiences of people receiving and acting on what they understood to be divine guidance.

⁹ William C. Irvine, *Heresies Exposed*, p. 49, emphasis in the original.

¹⁰ *Ibid.*, pp. 50-51, emphasis in the original.

¹¹ Richmond Walker. "*For Drunks Only - One Man's Reactions to Alcoholics Anonymous.*"

God Calling

Soon after *For Sinners Only* was published in 1932, a poor English woman read it and was “curiously affected.” She shared the book with a friend, who agreed to try to “get guidance” with her. They had a quiet time together, waiting “pencils and paper in hand,” and were pleased to receive “beautiful messages” of their own from a “living Christ.”¹² They felt honored to receive this direct revelation:

We felt all unworthy and overwhelmed by the wonder of it, and could hardly realize that we were being taught, trained and encouraged day by day by HIM personally, when millions of souls, far worthier, had to be content with guidance from the Bible . . .¹³

The women continued to receive daily messages that were eventually compiled and edited by A. J. Russell to produce the best-selling devotional, *God Calling*. Russell wrote admiringly of the women and their work:

They have elected to remain anonymous and to be called “Two Listeners.” But the claim which they make is an astonishing one, that their message has been given to them, to-day, here in England, by The Living Christ Himself. Having read their book I believe them. . . .

Two poor, brave women were courageously fighting against sickness and penury. They were facing a hopeless future and one of them even longed to be quit of this hard world for good. And then He spoke. And spoke again!¹⁴

The two women, along with Russell, apparently believed that their book came from the God of the Bible, even though its messages sometimes conflicted with the Bible (see Appendix A, p. 168).

¹² A. J. Russell, ed., “The Voice Divine,” *God Calling*, pp. 11-13.

¹³ *Ibid.*, p. 12.

¹⁴ A. J. Russell, ed., “The Two Listeners,” *God Calling*, pp. 5-6.

Jesus Calling

Some decades later, Sarah Young encountered *God Calling*. In an interview with the Christian Broadcasting Network (CBN), she explained how this book taught her to “dialogue” with God:

My journey began with a devotional book (*God Calling*) written in the 1930's by two women who practiced waiting in God's Presence, writing the messages they received as they "listened." About a year after I started reading this book, I began to wonder if I too could receive messages during my times of communing with God.¹⁵

Young's description of *God Calling's* profound influence on her writing appeared in *Jesus Calling* for several years but was quietly removed around 2013.¹⁶ A condensed version follows:

(1992), I began reading *God Calling* . . . I decided to listen to God with pen in hand, writing down whatever I believed He was saying. . . . I received a message. . . . I responded by writing in my prayer journal. . . . Soon, messages began to flow more freely . . . I have continued to receive personal messages from God as I meditate on Him. . . . I want to share some of the messages I have received.¹⁷

According to *God Calling*, the women Young imitated were *mediums*. Below is their own account of “Jesus” teaching them how to bring in his spirit (sit still, breathe gently, allow, remove self):

Wait before Me, gently breathing in My Spirit. That Spirit which, if *given a free entrance*, and not barred out by self, will enable you to do the same works as I did, which being interpreted is, will enable Me to do the same works, and even greater than I did

¹⁵ “Q&A with Sarah Young,” <https://www1.cbn.com/books/q-sarah-young>.

¹⁶ Warren B. Smith, *Changing Jesus Calling: Damage Control for a False Christ*, op. cit., p. 4. <https://www.lighthouse Trailsresearch.com/blog/?p=16349>.

¹⁷ Sarah Young, *Jesus Calling*, original introduction, pp. x-xii.

when on earth—through you. Spiritualism is wrong.
No man should ever be a medium for any spirit,
*other than Mine.*¹⁸

In this revealing message, “Jesus” introduced the women to the practice of Spiritualism (channeling the dead) while cleverly denying it. He reassured them that it was okay to be mediums—to use occult techniques—as long as they were mediums for him!¹⁹

Sarah Young apparently bought into this idea, too, even if she didn’t refer to herself as a medium. She reported that like these women, she received a message the first time she tried to get one. Like them, she received and recorded more messages over time. Like them, she produced books out of her recorded notes:

Jesus Calling, 2004

Several years after I began this listening adventure,
I organized some of the writings into daily readings.²⁰

Dear Jesus, 2007

I wrote *Dear Jesus* in the same listening-to-God mode that I used with *Jesus Calling*. I’ve continued to write with the help of Christ’s Spirit, who guides my thinking while I listen in His Presence.²¹

Jesus Lives, 2009

As with my previous books, I composed this one by listening and writing, listening and writing—always in prayerful dependence on the Holy Spirit. I wrote down what I “heard” from the Lover of my soul while listening intently in His Presence.²²

¹⁸ A. J. Russell, ed., *God Calling*, March 13 entry, p. 53, emphasis added.

¹⁹ Warren B. Smith, *“Another Jesus” Calling: How Sarah Young’s False Christ is Deceiving the Church* (Expanded 2nd Edition). Magalia, CA: Mountain Stream Press, 2016, p. 24.

²⁰ Sarah Young, *Dear Jesus*, original introduction, p. 7.

²¹ Sarah Young, *Dear Jesus*, original introduction, p. 7.

²² Sarah Young, *Jesus Lives*, p. 2.

Jesus Today, 2012

As with all my books, I relied on the help of the Holy Spirit as I worked—seeking to listen to Jesus throughout the creative process.²³

Not only did Young, herself, practice “listening and writing,” she encouraged her *Jesus Calling* readers to try it as well:

I invite you to keep a journal to record any thoughts or impressions you receive as you wait in His Presence.²⁴

In 2010, she extended this invitation to children 8-12 years old with the publication of *Jesus Calling: 365 Devotions for Kids*:

I hope that you will find a quiet place and read these messages slowly each day. You might even want to keep your own journal, to record your thoughts and any words Jesus whispers to your heart.²⁵

In *Dear Jesus*, “Jesus,” himself, suggested that readers listen and write:

As My thoughts gradually form in your mind, you may find it helpful to write them down . . . The process—listening to Me under the direction of My Spirit—is more precious than the product: what you write.²⁶

In later books, “Jesus” *commanded* them to listen and write:

My child, quiet your mind and I will give you My thoughts. Write about how I am renewing your mind in this very moment.²⁷

²³ Sarah Young, *Jesus Today*, p. xvi.

²⁴ Sarah Young, *Jesus Calling*, original introduction, p. xiii.

²⁵ Sarah Young, *Jesus Calling: 365 Devotions for Kids*, original introduction, p. viii.

²⁶ Sarah Young, *Dear Jesus*, p. 221.

²⁷ Sarah Young, *Jesus Calling Devotional Journal*, Jul 09.

Write down any insights I give you as you consult with Me.²⁸

Get alone and immerse yourself in Me; then write down the truths I am bringing to mind.²⁹

Do you hear Me singing My Song to you, beloved? Ask My Spirit to help you listen. Write down those words³⁰

ask Me: Jesus, what is the next step You have for Me? Then be prepared to write it down, because My answer is on its way!³¹

Like the women of *God Calling*, Sarah Young looked for divine revelation beyond the Bible: “I knew that God communicated with me through the Bible, but I yearned for more.”³² She apparently learned how to receive and record her own personal messages from a spirit she calls “Jesus” and is now training others to do the same through her many devotionals.

*“When I write in this way,
I am always selective in my listening.
If anything is unbiblical, I reject it.”*

— Sarah Young, *Jesus Today*, p. xvi

Why does “Jesus” tell Sarah Young
unbiblical things?

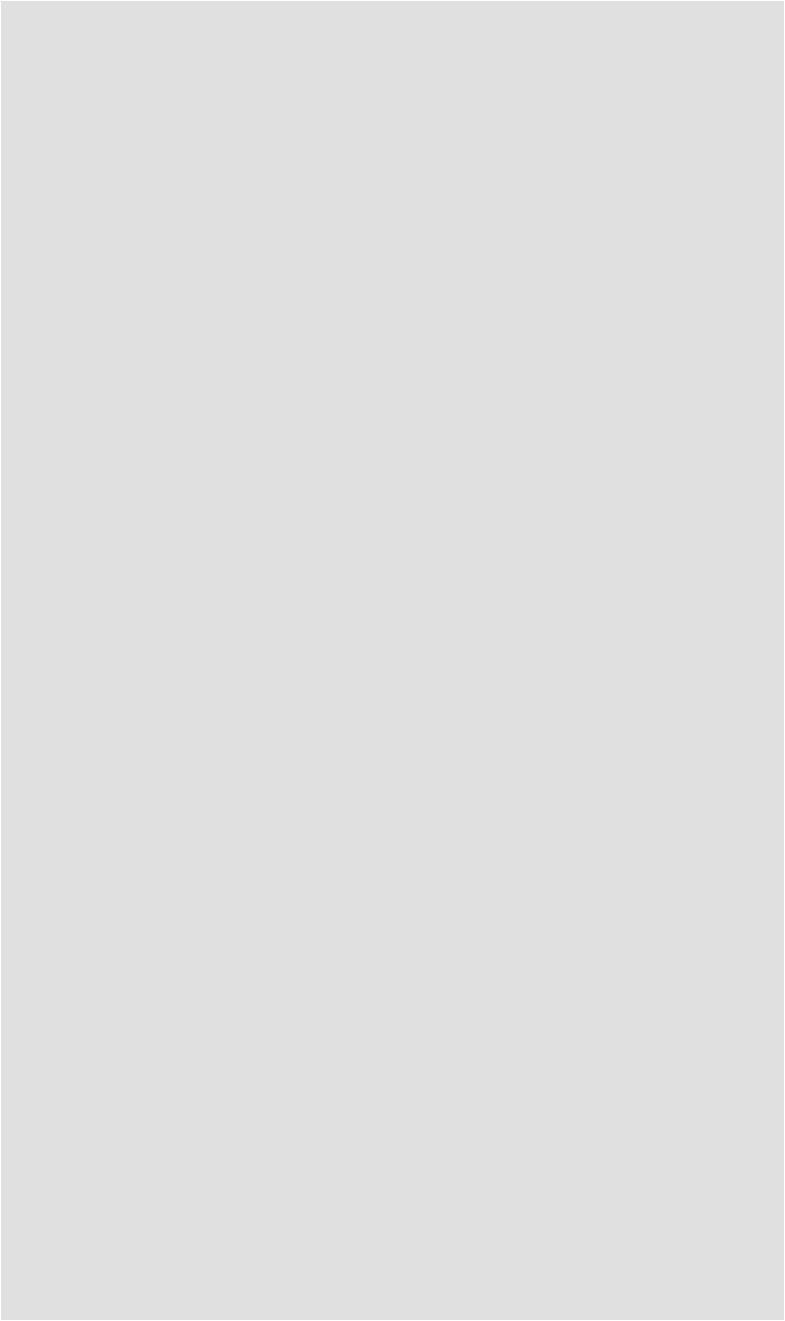
²⁸ Sarah Young, *Jesus Calling Devotional Journal*, Jun 23.

²⁹ Sarah Young, *Jesus Today Devotional Journal*, p. 66.

³⁰ Sarah Young, *Jesus Calling Devotional Journal*, Jun 11.

³¹ Sarah Young, *Jesus Calling Devotional Journal*, Nov 04.

³² Sarah Young, *Jesus Calling*, original introduction, p. xi.



II. The Interweaving

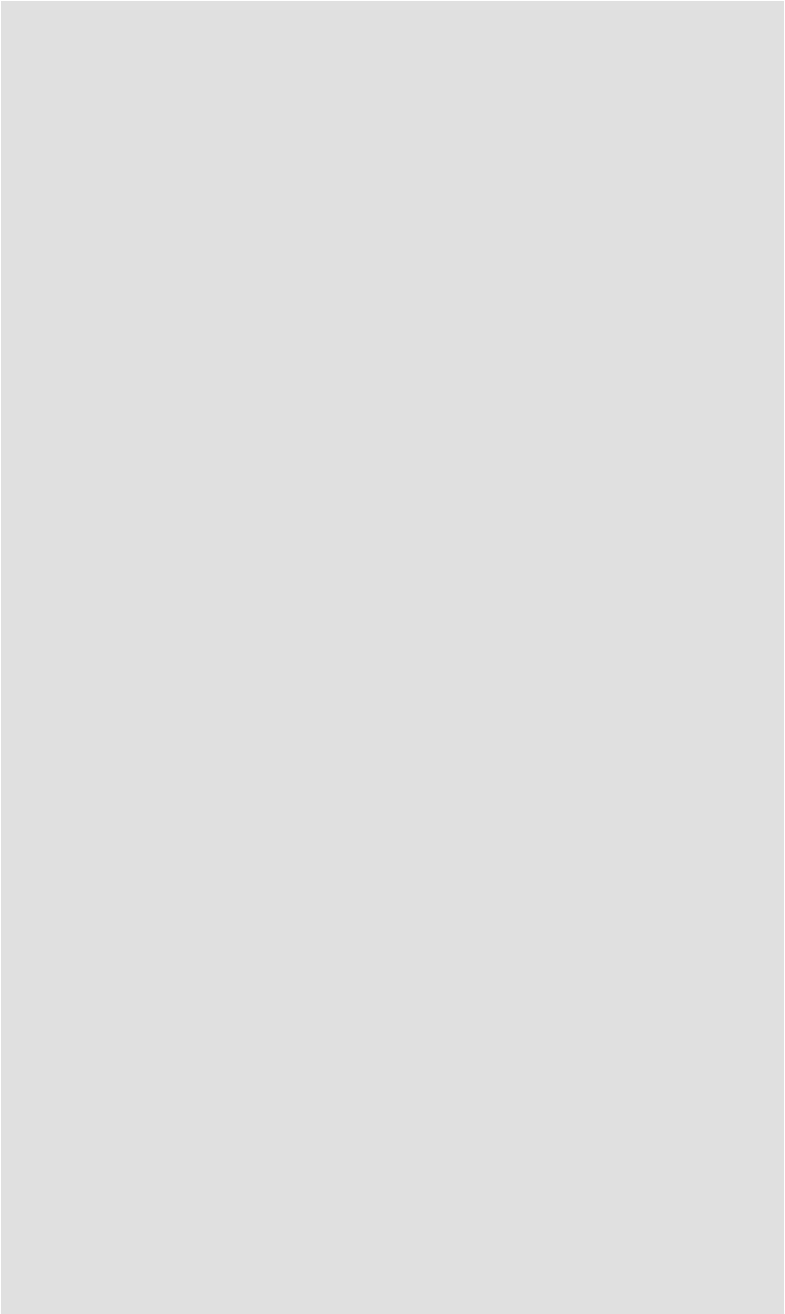
“As I listened to God, Bible verses or fragments of verses often came to mind. I have interwoven these into my messages.”

— Sarah Young, *Jesus Calling*, original introduction, p. xiii

“What many Christians do not realize is that the deceptive spirit world is thoroughly capable of weaving Christian terminology and verses from the Bible in and around metaphysical/occult terms and teachings.”

— Warren B. Smith, *“Another Jesus” Calling*, p. 26





Much Ado About Nothing?

If you are familiar with the *Jesus Calling* series, you may be thinking that the label “psychic channeling” is a dramatic overreaction. And if you’ve never encountered Young’s devotionals before, you may be in for a letdown when you pick one up for the first time and thumb through it. Why? Because Young’s devotions are full of Christian terminology and ideas and generally come across as Christian. You may not notice the occult terms and ideas that are mixed in with the text. Consider a typical daily devotion from *Jesus Calling*:

Enjoy the warmth of My Presence shining upon you. Feel your face tingle as you bask in My Love-Light. I delight in you more than you can imagine. I approve of you continuously, for I see you cloaked in My Light, *arrayed in My righteousness. There is no condemnation for those who are clothed in Me!* That is why I abhor the use of guilt as a means of motivation among Christians.

Some pastors try to whip their people into action with guilt-inducing sermons. This procedure can drive many people to work harder, but the end does not justify the means. Guilt-evoking messages can undermine the very foundation of grace in a believer’s heart. A pastor may feel successful when his people are doing more, but I look at their hearts. I grieve when I see grace eroding, with weeds of anxious works creeping in. I want you to relax in the assurance of My perfect Love. *The law of My Spirit of Life has set you free from the law of sin and death.* — “Jesus,” *Jesus Calling*, Sep 07

Does it strike you as particularly dangerous or heretical? Probably not. Like most of Young’s writing, it sounds warm, encouraging, creative, poetic, and reasonably “Christian.” Together with the abundance of Scripture references throughout the devotionals, it is no wonder Christian readers are drawn to Young’s books.

However, if we look at the same passage through the lens of occult terminology, we see some unsettling similarities:

OCCULT TERM

OCCULT SENSATION
p. 110

OCCULT SENSATION
pp. 84, 88

COMMON OCCULT WORD FOR SPIRIT GUIDE, ANGEL, OR DEITY

OCCULT METAPHOR
p. 82

NEGATIVE EMOTIONS THAT BLOCK OCCULT CHANNELING
p. 62

OCCULT TECHNIQUE
p. 58

DRIVING A WEDGE BETWEEN YOU AND YOUR LOCAL PASTOR

Enjoy the warmth of My Presence shining upon you. Feel your face tingle as you bask in My Love-Light. I delight in you more than you can imagine. I approve of you continuously, for I see you cloaked in My Light, arrayed in My righteousness. There is no condemnation for those who are clothed in Me! That is why I abhor the use of guilt as a means of motivation among Christians.

Some pastors try to whip their people into action with guilt-inducing sermons. This procedure can drive many people to work harder, but the end does not justify the means. Guilt-evoking messages can undermine the very foundation of grace in a believer's heart. A pastor may feel successful when his people are doing more, but I look at their hearts. I grieve when I see grace eroding, with weeds of anxious works creeping in. I want you to relax in the assurance of My perfect Love. *The law of My Spirit of Life has set you free from the law of sin and death.* — "Jesus," *Jesus Calling, Sep 07*

Reading these annotations, you may be skeptical. "My Presence" is certainly used in Scripture, and while "Love-Light" is unusual, it can be explained as poetic license. Calling these words "occult" may sound like a stretch.

Or, consider two shorter passages from the children's version of *Jesus Calling*:

CHANNELING
POSTURE
p. 52

You don't have to earn My Love . . . All you have to do is lie back, close your eyes, and rest in My Love for you. I will wrap you up in the warm, soft blanket of My unconditional Love, which never ends. I don't want you to worry any more about being good enough to be loved. Look into My eyes. There is no condemnation there.

OCCULT
SENSATION
p. 110

CLASSIC
SIGN OF
A SPIRIT
GUIDE'S
PRESENCE
p. 88

— "Jesus," *Jesus Calling: 365 Devotions for Kids*, Sep 15

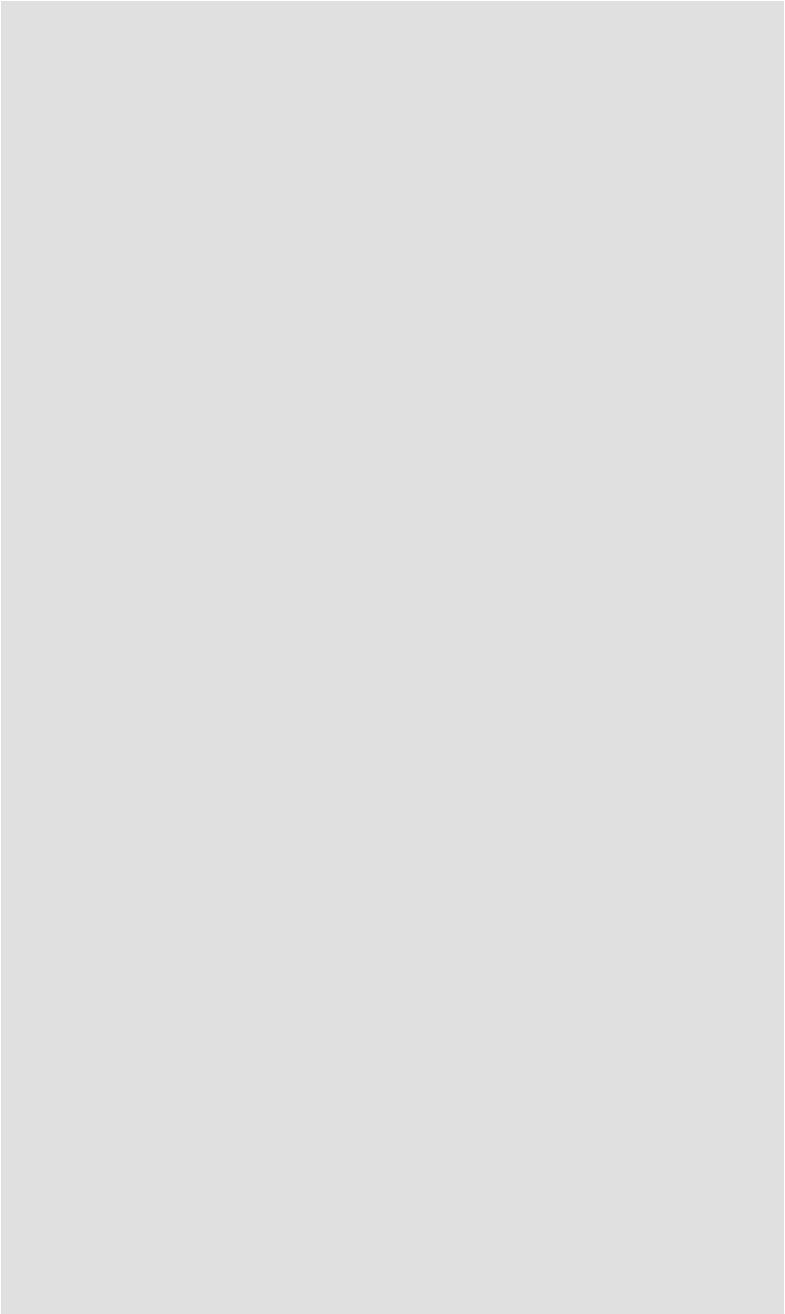
I am constantly speaking to you. But I don't always use words. Day after day, I paint amazing sunsets across the sky to show you My Power and Glory. I stroke your cheek with a gentle breeze to remind you that I am right beside you. I speak in the faces and voices of your loved ones.

GAZING
INTO
YOUR
SPIRIT
GUIDE'S
FACE
p. 92

— "Jesus," *Jesus Calling: 365 Devotions for Kids*, Jun 20

Again, these excerpts align with occult ideas, but this could be a coincidental overlap with something more innocuous. Certainly, based on these parallels alone, any conclusion that the *Jesus Calling* series conveys occult teachings would be little more than conjecture. There is not much we can draw in the way of bold conclusions from these examples, just a hint that something may be a bit "off."

Friend, having read every page and word of the "Jesus" text of the *Jesus Calling* series, I can say with confidence that the themes and directives found in these devotionals are almost indistinguishable from those found in occult literature on channeling. Through careful textual analysis, study, and feedback from fellow Christians, I have identified the coherent instructions woven throughout these seemingly self-contained daily reflections, and have compiled a summary along with side-by-side comparisons with 70 occult and New Age books. I invite you to examine what I have discovered, and test for yourself to see how the messages holds up against Scripture.



III. The Adventure

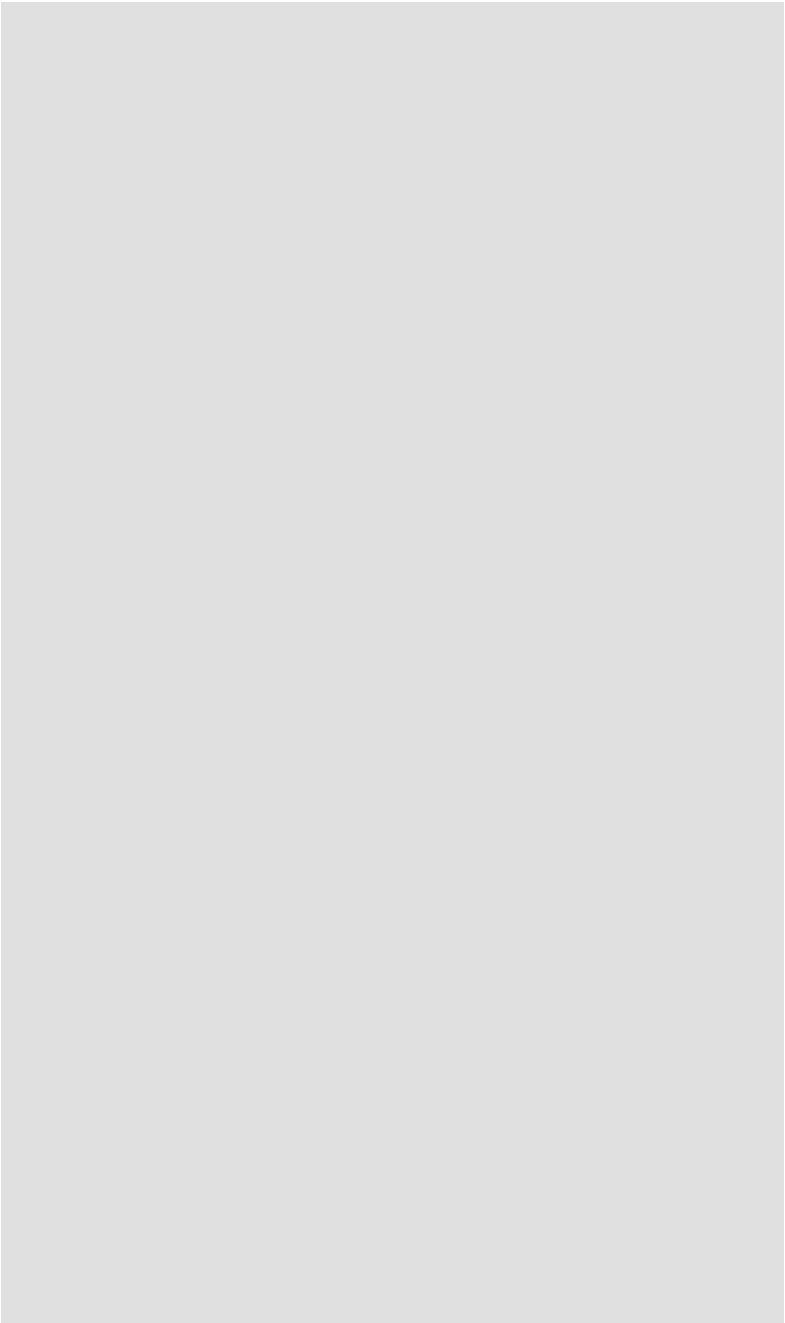
“Today each of us has an opportunity to go beyond the physical shoreline and become an explorer. This great adventure is available for all of us to share.”

— *William Buhlman, Adventures Beyond the Body, p. x*

“You are in training—like a great explorer preparing for the biggest adventure of your life.”

— “Jesus,” *Jesus Today: Devotions for Kids, p. 30*





A Unified Message

Sarah Young's books differ from many other devotionals in their unusual uniformity of content. While typical devotionals offer daily stand-alone bites of biblical wisdom, the *Jesus Calling* series gives messages that are completely interrelated; they are building blocks of an overarching teaching. This inter-connectedness is not readily apparent to the reader when only small bits of text are read at a time. However, taken together, the devotions from all of the books convey a unified message that trains the reader in a new kind of religious practice—a *listening adventure*.

A New Adventure for Christians?

Is the *Jesus Calling* series addressed to those who are already believers? The answer appears to be “yes.” Throughout the series there are statements that assume the reader's prior conversion:

At conversion you began a new life . . .	(JL p. 202)
I have saved you to the uttermost . . . for all eternity!	(JL p. 144)
As soon as I became your Savior . . .	(JC Dec 15)
you have been born again to an ever-living hope.	(JL p. 226)
You have received new birth into a living hope . . .	(JA Jul 22)
celebrate also your birth into eternal life.	(KJC Dec 24)
celebrate also your rebirth into eternal life.	(JC Dec 24)
The hope of heaven is your birthright as a Christian.	(JT p. 246)
Remember that you have been saved by grace . . .	(KJA Sep 20)
You are in a spacious place of salvation— saved . . .	(JA Jan 17)
You are in the safe place of salvation—you have been saved . . .	(KJA Jan 17)

It is interesting, then, that Young's “Jesus” would offer Christian readers a new experience—something other than conversion—something not described in the Bible—from day one. In the January 1st devotion of *Jesus Calling*, “Jesus” commands the reader to come to him “eager to be changed,” and to commit to something undefined: “Give yourself fully to this adventure of increasing attentiveness to My Presence” (JC Jan 01). Even if the reader has been a Christian for decades,

he or she is addressed as a novice: “You are really just beginning your journey of intimacy with Me” (JC Feb 09), and “Beginners need a quiet place in order to still their minds” (JC Oct 30). In the children’s version, readers are offered “a journey that will change who you are” and are urged to trust “Jesus” because “trying something new can be frightening” (KJC Jan 01). Throughout the series for both adults and children, readers are coaxed to embrace a new adventure:

- There is an **adventurous** journey awaiting you . . . (JA Aug 28)
- A great and **adventurous** journey is just waiting for you . . . (KJA Aug 28)
- I have a great **adventure** planned for you. (KJC Jan 01)
- This is a glorious **adventure** and an awesome privilege! (JT p. 344)
- get ready for the **adventure** ahead . . . (KJA Aug 28)
- This is the intimate **adventure** I offer you. (JC Sep 02)
- This is the amazing **adventure** I offer you. (KJC Sep 02)
- Enjoy this awesome **adventure** of being with Me . . . (KJT p. 296)
- I go before you in this **adventure** . . . (JL p. 356)
- Give yourself fully to this **adventure** . . . (JC Jan 01)
- Join Me in this wonderful **adventure**. (KJA Nov 17)
- learn to relax and enjoy the **adventure**. (KJC Dec 09)
- I will lead you along paths of **adventure**. (KJC Jun 30)
- Ask Him to . . . guide you in this **adventure**. (KJA Jul 06)
- I long to make your life a glorious **adventure** . . . (JC Jul 05)
- you are on the threshold of a new **adventure** . . . (DJ p. 37)
- you are on the threshold of a new **adventure** . . . (JL p. 17)
- I want to make your life a glorious **adventure** . . . (DJ p. 36)
- you are on . . . such a high-reaching **adventure**. (DJ p. 193)
- Ask My Spirit to help you in this great **adventure**! (KJA Oct 08)
- That way, you won’t miss . . . the grand **adventure** . . . (KJT p. 320)
- you can say a wholehearted “Yes!” to this **adventure**. (JT p. 222)
- Invite Him to . . . guide you in this amorous **adventure**. (JA Jul 06)
- In some ways you’re eager to begin this new **adventure**. (KJA Aug 28)
- the Holy Spirit . . . is the Director of this listening **adventure**. (DJ p. 221)
- In some ways you are eager to step into this new **adventure**. (JA Aug 28)

Interestingly, the Bible never casts the Christian life as an “adventure,” but occultists often use this word to describe their experiences:

For the past five years I have been involved in a wonderful adventure in consciousness called channeling.

— Kathryn Ridall, *Channeling*, p. 1

Learning to work with spirit guides in various forms is a magnificent adventure.

— Ted Andrews, *How to Meet & Work With Spirit Guides*, p. 2

It can be the most exciting and thrilling adventure you have ever experienced, for you are entering new realms, exploring new dimensions . . .

— “God,” channeled by Eileen Caddy, *God Spoke to Me*, p. 99

And it will most likely be an adventure beyond what you ever dreamed.

— “Ella,” channeled by D.L. Engle, *Let Your Spirit Guides Speak*, p. 209

Are you willing to come with me, to join with me in a journey of unimaginable adventure?

— channeled by Ken Carey, *The Starseed Transmissions*, pp. 45-46

Young’s readers are similarly offered a “wonderful,” “high-reaching,” “amazing,” “awesome,” “amorous,” “intimate,” “great,” “grand,” and “glorious” new adventure. But whether or not they “say yes to this sacred adventure” (JL p. 77), they gradually learn the techniques and promises of this new spiritual practice through daily reading. New ideas, often in the form of commands, are presented with consistent repetition throughout the books. At first, readers may not realize how much this adventure demands of them, but eventually they discover that it is a process that requires concentration, focus, mental discipline, effort, work, persistence, practice, and “substantial amounts of time” (JL p. 206). The devotions in the *Jesus Calling* series turn out to be much more than an independent series of teachings; they, in fact, constitute a training course.

Clues That Readers Are Being Trained

(see Appendix E for more)

I am training you . . . to be a channel of My loving Presence.	(JC Mar 31)
I am training you . . . to become a new person.	(KJA May 07)
I am training you to be aware of Me at all times.	(JC Aug 25)
I am training you to be increasingly aware of Me . . .	(JT p. 234)
I am training you to be increasingly aware of Me . . .	(JA Feb 28)
I am training you to be increasingly aware of Me.	(JA Jun 03)
I am training you to be increasingly aware of My loving Presence . . .	(JT p. 268)
I am training you to find Me in each moment . . .	(JC Mar 31)
I am training you to keep your focus on My Presence . . .	(JC Sep 30)
I am training you to keep your focus on My Presence . . .	(KJC Jul 27)
I am training you to keep your focus on My Presence . . .	(JA Nov 07)
I am training you to look for Me wherever you are . . .	(JA May 03)
I am training you to stay conscious of Me . . .	(JC Dec 05)
I am training you to think My thoughts.	(JC Dec 04)
I am training you to think My thoughts.	(KJC Dec 04)
I am training you to turn your thoughts to Me more and more . . .	(JT p. 276)
I am training you to keep your thoughts on Me.	(KJC Apr 17)
I'm training you to be aware of Me more and more.	(KJA Jun 03)
I'm training you to be more and more aware of Me.	(KJA Feb 28)
I'm training you to look for Me all the time . . .	(KJA May 03)
My training program. I am training you to see My Light . . .	(KJC Feb 11)
My Training Program . . . You are in training , and I am your coach.	(KJC Apr 17)
I want to train you to think about Me.	(KJT p. 146)
I am providing training . . .	(DJ p. 30)
You are in rigorous training . . . designed for you alone.	(JT p. 22)
My Spirit is faithfully training you.	(JCJ Dec 04)
This kind of focus takes training —just like . . . a spelling bee.	(KJC Apr 17)
Like an athlete, you are in training .	(KJT p. 138)
Now also believe that I am providing training . . .	(JL p. 98)
Your assignment is to collaborate with Me in this training process.	(JC Aug 25)

Clues That the Training is Mentally Intense

(see Appendix E for more)

“Sheer Concentration”

- concentrate** on My Presence . . . (KJC Jul 15)
It is wonderful, though not easy: It requires a level of spiritual (DJ p. 70)
and **mental concentration** that is extremely challenging.
These feats require **sheer concentration** . . . (JC Sep 25)
Conducting your life in this way requires **concentration** . . . (JL p. 308f)

“Focused Attention”

- focus your attention** on Me . . . (JC Jun 27)
break free by **focusing your attention** on Me . . . (JT p. 164)
I also desire this time of **focused attention** . . . (JC May 30)
stay aware of Me . . . Pay close **attention** to Me . . . (KJA Oct 19)
Take quiet, slow breaths while you **focus your attention** on Me. (JL p. 266)

“Mental Discipline”

- This **mental discipline** does not come easily . . . (JC Oct 17)
I want you to **discipline** your mind to minimize worry . . . (JT p. 176)
This requires sustained **mental discipline** . . . (JA Jun 27)
You need to practice directing that **mental energy** toward Me. (DJ p. 194)
Changing your thought patterns requires . . . **mental discipline**. (DJ p. 93)

“Massive, Sustained Effort”

- more **persistent effort** than anything else you have attempted. (DJ p. 71)
This requires **vigilant effort** . . . (JA Sep 20)
This requires **strenuous effort** on your part . . . (JL p. 40)
You must exert **continual effort** . . . to live . . . in My Presence. (JA Mar 18)
This will require much **ongoing effort** . . . (JT p. 176)
seeking Me wholeheartedly requires **massive, sustained effort**. (JL p. 88)

“Hard Work”

Work . . . and you will be able to perceive My gifts more clearly. (DJ p. 137)
It takes **work** to keep your thoughts . . . focused on Me. (KJA Nov 04)
This is hard **work** . . . (JT p. 58)
You'll have to **work** at this constantly . . . (KJA Mar 18)
Putting this secret into practice takes **work**. (KJT p. 136)
learn to give Me more . . . of your attention . . . This will take **work** . . . (KJA Sep 20)

“Persistence”

Persist in returning your attention to Me . . . (JCM Mar 03)
In your **persistence**, you will find more of Me. (JTJ p. 10)
I treasure your **persistence** in seeking My Face. (JA Dec 10)
this takes time plus **persistent** effort. (JT p. 12)
It is an endeavor that requires **persistent** effort and determination. (JA Nov 04)
Gently bring your attention back to Me . . . I look for **persistence** . . . (JC Jun 23)

“Practice”

Practice My Presence . . . (JC Jul 24)
Practice being in My Presence. (KJT p. 130)
Practice looking and listening for Me . . . (KJC Jun 20)
Practice remembering that I am with you. (KJA Feb 19)
Practice doing this until it becomes a habit . . . (JT p. 242)
Practice the discipline of walking consciously with Me . . . (JC May 19)
Practice Waiting . . . You need to **practice** it all the time. (KJA Aug 27)
Make it a **practice** to affirm your faith in Me frequently . . . (JA Apr 12)
Don't neglect the **practice** of My Presence. (JCM Mar 06)
This new focus will take **practice**. (KJT p. 146)
stay aware of Me . . . keep **practicing**. (KJA Jun 15)
Your best preparation . . . is **practicing** My Presence each day. (JA Aug 28)
So don't neglect the discipline of **practicing** My Presence. (JT p. 122)
think about Me more and more . . . you have to **practice** at it. (KJA Oct 10)

“Substantial Amounts of Time”

Spend time with Me—lots of time . . .	(KJA Jan 23)
Pick out a time to spend with Me each day . . .	(KJA Jun 18)
Decide on a time that will be just for Me.	(KJT p. 290)
Fight for our time together.	(KJC Jul 01)
Spend plenty of time with Me.	(KJA Sep 10)
It’s crucial to take time with Me . . .	(JA May 22)
Set aside a special time every day just to be with Me.	(KJC May 30)
It is vital to set aside time for nourishing your heart.	(JA Feb 26)
Do not skimp on this vital time with Me.	(DJ p. 230)
You must fight to carve out time for Me.	(JA Jun 18)
It’s vital to set aside blocks of time for seeking My Face.	(JA Jun 27)
This process requires blocks of time set aside . . .	(JC Dec 13)
you need substantial amounts of time soaking in the Light . . .	(JL p. 206)
Keeping Me in your thoughts . . . will take time and practice .	(KJT p. 20)

Occultists, too, offer mentally intense training that requires time and practice. They teach that it is easy to connect with the spirit world initially, but that it takes patience and determination to develop into “accurate” channels. Students are encouraged to be persistent:

Opening yourself up to the Spirit world is like learning a different language. It takes time and practice.

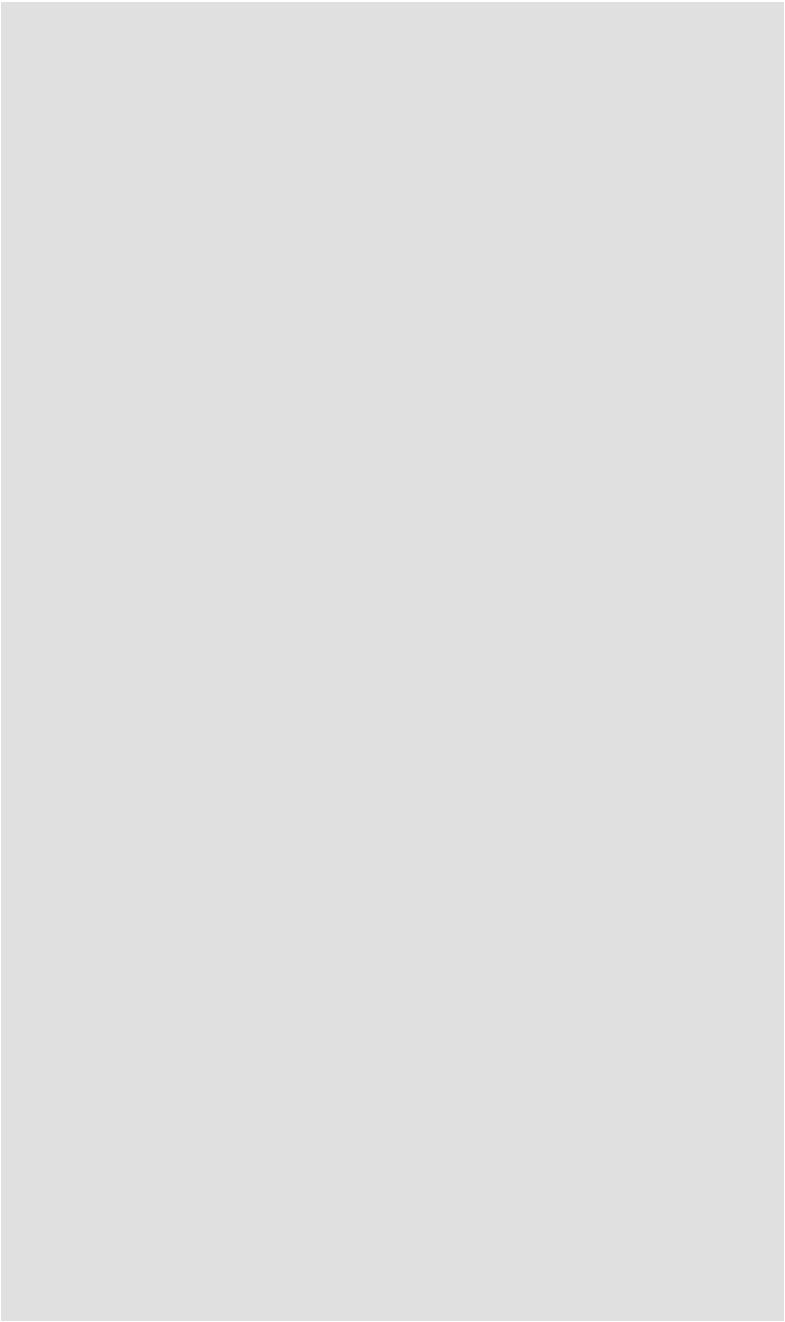
— James Van Praagh, *Wisdom From Your Spirit Guides*, p. 123

Our psychic and mediumistic abilities are like muscles, the more we practice using them the stronger and better we become at it.

— Emily Stroia, *Talking to Spirit*, p. 53

Set aside time each day to connect with your spirit guides. In order to cultivate your relationship with your guides, you must regularly invest time into it.

— Kristin Komak, *Spirit Guides*, p. 26



IV. The Method

“Faithfully executing these spiritual exercises
daily will slowly change you”

— *Bill Missett, Awakening the Soul, p. 623*

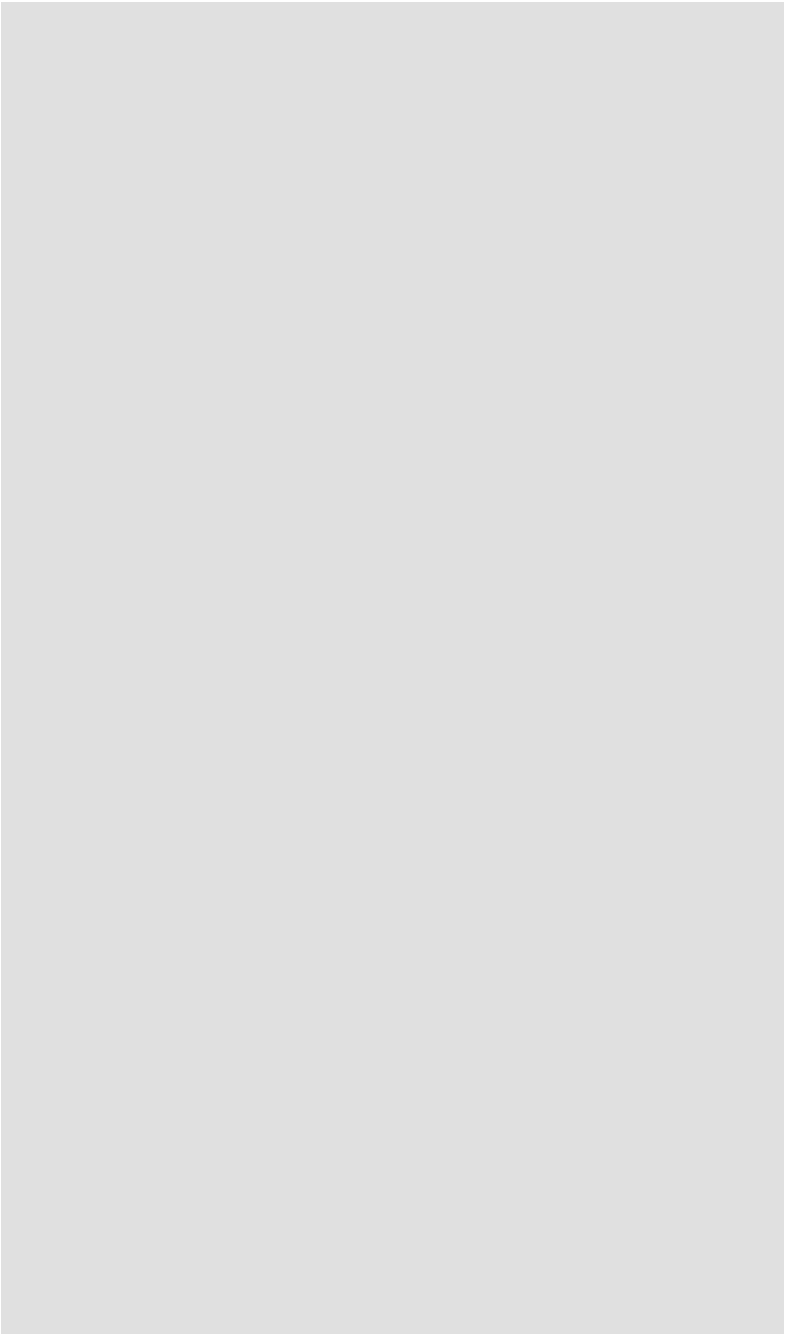
“As you practice these disciplines,
you will gradually be transformed”

— “Jesus,” *Jesus Today, pp. 138-139*

“As you do these things,
you’ll be changed”

— “Jesus,” *Jesus Today: Devotions for Kids, p. 146*





50 Steps of Channeling

The *Jesus Calling* series teaches the principles of channeling with gentle, repetitive commands and suggestions that are woven into the text and scattered throughout the books—never presented as a whole. Readers are progressively presented with meditation techniques that sound vaguely scriptural but are not actually found in the Bible. Diligent readers, consciously or not, may find themselves gradually adopting an Eastern/New Age model of religious devotion, characterized by the following imperatives:

MEDITATE

1. Find a Place
2. Spend Time Alone
3. Sit or Lie Down
4. Get Still
5. Be Quiet
6. Relax
7. Breathe Deeply
8. Open Your Hands
9. Repeat a Mantra
10. Quiet Your Mind
11. Center
12. Open Yourself
13. Focus
14. Maintain Focus

CONNECT

15. Tune In
16. Visualize Cleansing
17. Visualize Shielding
18. Bask in Love and Light
19. Imagine a Door
20. Sense Guide's Presence
21. Visualize Your Guide
22. Gaze into Guide's Face
23. Feel Your Guide's Hand
24. Make Room for Guide
25. Empty Yourself

26. Get Ready to Receive
27. Invite Your Guide
28. Let Your Guide Come In
29. Feel Yourself Expanding
30. Absorb Your Guide
31. Feel Warmth
32. Feel Wrapped in Spirit
33. Sense Yourself Rising
34. Taste Heaven

COMMUNICATE

35. Ask Questions
36. Listen
37. Hear Whispers
38. Hear Music
39. Converse
40. Surrender Control
41. Think God Thoughts
42. Write Down Messages
43. Transition/Thank Your Guide

MAINTAIN CONTACT

44. Let Guide Live Through You
45. Channel to Help Others
46. Maintain Conscious Awareness
47. Live in the Now
48. Repeat Affirmations
49. Look for Signs
50. Raise Your Vibrations

The first few steps are innocuous in and of themselves. For example, sitting alone in a quiet place is a helpful way to pray or study the Bible. Taking a break and relaxing is sometimes good for the human body. Yet these practices, as well as the others on the list, are not taught in Scripture. The 50 steps are taught instead by psychics, channels, mediums, and other New Age practitioners as techniques for contacting and interacting with spirit guides (familiar spirits).

According to Deuteronomy 18, these practices, among others, were the reason that God drove the pagans out of the promised land. God commanded the Hebrews not to “learn to do” these things, and called those who did “an abomination.” *Notice that He did not tell His people to redeem or adapt these practices to worship Him!*

What About Psalm 46:10?

Young describes Psalm 46:10 as a “life-changing verse” for her (JC p. xiii), and teaches that it means to sit quietly with “Jesus”:

Be still and know that I am God. You may have heard those words before, but do you understand them? They simply mean that I want you to take time to sit—still and quiet—with Me.

— *Jesus Always: 365 Devotions for Kids, Jan 03*

[I]t’s important to take time to *be still and know that I am God*. Sit quietly in My Presence . . .

— *Jesus Always, Jun 11*

[B]e still, and know that I am God. . . . sit quietly with Me.

— *Jesus Calling, Sep 03*

Young is not alone in her understanding of this verse; Psalm 46:10 is widely accepted as a command to sit still and meditate in order to commune with God. However, this interpretation is simply not supported by the context. Instead, readers are being both humbled and reassured by a display of God’s awesome power.

Deuteronomy 18:9-12

When thou art come into the land which the Lord thy God giveth thee, thou shalt not learn to do after the abominations of those nations.

There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch. Or a charmer, or a **consulter with familiar spirits [medium]**, or a wizard, or a necromancer.

For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee.

Psalm 46:6-11

The heathen raged, the kingdoms were moved:
he uttered his voice, the earth melted.

The LORD of hosts is with us;
the God of Jacob is our refuge.

Come, behold the works of the LORD,
what desolations he hath made in the earth.

He maketh wars to cease unto the end of the earth;
he breaketh the bow, and cutteth the spear in
sunder; he burneth the chariot in the fire.

Be still, and know that I am God:

I will be exalted among the heathen,
I will be exalted in the earth.

The LORD of hosts is with us;
the God of Jacob is our refuge. Selah.

Is Meditation Our Most Important Duty?

Both *God Calling* and the *Jesus Calling* series elevate meditation above every other spiritual practice:

[T]he greatest work either of you can do, and are doing,
is done in this time apart with Me.

— *God Calling, Feb 14*

Nothing is as important as spending time with Me.

— *Jesus Calling, Mar 27*

There is nothing that matters more than spending time
with Me . . .

— *Jesus Calling: 365 Devotions for Kids, Jul 06*

I know that you have so much to do—homework and
chores and practices and friends. But what you need
most is to be still in My Presence.

— *Jesus Always: 365 Devotions for Kids, Aug 09*

Every day, there are many things you could do. Some
are good; some are important. But none are as good or
important as being with Me.

— *Jesus Calling Bible Storybook, p. 185*

If a daily meditation practice is the number one priority for the believer, then why didn't Jesus teach it when He was on earth? Why didn't Peter and Paul even mention it—especially when they were anticipating death and writing their urgent final instructions? Instead, Peter warned against false teachers who spoke “great swelling words of vanity” and reminded readers that they had already been given “all things that pertain unto life and godliness” (2 Peter 1:3-2:18). Paul used his (likely) last epistle to warn against seducers who were “deceiving, and being deceived,” and to remind Timothy of the sufficiency of Scripture (2 Timothy 3:13-4:6).

Who Else Finds Meditation Essential?

Channeling experts teach that meditation is foundational to their practice:

Meditation is essential for the development of mediumistic abilities.

— Robert Brown, *We Are Eternal*, p. 195

Meditation opens the door to the spirit world and to spiritual experiences. It is the fuel for mediumship.

— Konstanza Morning Star, *Medium*, p. 51

Without meditation you cannot develop your spirituality, your mediumship or the ability to properly meet your Guides.

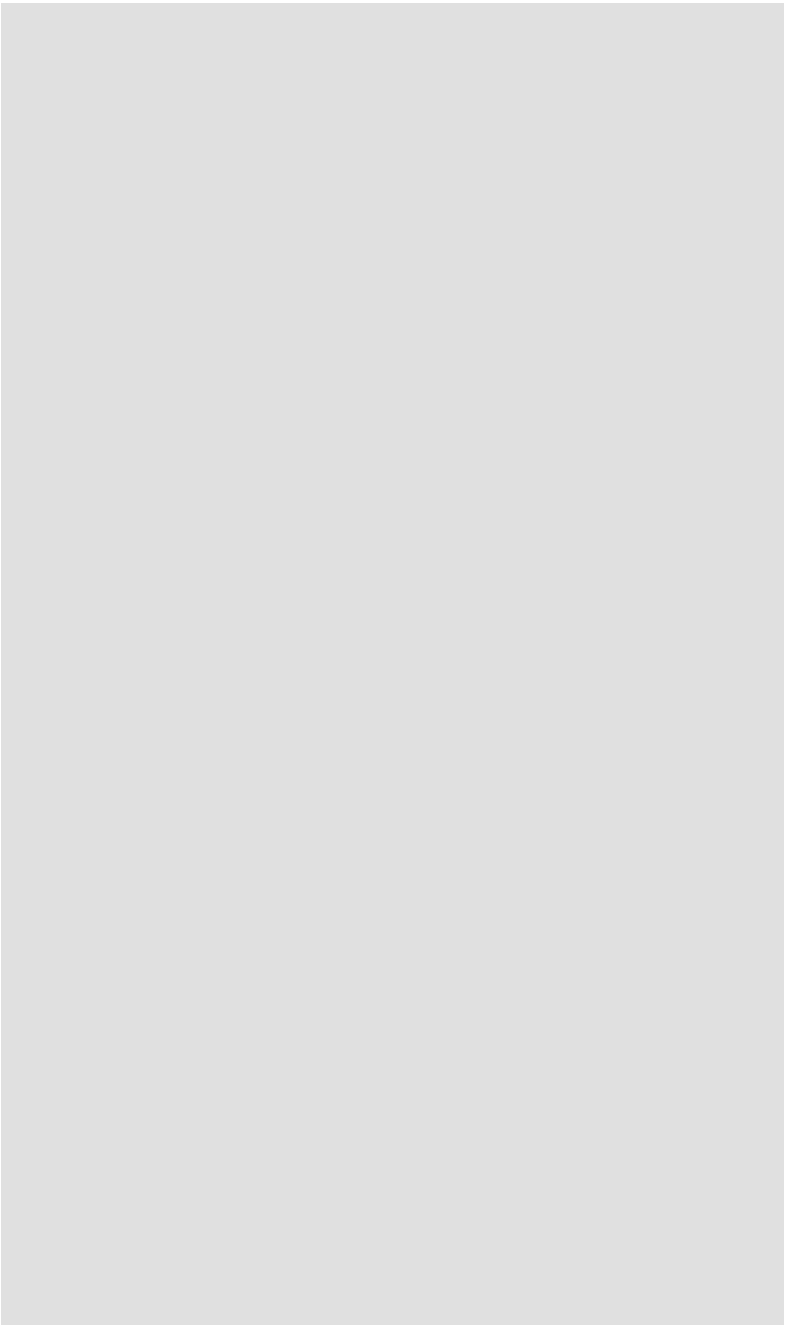
— Derek Johnsen, *How to Become a Psychic Medium*, p. 31

I can't stress enough how instrumental a daily meditation ritual is for anyone who wants to contact their guides.

— James Van Praagh, *Wisdom From Your Spirit Guides*, p. 118

What is Biblical Meditation?

The *Jesus Calling* series, the *God Calling* books, and channeling training books all emphasize the necessity of meditation in their spiritual practices. Moreover, they teach the same type of meditation: a mind-altering/mind-emptying exercise that puts one into a passive state, open to external influences. Biblical meditation, on the other hand, is a *cognitive*, mind-filling process of actively considering God's character, deeds, and written revelation. Scripture teaches us to meditate on God's law (Joshua 1:8, Psalm 1:2), God's statutes (Psalm 119:23, 119:48), God's works (Psalm 143:5, 77:12), God's precepts (Psalm 119:15, 78), God's instruction (1 Timothy 4:15), God's word (Psalm 119:148), and God Himself (Psalm 63:6).



V. The Training: A Mock Psychic Channeling “Manual”

“Training your mind in meditation is just like training your body in fitness.”

— Gordon Smith, *Developing Mediumship*, p. 16

“This kind of focus takes training— just like practicing for a sport”

— “Jesus,” *Jesus Calling: 365 Devotions for Kids*, Apr 17

“You are training your mind”

— “Jesus,” *Jesus Always*, Jan 21



This chapter presents a hypothetical training manual that follows the 50 Steps of Channeling from Chapter IV. Each of the steps is illustrated with psychic channeling quotations on left-hand pages and *God Calling & Jesus Calling* series quotations on right-hand pages. This side-by-side arrangement highlights strong similarities between Young's writing and occult writing, with some of the closest examples of matching text circled in red on opposite pages.

The 50 steps are a composite of steps found in many channeling books and do not match exactly, in order or content, with any particular teacher's method. They are meant to represent the methods of conscious channeling (with intuitive writing) more than full-trance channeling (with automatic writing), although there is considerable overlap between the two.

For more information about conscious channeling, please see Appendix B. For more quotations for each step, please see Appendix E. For further explanation of the symbolic annotations, please see Appendix F.

A. MEDITATE

1. Find a Place
2. Spend Time Alone
3. Sit or Lie Down
4. Get Still
5. Be Quiet
6. Relax
7. Breathe Deeply
8. Open Your Hands
9. Repeat a Mantra
10. Quiet Your Mind
11. Center
12. Open Yourself
13. Focus
14. Maintain Focus

“Step #1: Work in a quiet, uninterrupted space; and before you begin, light a small votive candle and say a short **prayer for protection** from low-level energies.”

— *Sonia Choquette, Ask Your Guides, p. 86*

“When you spend time listening to Me, you need to begin with **prayer for protection.**”

— *“Jesus,” Dear Jesus, p. 220*



1. Find a Place – Real or Imagined

Channeling students are taught to establish a quiet place, conducive to spirituality, away from distractions, where they can meet regularly with their spirit guide. In addition, they are encouraged to create an imaginary meeting place in their mind, complete with detailed imagery.

*Melissa Alvarez,
Your Psychic Self,
p. 24*

find a **quiet place** to sit comfortably . . .

*Kristin Komak,
Spirit Guides, p. 26*

Select a **sacred space** in your home. This is where you can connect with your spirit guides each day.

*Judy Hall,
The Art of Psychic
Protection, p. 77*

If you **create a safe space** in which to . . . meditate, you will naturally have protection.

*Martina Schmidt,
Connecting with
Heaven, p. 36*

You will need to create a **place** in your imagination that they can come to you and visit with you.

*Konstanza Morning
Star, Medium, p. 35*

It is helpful to **create a sacred space** for your interaction with the spirit world . . .

*Carole Anne,
Beginning Mediumship
Workbook, p. 78*

It can help, when doing mediumship, to have a special **place in your mind** to meet spirits and Spirit Guides.

*Ted Andrews, How
to Meet & Work With
Spirit Guides, p. 56*

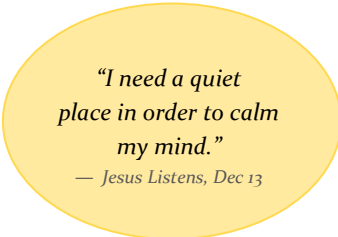
Create an inner **sanctuary** with imagery.

*Tianna Galgano,
How to Meet Your
Spirit Guides, p. 92*

If a guide takes you on a journey out of the **safe place**, you always want to return to it at the end of that journey.

1. Find a Place – Real or Imagined

- Come with Me into a desert **place** and rest awhile. (GE Jun 09)
- You are making one spot of earth a Holy **Place** . . . (GC Feb 14)
- Find a quiet **place**, sit for a moment, think about Me . . . (KJC Feb 13)
- Find a quiet **place** . . . where you can listen . . . and hear My voice. (JCM Jun 26)
- Find a quiet **place** to be still in My Presence and listen to My voice. (KJC Mar 15)
- Find a quiet **place** . . . (JL p. 104)
- Find a quiet **place** and be still. (KSB p. 95)
- Find a quiet **place** and then listen to Me . . . (KJT p. 290)
- Find a quiet **place**, where the noise of the world is minimal. (DJ p. 81)
- create a safe **space** around you, a haven . . . (JC May 30)
- Find a peaceful **place** for us to meet. (KJC May 30)
- look for a quiet **place** where you can relax . . . a cozy spot in the den, or in your room. Or maybe it's outside under a tree. (KJC May 30)
- What is that safe **place**? (KJT p. 326)
- You need a quiet **place** . . . (DJ p. 87)
- I will be your Safe **Place** . . . (KSB p. 245)
- This creates sacred **space** . . . (JL p. 312)
- This creates sacred **space** . . . (JC May 30)
- Try sitting in a quiet **place** . . . (JA Dec 29)
- Try sitting in a quiet **place** . . . (KJA Dec 29)
- Create a permanent **place** for Me in your mind . . . (JA Jan 31)
- Create a permanent **place** for Me in your mind. (KJA Jan 31)
- It is also vital to find a **place** where you can sit quietly . . . (DJ p. 184)
- Beginners need a quiet **place** in order to still their minds. (JC Oct 30)
- How will you hide in the **sanctuary** of My Presence . . . ? (JCJ Jan 03)
- Do you have a good hiding **place**? A secret spot where you go . . . ? (KJT p. 292)
- Go outside and find a quiet **place**. (KJC Feb 19)
- At times, you just need . . . a **safe place** to hide. (KJT p. 292)
- It can be difficult to find a safe, quiet **place** to rest . . . (KJT p. 44)



*"I need a quiet
place in order to calm
my mind."
— Jesus Listens, Dec 13*

2. Spend Time Alone

Channeling students are taught to set aside time to be alone when they are not likely to be interrupted. Solitude helps induce a meditative state and appears to be a key element in developing mediumship, especially at the beginning.

*Martina Schmidt,
Connecting with
Heaven, p. 34*

Always make sure you are **alone** and will not be disturbed before attempting meditation.

*Eileen Caddy as "God,"
God Spoke to Me,
pp. 117, 141*

Take time to be **alone** with Me . . .
it is so necessary to **spend time alone** with Me.

*Allan Kardec,
The Mediums' Book,
p. 85*

Mental concentration is favoured by **solitude** . . .

*Roman and Packer,
Opening to Channel,
p. 86*

find quiet **time alone** for your guide to reach you.

*Prophet Stephen,
The Best Psychic
Readings and
Readers of All Time*

Meditation and **spending time alone**
seem to be the key ingredients in
developing your psychic gifts.

*Lyn Guest de Swarte,
The Spiritualists'
Handbook, p. 146*

Sitting in **solitude** . . . you will hear from within yourself a spontaneous voice that is eternal and changeless . . . the divine inner voice . . .

*Sharon Farber,
Choosing to Be a
Medium, pp. 172-73*

You may find **you need more time alone,**
especially during mediumship development. . . .
If monks need extra **solitude**, don't beat yourself up when you do.

2. Spend Time Alone

Not by life's difficulties and trials are you trained . . . as much as (GE Nov 15)
by the **times** of withdrawal to be **alone** with Me.

Spend more **time alone** with Me. (GC Feb 28)

The mystery of man's communion with Me lies in the beauty and (GE Feb 01)
wonder of its **aloneness**.

Shut out the world . . . you will crave to be **alone** with Me. (GE Dec 04)

Shut out the world and invite Me in. (JCJ Sep 19)

Shut the door to your room, and close out the world . . . (KJC Apr 04)

Get **alone** and immerse yourself in Me . . . (JTJ p. 66)

This **time alone** with Me is essential . . . (JC Jul 01)

Spend **time alone** with Me. (KJT p. 122)

Spend **time alone** . . . just listening. (KJC Jun 15)

Set aside **time** to be **alone** with Me . . . (KJA Mar 14)

spending **time alone** with Me . . . (KJA Sep 22)

Spending **time alone** with Me shows . . . (KJA Dec 23)

Spending **time alone** with Me, waiting . . . (JA Sep 22)

Spending **time alone** with Me is essential . . . (JC May 15)

Spending **time alone** with Me is so good for you . . . (JA Dec 23)

Spending **time alone** with Me is the best way to (JC Jun 15)

develop seeing eyes and hearing ears.

Spend some **time alone** with Me each day. (KJC Apr 05)

Secure some **time alone** this evening . . . (JCM Feb 14)

Begin each day **alone** with Me . . . (JC Dec 14)

choose to spend **time alone** with Me . . . (KJA Dec 10)

You need to spend **time alone** with Me . . . (KJC Jul 01)

This process requires **time alone** with Me . . . (JC Jul 28)

This is why **you need time alone** with Me. (JL p. 128)

I long for you to spend **time alone** with Me. (JA Oct 13)

Treasure these moments **alone** with Me. (KJA Feb 25)

*"Spending
time alone with
You . . . enhances
my connection
with You."
— Jesus Listens,
May 07*

3. Sit or Lie Down

Channeling students are taught to sit or lie down in a relaxed but aligned position. The idea is to use a comfortable chair, sofa, or bed, so they can remain undistracted by their environment for sustained periods.

Lita de Alberdi,
Channeling, p. 38

Sit quietly in your usual meditation posture . . .

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 49

The best way to meet your master guide is to
sit quietly in meditation.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 153

Sit with your guide and listen to his or her
teaching and philosophy.

Debra L. Engle,
*Let Your Spirit
Guides Speak*, p. 71

sit quietly and settle into a deeper place in your
mind, giving yourself time . . .

Emily Stroia,
Talking to Spirit,
p. 48

One of the most important aspects about
mediumship is having the patience and
concentration to **simply sit** with Spirit . . .
without any other purpose but to feel this
divine energy.

Walter Moore,
*Channeling Spirits
Guide for Psychics*,
p. 20

you can **sit** in a comfortable chair or simply
lie flat on your **back**.

Tamara L. Lesley,
Spiritual Harmony,
p. 16

Sit up straight, or **lie down**, and make yourself
very relaxed.

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 80

Lie down or **sit back** in a comfortable chair . . .

Sylvia Browne,
*Contacting Your
Spirit Guide*, p. 157

Lie in a prone position.

3. Sit or Lie Down

Sit by the well.

(GC Jun 23)

sit silent before Me . . .

(GC Dec 10)

Sit quietly and think about Me.

Sit quietly in My Love-Light . . .

Sit quietly in My Presence . . .

Sit quietly in My Presence . . .

Sit quietly in My Presence . . .

Sit quietly with Me . . .

Sit quietly with Me.

Sit with Me . . .

Sit with Me.

Sit with Me.

Sit quietly . . .

Sit still . . .

Sit still . . .

Sit still . . .

Try **sitting** . . .

Try **sitting** . . .

Then **sit** quietly . . .

As you **sit** with Me . . .

You can **sit** in the comfort of your own room . . .

Come and **sit** with Me for a while.

Take time today to simply **sit** in My joyful Light.

lie back, close your eyes, and rest . . .

Lie back and rest in My Presence.

Lie down in green pastures of Peace.

Then **lie down**, close your eyes . . .

close your eyes. **Curl up** in My Presence.

You can talk to Me **lying down, sitting up** . . .



(KJT p. 80)

(JC Jun 03)

(JA Jun 11)

(JC Aug 05)

(JC Oct 07)

(JC Nov 09)

(KJC Nov 09)

(KJA Jan 25)

(JTJ p. 52)

(KJA Jan 10)

(JC Jul 09)

(JL p. 44)

(JC Jan 25)

(JCM Oct 14)

(JA Dec 29)

(KJA Dec 29)

(KJA Jan 05)

(KJA Feb 02)

(KJC Sep 26)

(KJC Dec 22)

(KJA Aug 11)

(KJC Sep 15)

(KJC Feb 06)

(JC Oct 24)

(KJC Oct 24)

(KJT p. 244)

(KJC Aug 15)

“Sitting quietly in God’s Presence is just as important as the writings I glean from these meditative times. In fact, some days I simply sit with Him for a while and write nothing.”

— *Jesus Calling, original introduction, p. xii*

Psychic Channeling Books

4. Get Still

Channeling students are taught to get physically and mentally still to help them achieve inner stillness, a welcoming environment for their spirit guide. Also, when they are motionless, they have less sense of their physical body and can begin to feel detached from it.

Eileen Caddy as "God,"
God Spoke to Me,
pp. 58, 77

Sit **still** . . . In **stillness** you can find Me . . .
Still the whole of your being. Sit and BE.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 39

The most important aspect of this type of communication is for the person to be **still** to allow whatever thoughts and impressions to enter.

Eileen Caddy as "God,"
God Spoke to Me,
p. 139

Take time to be **still**.

Ken Carey
as guide, *The Starseed
Transmissions*, p. 35

In the **stillness** of your innermost being,
contact Him.

Ken Carey as "Christ,"
*The Starseed
Transmissions*, p. 71

Be **still** and be quiet. My spirit cannot
come when minds are full.

Gordon Smith,
*Mediumship Made
Easy*, p. 72

Just let your mind relax and sit in the **stillness**
and peace of your own energy.

Roman and Packer,
Opening to Channel,
p. 69

practice every day . . . to grow accustomed to
deeper relaxation and inner **stillness** . . . the
state of mind that is best for a guide's entry.

4. Get Still

I seldom force an entrance through many voices and distracting thoughts. There must be first the coming apart and then the **stilling** of all else as you wait in My Presence. (GE Sep 01)

Come with your Lover into the **stillness** . . . (GE Feb 15)

You have to hush the heart and bid all your senses be **still** . . . (GC Mar 10)

Sit **still** in the Light of My Presence . . . (JC Jan 25)

Sit **still** in My holy Light . . . (JL p. 44)

Be **still** in this holy Light . . . (JT p. 282)

Be **still** and listen for a moment. (KJT p. 258)

Be **still** with Me and think about Me. (KJA Jun 15)

Be **still** so that you can hear My voice. (JC Dec 16)

be **still** . . . Quieting your body is somewhat challenging . . . (JT p. 76)

Hold **still**—with dignity and confidence—while I crown you . . . (JT p. 86)

You need **stillness**—outer and inner—to hear My gentle whispers . . . (DJ p. 81)

you must be **still** so that you can hear My Voice. (KJC Dec 16)

Take time to be **still** in My Presence. (JC Oct 13)

Take time to be **still** in My Presence . . . (JA Jul 21)

I meet you in the **stillness** of your soul. (JC Apr 04)

Keeping your body **still** can be tough. You want to . . . fidget. (KJT p. 84)

The more you practice **stillness**, the easier it becomes. (KJC Oct 30)

Even when your body is **still**, your mind tends to race . . . (JA Jan 09)

Find a quiet place and be **still**. (KSB p. 95)

To hear Me, you must be **still** and quiet. (KJC Oct 30)

I am found in the quiet and **stillness** by those who . . . listen . . . (KJC Jun 15)

I want you to take time to sit—**still** and quiet—with Me. (KJA Jan 03)

I want you to stop everything and be **still**. (KJC Apr 24)

I can do My best handiwork when you sit in the **stillness** . . . (JC Jun 30)

Go to your room . . . or anywhere you can be quiet and **still**. (KJC Oct 30)

It's . . . easier to tone down your thinking when your body is **still** . . . (DJ p. 184)

*"I need to be still
in Your Presence"*

— Jesus Listens,
Feb 23

5. Be Quiet

Channeling students are taught to turn off their phone, computer, and TV and get quiet so that they can hear their spirit guide speak. The goal, especially for beginners, is complete silence.

*Sharon Farber,
Choosing to Be a
Medium, p. 58*

be quiet while you initiate spirit contact . . .

*Robert Brown, We Are
Eternal, p. 195*

We need to enter that **quietness** to draw near to those who work with us.

*Richard Webster,
Spirit Guides & Angel
Guardians, p. 192*

another extremely effective way of making contact with your spirit guides is through **silence**.

*Diana Burney,
Spiritual Balancing,
p. 169*

By spending time each day in **silence**, you will develop skills to receive the messages that will be communicated to you.

*Gordon Smith,
Intuitive Studies,
pp. 12-13*

"The **silence**" . . . within Spiritualist circles . . . is the foundation of our work . . .
Sitting in the **silence** is so important.

*Allan Kardec,
The Mediums' Book,
p. 86*

beginners should try to write . . .
in perfect **silence** . . .

*Tabitha Zalot,
Mediumship, p. 16*

you need to be in a **quiet** area or at a place where there is extreme **silence**.

*HeatherAsh Amara,
The Warrior Heart
Practice, p. 68
Carole Anne,
Beginning Mediumship
Workbook, pp. 25-26*

Turn inward and get **quiet**.

Sitting in Silence . . . involves relaxing your body . . . and blending with the Power of the Divine.

5. Be Quiet

- Silence.** Be **silent** before Me. (GC Jan 17)
- Wait in **silence** awhile, conscious of My presence . . . (GC Feb 19)
- Cultivate **silence**. “God speaks in **silences**.” (GC Jan 07)
- Be calm, be true, be **quiet**. (GC Mar 30)
- Start by turning off the television and computer . . . and being **quiet**. (KJT p. 146)
- Go to your room . . . or anywhere you can **be quiet** . . . (KJC Oct 30)
- Take a deep breath and be **quiet**. (KJT p. 140)
- Take time to be **quiet** . . . (KJA Jul 21)
- Quietness** is the classroom where you learn to hear My voice. (JC Oct 30)
- Sit **quietly** in My Presence . . . (JC Jul 09)
- Wait **quietly** in My Presence . . . (JC Sep 21)
- Wait **quietly** in My Presence. (JCM Apr 07)
- Listen **quietly** in My Presence. (KJC Dec 14)
- Then sit **quietly** in My Presence . . . (JA Jan 05)
- As you sit **quietly** in My Presence . . . (JA Jun 28)
- Spend some **quiet** moments with Me. (KJC Dec 13)
- Gaze at Me in **silent** adoration. (JC Dec 22)
- Gaze at Me in **silent** worship. (KJC Dec 22)
- Ask My Spirit to **quiet** your thoughts so that you can hear Mine. (KJC Jul 09)
- Beginners need a quiet place** in order to still their minds. (JC Oct 30)
- Spend some time in **quietness** . . . (JCM Feb 12)
- You need a buffer zone of **silence** around you in order to focus . . . (JC Jun 15)
- Take a moment and just sit **quietly** with Me. (KJC Jan 25)
- You need to spend some time in **quietness**—away from . . . noise. (JT p. 138)
- I come to you when you are still and **quiet**. (KJC Apr 04)
- I do my best work in you when you sit **quietly** in My Presence . . . (KJC Jun 30)
- tune in to My living Presence by seeking Me in **silence**. (JC Dec 24)
- Learn to tune in to My living Presence by seeking Me in **quietness**. (KJC Dec 24)
- Many voices vie for control of your mind . . . when you **sit in silence**. (JC Mar 03)

“When I wait
quietly with You,
I can hear You
whisper”

— Jesus Listens,
May 28

6. Relax

Channeling students are taught to relax their entire body from head to toe. As they gradually release tension and disengage their muscles from normal activity, they become less aware of their physical body. Mentally, they are invited to settle into a passive mode, suspending rational, critical thought.

James Van Praagh,
Heaven and Earth,
p. 98

Tabitha Zalot,
Mediumship, p. 31

The next step is to put yourself in a **relaxed** state.

Make it a point to reach a deep **relaxation** state prior to starting your spiritual journey.

Roman and Packer,
Opening to Channel,
p. 27

Channeling involves the achievement of a slightly **relaxed** state where you can turn your attention inward and upward to receive messages . . .

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 43

Eileen Caddy as "God,"
Flight into Freedom,
p. 101

Enid Hoffman,
*Develop Your Psychic
Skills*, p. 26

Relax, relax deeply.

Relax in My love and truth.

if you do not learn the art of **relaxation**, it will be almost impossible to develop your psychic skills.

Martina Schmidt,
*Connecting with
Heaven*, p. 41

Ted Andrews,
*How to Meet & Work
With Spirit Guides*,
p. 54

Deeply **relax** your mind and body.

The more **relaxed** we are, the **easier** it is to connect with our spirit guides.

Michael Hathaway,
How to Be a Psychic,
p. 91

You can also try automatic writing or typing by allowing yourself to enter a **relaxed** trance state . . .

6. Relax

Relax, do not get tense, have no fear. (GC Jan 15)

Try sitting in a quiet place until you feel **relaxed** and calm. (JA Dec 29)

Let your body, mind, and spirit **relax** . . . (JC Nov 28)

trust Me enough to **relax** . . . (KJC Jul 21)

I want you to **relax** . . . (KJA Apr 04)

Relax and listen . . . (JA Jun 15)

Relax, My child. (JA Jan 26)

Relax with Me . . . (JA Oct 25)

Relax with Me . . . (KJA Oct 25)

Relax and listen . . . (KJA Jun 15)

Relax, dear child . . . (KJA Oct 27)

Relax and trust Me . . . (KJA Apr 09)

Relax in My Presence . . . (JA Jan 06)

Relax deeply with Me . . . (JA Oct 22)

Relax with Me and listen . . . (JT p. 258)

Relax in My holy Presence . . . (JC Oct 13)

relax in My loving Presence. (DJ p. 12)

Relax in My peaceful Presence . . . (JA Jun 18)

Relax with Me, putting aside problems . . . (JA Jan 10)

Relax and stop thinking about your problems. (KJA Jan 10)

Relax in the luxuriant folds of your magnificent robe. (JC Aug 09)

relax—body, mind, and soul—in My protective Presence. (JT p. 340)

When you are thoroughly **relaxed**, it is **easier** to seek My Face . . . (JA Dec 29)

take . . . slow, deep breaths . . . **relax** enough to **connect with Me** . . . (JT p. 202)



*“I delight in relaxing
with You”*

— Jesus Listens, Sep 27

CONTRAST WITH:

“Be sober, **be vigilant**; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour” — *1 Peter 5:8*

7. Breathe Deeply

Channeling students are taught to turn their attention to their breathing, slow it down, and breathe deeply to help them achieve an altered state of consciousness. With practice, they may be able to reach this meditative state with only a few deep breaths.

*Roman and Packer,
Opening to Channel,
p. 84*

Breathe deeply and slowly . . .

*Tianna Galgano,
How to Meet Your
Spirit Guides, p. 120*

Breathe in the calm, serene energy.

*Sharon Farber,
Choosing to Be a
Medium, p. 59*

Breathe in peace, love, and healing . . .

*Sylvia Browne,
Contacting Your
Spirit Guide, p. 159*

Take a **deep breath** and relax your whole body . . .

*James Van Praagh,
Heaven and Earth,
p. 168*

Close your eyes and begin **breathing deeply**.
With each breath, go deeper into relaxation.

*Martina Schmidt,
Connecting with
Heaven, p. 31*

Once you establish a meditation practice you will easily be able to be in this open peaceful state with **a few simple deep breaths**.

*Stephen A. Hermann,
Mediumship Mastery,
p. 118*

In order to better induce an altered-state-of-consciousness the medium must learn to master the skill of **breathing deeply** . . .

*Rebecca Rosen,
Spirited, p. 226*

Breaths should be **slow and deep** . . .

*James Van Praagh,
Wisdom From Your
Spirit Guides, p. 142*

breathe in joy and exhale all the stored-up stress, negative thinking, limitations, and judgments you have been holding onto . . .

7. Breathe Deeply

Breathe in My very Spirit in pure air and fervent desire.

(GC May 05)

Wait before Me, gently **breathing in My Spirit**.

(GC Mar 13)

Breathe Me in with each breath.

(JC Feb 06)

Breathe Me in with each breath.

(JA Mar 30)

breathe deeply to help yourself unwind.

(JA Jun 18)

breathe in My calm and breathe out your controlling ways.

(JCJ Feb 25)

Breathe in My Peace, dear child . . .

(KJA Jun 11)

Breathe in the Peace of My Presence . . .

(JT p. 72)

Breathe in the Peace of My Presence . . .

(JCM Feb 09)

Breathe deep draughts of My Presence . . .

(JC Jan 18)

Breathe in deep draughts of My calming Presence . . .

(JT p. 296)

Breathe slowly and deeply.

(JC Oct 13)

Take a **deep breath** . . .

(KJA Jan 02)

Take a **deep breath** . . .

(KJC Feb 06)

Take a **deep breath** . . .

(KJT p. 140)

Take a **deep breath** . . .

(KJT p. 244)

Take a **deep breath** . . .

(KJC Feb 19)

Take a **deep breath** . . .

(KJC Oct 13)

Take some **deep breaths** . . .

(JA Aug 09)

Take some **deep breaths** . . .

(KJA Aug 09)

Take **a few deep breaths** and whisper My Name.

(JA Jul 13)

Take quiet, slow **breaths** . . .

(JL p. 266)

Then take a slow, **deep breath**—and another and another.

(KJT p. 210)

Rest with Me and **breathe**.

(KJA Apr 11)

Then, take some **slow, deep breaths** . . .

(JT p. 202)

As you slow down your **breathing** . . .

(DJ p. 184)

Spend a few moments . . . **breathing in the Joy** of My Presence.

(JA Sep 07)

Stop for a moment and take some **deep breaths**.

(JA Nov 27)

Stop what you're doing and take some **deep breaths**.

(JA Jan 16)

*"I find it soothing
to breathe in Your
peaceful Presence with
each breath I take."
— Jesus Listens, Dec 06*

8. Open Your Hands

Channeling students are taught to open their hands to release negative energy (e.g. guilt, doubt, fear, worry, anger) that is thought to block their connection to the spirit world. They are also encouraged to receive positive spiritual energy through their open palms.

James Van Praagh,
Heaven and Earth,
p. 167

As you remain centered in your own sacred space, close your eyes and **open your hands** to feel the energy in the room.

Konstanza Morning
Star, Medium, p. 11

Mediums can be blocked from connecting with the spirit world when they hold certain fears, attitudes, anger, or negativity.

Bill Missett,
Awakening the Soul,
p. 686

Let go of the **guilt** . . . Relax into the conscience presence of God/Goddess.

Tabitha Zalot,
Mediumship, p. 31

Let go of any **doubts** before starting your spiritual ventures.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 144

release any thoughts, **fears**, **anxieties**, and unwanted emotional turmoil.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 7

release any **worries** or feelings of struggle about the many changes in your life . . .

Konstanza Morning
Star, Medium, p. 55

Let your **hands** relax in your lap, palms facing upward and **open to receive**.

Lita de Alberdi,
Channeling, p. 84

When the **palms** are facing upwards you are more open to energy . . .

Sonia Choquette,
*Your 3 Best Super
Powers*, p. 30

your **hand** chakras are now **open** and ready to receive God's grace and love . . .

8. Open Your Hands

Loosen your hold on earth, its care, its worries, even its joys.

(GC Apr 06)

Unclasp your hands, relax . . . Relinquish all . . .

Open your hands . . .

(JC Jun 25)

Open your hands and your heart . . .

(KJA Sep 13)

Intentionally **release** your worries into My care and keeping—

(DJ p. 135)

My control. You can even symbolize this **release** physically, by **opening both hands** fully to Me.

Intentionally **open your hands, releasing** the matter to Me . . .

(DJ p. 40)

you must first **open your hands** and your heart to Me.

(DJ p. 127)

By doing so, you **release** your concerns . . .

Give up your **guilt** . . . Relax . . .

(JCJ Sep 07)

Let go of your worries and cares . . .

(KJT p. 234)

Let go of all your **doubts** . . .

(KJA Feb 08)

Release your worries . . .

(JTJ p. 324)

Release your **fears** . . .

(JCM Apr 17)

release all those emotions . . .

(JL p. 32)

Surrender your **anxieties** to Me . . .

(JTJ p. 148)

you must **release** all your **worries** . . .

(JC Oct 07)

Trust Me by . . . **releasing** your concerns . . .

(JL p. 272)

your worries and doubts . . . **release** them all . . .

(JCJ Feb 26)

Physically position your heart . . . mind . . . **hands** to **receive** . . .

(JCM Dec 03)

*“I come to You
with open hands
and heart, ready
to receive”*

— *Jesus Listens,*
Jan 27



9. Repeat a Mantra

Channeling students are frequently taught to repeat a mantra—a meaningful word or phrase, even Scripture—to help clear their mind and achieve an altered state of consciousness. They may choose to coordinate their mantra with their breathing, speaking it silently or aloud on the inhale or exhale.

Stephen A. Hermann,
Mediumship Mastery,
p. 208

It is helpful to have a mantra or prayer that can be repeated silently or aloud as a means to focus the mind and go within.

Roman and Packer as
“Orin” and “DaBen,”
Opening to Channel,
p. 187

To increase your connection to your guide . . . think of your guide or your guide’s name.

Rebecca Rosen,
Spirited, p. 229

Choose a word or mantra that speaks to you, and mentally **repeat it over and over**.

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 204

Some people like to repeat a short saying **over and over again** when they are making contact with their guides . . .

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 89

Each time you inhale, say to yourself the name of the archangel you are invoking.

Roman and Packer,
Opening to Channel,
p. 84
Konstanza Morning
Star, *Medium*, p. 61

say the word “om” with each exhale.

Keep your mantra **short** and meaningful.

Kathryn Ridall,
Channeling, p. 87

most of the power of a mantra comes from the ability of the meditator to shut off his or her usual mental processes.

9. Repeat “Jesus” or a Short Prayer

Call **often** My Name, “Jesus.” (GC Nov 04)
“JESUS.” Say My Name **often**. (GC Jun 17)
Just breathe My Name. (GC Aug 29)

Just whisper My Name. (JCM Feb 07)
Say My name, “Jesus.” (KLB p. 22)
Use My Name **liberally** . . . (JC Feb 22)
calling on My Name **frequently** . . . (JL p. 34)
say the name “Jesus” **all day long** . . . (KJA Mar 07)

*“Whispering
‘Jesus’ is one way I stay
focused on You.”
— Jesus Listens, Oct 30*

My Name . . . you may use it **freely** to commune with Me . . . (JL p. 284)
lovingly utter the word “Jesus” **all day long** . . . (JA Mar 07)
You can whisper, “Jesus,” to help you stay focused. (JT p. 172)
Keep returning your thoughts to Me, by whispering “Jesus.” (DJ p. 165)
Repeat these words . . . (KJA Aug 17)

Let Me suggest a technique . . . affirm your trust in Me—
repeatedly, if need be. (DJ p. 183)

saying **frequently**: “I trust You, Jesus.” (JA Mar 13)
whisper as **often as needed**: “Jesus, You are my Hope.” (JL p. 226)

Whisper these words . . . **over and over again**. (KJA Jan 26)

praying “I love You, Lord” . . . **repeat** this process **many times** . . . (JA Jan 21)

say, “Help me, Jesus!” . . . If . . . **thousands of times daily** . . . (JC Feb 08)

As you sit . . . try thanking Me silently **each time you inhale**. (JA Jun 28)

As you exhale, affirm your trust in Me.

pray, “Jesus, I choose to seek You” . . . if . . . **hundreds of times daily**. (JT p. 232)

short prayers . . . breathe these brief prayers as **often as needed**. (JL p. 48)

CONTRAST WITH:

“But when ye pray, use not vain repetitions,
as the heathen do” — *Jesus, Matthew 6:7a*

10. Quiet Your Mind

Channeling students are taught to quiet the chatter in their overactive “monkey mind” so that they can receive thoughts and messages from the spirit world. They try to dismiss their own thoughts, concerns, and problems by observing them, detaching from them, and letting them go.

Bill Missett,
Awakening the Soul,
p. 591

The greatest obstacle in learning to meditate is **quieting your** overactive **Mind**.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 87-88
James Van Praagh,
Heaven and Earth,
p. 67

Quiet your mind, relax and open your heart.

As you **quiet the mind**, let **thoughts** pass through . . . just let them go . . . you have opened the channel . . .

Melanie Beckler
as guide, *Channeling
the Guides*, p. 31

You will know . . . which emotion is lingering and **bubbling up to the surface** . . . for you to . . . release.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 69

For in order to be a ‘medium’ . . . we need our **minds** to be as **quiet** as possible . . . to receive the messages.

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 192

still your mind completely to allow any messages from your guides . . . to flow into your consciousness.

Zen: *The Reason of
Unreason*, p. 43

ZEN BUDDHISM: the pupil may meditate upon a koan set for him by the master, allowing it to drop into the mind like a stone thrown into a **still pool**.

Derek Johnsen,
*How to Become a
Psychic Medium*, p. 170

calm your mind and **clear it** of all thought.

Debra L. Engle,
*Let Your Spirit Guides
Speak*, p. 54

the goal is to **clear your mind** of thought until you achieve a feeling of nothingness—an empty mind.

10. Quiet Your Mind

Empty your mind . . .

(GC May 05)

Turn out all thoughts of doubt and of trouble.

(GC May 12)

You have a restless **mind**. It skips and scampers about . . .

(JT p. 250)

I have built into your brain the amazing capacity to observe
your own **thoughts**.

(JT p. 176)

Instead of just letting your
thoughts run freely,
direct them to Me.

(JA Oct 17)

Quiet your mind . . .

(JC Jul 31)

Quiet your mind . . .

(DJ p. 184)

put aside thoughts . . .

(JC Jul 08)

Pry your mind away from your problems . . .

(JC Feb 15)

Give your mind a break from planning . . .

(JC Jun 10)

tone down your thinking . . .

(DJ p. 184)

letting all your fears and worries bubble up to the surface
of your consciousness . . . the bubbles pop and disappear.

(JC Nov 09)

Relegate troubles to the periphery of your mind . . .

(JC Feb 21)

I will **calm the storm of thoughts** . . .

(KJC May 31)

I will **still your mind** . . .

(KJC Sep 03)

My child, **quiet your mind** . . .

(JCJ Jul 09)

Ask Me to **quiet your mind** . . .

(KJC Sep 21)

Ask Me to **clear out the confusion** . . .

(JA Feb 02)

Ask Him to **calm your thoughts**.

(KJT p. 84)

Make your **mind like a still pool** of water,

(JC Aug 05)

ready to receive whatever thoughts I drop into it.

Ask My Spirit to **quiet your thoughts** so that you can hear Mine.

(KJC Jul 09)

ask the Holy Spirit to **take control of** . . . **runaway thoughts**.

(JTJ p. 76)

Ask the Holy Spirit to **calm your mind** . . .

(JT p. 96)

These thoughts of Me will **clear your mind** . . .

(JT p. 188)



*“Trying to calm
my mind is even
more challenging than
quieting my body.”
— Jesus Listens, Apr 20*

11. Center

Channeling students are taught to look inward to find their center, a calm, peaceful place where their spirit guide may come to reside. Centering is thought to give them a sense of stability when they are in the spirit world, keeping them connected with the physical world.

Michael Hathaway,
How to Be a Psychic,
p. 163

The first step is getting **centered**.

Martina Schmidt,
*Connecting with
Heaven*, p. 25

Having a foundational **place of peace** within you allows you . . . to tune into the emotional vibrations of spirit.

Konstanza Morning Star,
Medium, p. 57

Now bring your awareness to your spiritual **center** inside your body.

Gordon Smith,
Intuitive Studies,
p. 177

Now you will enter into your inner world, **at the centre** of your being around your heart.

Eileen Caddy as "God,"
Flight into Freedom,
p. 78

Start the day by finding Me right there in the very **centre** of your being . . .

Melanie Beckler
as guide, *Channeling
the Guides*, p. 6

Find your **center**, breathe, and focus within, entering into a blissful, peaceful state.

Bill Missett,
Awakening the Soul,
p. 606

Center yourself, relax, and be at peace . . .

Ken Carey
as guide, *The Starseed
Transmissions*, p. 48

keeping centered on the living spirit within.

Melissa Alvarez,
Your Psychic Self,
p. 22

When you are working with your intuitive gifts, it is important to find a place of **centered** balance within your core spiritual self.

11. Center

Then you must seek to abide at the heart of the Universe with Me, (GE Feb 17)
at the **centre** with Me. There alone is changelessness and calm
WITH ME.

Take a few moments to **center** your thoughts on Me. (KJC Aug 16)
there is a cushion of calm at the **center** of your life, where (JC Mar 09)
you live in union with Me. Return to this soothing **Center** . . .

choose to live from this **peaceful place** of union with Me. (JT p. 12)
Center your attention on Me . . . (JCM Aug 11)

As you **center** your attention on Me . . . (DJ p. 147)

As you **center** your attention on Me . . . (JL p. 223)

I am the **Center** . . . (JA Sep 29)

I am the **Center** . . . (KJA Sep 29)

Make Me **central** in your consciousness . . . (JC Feb 22)

I am at the **center** of you . . . (KJT p. 90)

I am at the **center** of your entire being . . . (JT p. 82)

Place Me at the **center** of your existence. (JCM Sep 11)

I want to be the **center** of your thoughts . . . (KJA Nov 16)

I want to be the **center** of your world . . . (KJT p. 166)

I want to be the **Center** of your life. (KJC Jun 03)

As your thoughts **center** more and more on Me . . . (JC Aug 10)

keeping Me at the **center** of your every thought . . . (KJT p. 166)

stay calm . . . by re-**centering** yourself in Me. (JT p. 12)

bring Me back to the **center** of your thoughts . . . (KJC May 02)

relax and make Me the **Center** of your life. (KJC Nov 27)

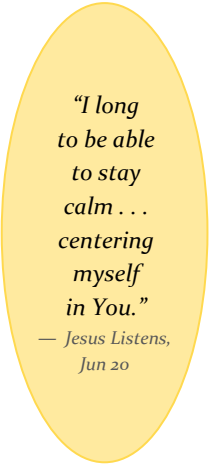
Keeping your thoughts **centered** on Me . . . (KJT p. 40)

Think . . . with thoughts **centered** on Me. (KJC Jul 07)

you need to stop and re-**center** your thoughts on Me. (JT p. 326)

Do not be discouraged by your tendency to wander off in (JT p. 122)

tangents from your true **Center** in Me.



*"I long
to be able
to stay
calm . . .
centering
myself
in You."
— Jesus Listens,
Jun 20*

12. Open Yourself

Channeling students are taught to trustingly open themselves up to the spirit world, assuming a receptive, non-analytical state of mind. They are sometimes warned that this “open window” state can make them a magnet for negative spirits, but at the same time are told not to fear: if they are “good” people with “good” intentions, then they can expect to attract “good,” “highly-evolved” guides and be able to deal easily with any others who appear.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 18

To receive messages from spirit, you need to

open up to spirit.

Eileen Caddy as “God,”
*Foundations of
Findhorn*, p. 30

I have to work in and through channels, therefore

it is necessary to keep **wide open** . . .

Vidya Frazier,
*Awakening to the
Fifth Dimension*, p. 89

If you’re going to move with the Earth into the

Fifth Dimension, your **Heart is going to open.**

Rebecca Rosen,
*Awaken the Spirit
Within*, p. 39

open yourself up to God’s love and light.

Kathryn Ridall,
Channeling, p. 18

Trance allows us to create the state of **openness** and receptivity we need to . . . channel another being.

Eileen Caddy as “God,”
God Spoke to Me,
p. 99

Open the door of your consciousness **wide** so that there is a firm flow of My divine inspiration in and out.

WARNINGS FROM OCCULTISTS

Villoldo and Krippner,
Healing States, p. 40

multiple-personality disorders . . . and other illnesses can be caused by intrusive spirits that are attracted to patients who have **“open windows”** into the spirit world.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 69

As you **open yourself** up, you will be a **magnet** for spirit.

12. Open Yourself

- The consciousness of Me means the (GC Sep 08)
opening of your whole nature to Me . . .
- Yes, with the heart, not the head, men should think of Me. . . . (GC May 05)
Keep . . . the window of your **soul open** towards Me.
- as you . . . stay in communication . . . your **soul opens up to Me.** (JL p. 08)
- I love to meet with you when your **heart is wide open!** (KJA May 01)
- Keep your eyes and your **mind wide open** . . . (JC Jan 06)
- There are actually more than four dimensions in this world . . . (JC May 24)
the dimension of **openness** to My Presence.
- consider a fifth . . . **Open your heart** to the **fifth dimension**— (KJC May 24)
the most exciting one of all: My Presence with you.
- When you **open your heart** to Me . . . I am very pleased . . . (KSB p. 155)
- Open yourself** to Me completely—heart, mind, and spirit. (KJA Oct 19)
- Open yourself** up to My unfailing Love. (DJ p. 60)
- Open yourself** fully to My Presence . . . (JC Dec 25)
- Open your soul** to receive . . . (JL p. 178)
- Open your heart** . . . (KJC May 04)
- Open your heart** . . . (JA Oct 27)
- Open your heart** . . . (JL p. 28)
- Open up your heart** . . . (KJA Oct 27)
- Open up your heart** for Me . . . (KJA Apr 02)
- Open up your heart and mind** . . . (KJC Jul 08)
- Open up your heart, mind, and spirit** . . . (KJA Mar 14)
- Open wide your heart, mind, and spirit** to receive Me . . . (JA Dec 27)
- Just stay **open**, as if you were a **window** on a summer day. (KJC Jun 13)
- Let down your guard . . . (JCM Feb 08)
- Let your defenses down . . . (KJC Dec 08)
- Come to Me with your defenses down . . . (JC Oct 19)
- Human weakness . . . is like a **magnet**, drawing My Power . . . (JC Mar 21)

13. Focus

Channeling students are taught to focus on an object, thought, or image to help them achieve an altered state of consciousness. When they get to “know” and visualize their spirit guide, its image may become their focal point. The ability to focus is apparently essential to channeling.

Enid Hoffman,
Develop Your Psychic Skills, p. 23

The most important skill for psychic development is the ability to **focus attention**.

Roman and Packer as
“Orin” and “DaBen,”
Opening to Channel,
p. 56

Reaching your guide requires the ability to **focus** and concentrate. If your mind wanders you may lose the connection.

Michael Hathaway,
How to Be a Psychic,
p. 89

focus on just one image and concentrate on defining to yourself what you are sensing.

James Van Praagh,
Heaven and Earth,
p. 99
Lita de Alberdi,
Channeling, p. 33

Focus on love.

To channel for a period of time you will need to hold a steady **focus** and maintain the clear channelling connection with your guide.

Gordon Smith,
Developing Mediumship, p. 84

from the medium’s point of view, a spirit guide is a point of contact . . . a good **focal point** to attune to.

Konstanza Morning
Star, Medium, p. 52

spirit communication is often fleeting, and you will miss most of it if you cannot hold your **focus**.

Emily Stroia,
Talking to Spirit,
p. 20

A **focused** mind is a powerful thing in mediumship because it blocks out your own internal chatter and makes you aware of the Spirit communication.

The God Calling & Jesus Calling Books

13. Focus

My child, wait before Me . . . in this waiting time . . . The eye of your soul will be **focused** upon Me and the insight gained will be calming, remedial, strengthening. (GE Apr 29)

Beloved, wait in My Presence . . . as you **focus** . . . on Me. (DJ p. 104)

Focus on Me with all your heart, soul, mind, and strength. (KJC Nov 10)

Focus your entire being on My living Presence. (JC Nov 10)

focus your attention on Me . . . (JC Jun 27)

Focus your thoughts on Me . . . (KJC Aug 27)

Focus on Me. (KJC Feb 23)

Focus on Me. (KJT p. 30)

Focus on Me . . . (KJT p. 154)

Focus on Me . . . (JC Dec 14)

Focus on Me . . . (JC Mar 16)

focus on My Presence with you. (KJC Apr 28)

focus on My loving Presence . . . (JC Apr 28)

Focus instead on My shining Presence. (KJA Jul 24)

you must **focus** . . . on My unseen Presence. (KJA Jun 03)

Choose to **focus** on Me . . . (KJT p. 266)

As you keep **focusing** on Me . . . (JA Jun 30)

As you learn to **focus** on Me . . . (KJT p. 276)

Keep your thoughts **focused** on Me! (KJT p. 48)

You need to take time to **focus** on Me . . . (JL p. 340)

When My Presence is the **focal point** of your consciousness . . . (JC Jan 28)

it is so important to spend time **focusing** on Me . . . (JA Mar 14)

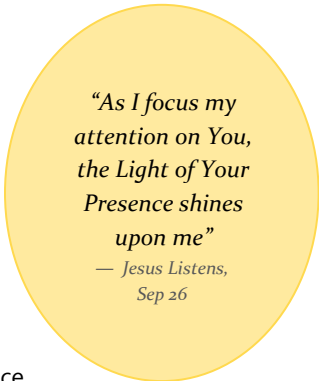
Take quiet, slow breaths while you **focus** your attention on Me. (JL p. 266)

Close your eyes now, with only Me as your **focus**. (JCJ Mar 27)

Discipline yourself to wait eagerly—with your **focus** on Me . . . (JT p. 146)

Put aside thoughts of tasks awaiting you as you **focus** . . . on Me. (JL p. 168)

You can train your mind to turn from other things and **focus** on Me. (JA Jan 07)



14. Maintain Focus

Channeling students are taught to maintain their focus. When their mind inevitably begins to wander, they are not to judge themselves or become discouraged, because negative emotions can disrupt their altered state. Instead, they are simply to refocus, patiently and gently, again and again.

Lita de Alberdi,
Channeling, p. 34

If **your mind wanders**, and it almost certainly will, don't worry—just gently **return your mind** to the focus you have chosen. Be kind and gentle with yourself; it takes time to develop focus.

Kathryn Ridall,
Channeling, p. 86

As you practice, you will find yourself distracted from the object of concentration by the chatter of your mind. . . . **Don't judge yourself** harshly. Just gently **bring your attention back** to the object of your meditation.

Walter Moore,
*Channeling Spirits
Guide for Psychics*,
p. 21

when the mind starts to wander **refocus**. **Do not be discouraged** just keep **refocusing** no matter how many times the mind may wander.

Enid Hoffman,
*Develop Your Psychic
Skills*, p. 24

Holding your attention to a point is difficult, but the ability to do so will really pay off when you are exercising your psychic abilities, so keep at it.

Matthieu Ricard,
Why Meditate?
pp. 74-75

BUDDHISM: **Refocus your mind** repeatedly . . . Little by little, you will develop the ability to keep your mind calm and stable for longer periods of time, and your concentration will become clearer and clearer.

14. Maintain Focus

Go **back into the silence** to recover this calm when it is lost even for one moment. (GC Apr 15)

Learn to sense the slightest ruffle on the surface . . . the smallest unrest in your heart-depths. Then **back** to Me until all is calm. (GE Sep 10)

When your mind gets too far away from Me, My Spirit will whisper to you gently, reminding you to **return** to Me. (KSB p. 175)

When **your mind wanders** . . . **return your attention** to Me. (JC Jan 23)

Gently nudge your mind **back** to Me. (JC Nov 10)

I want you to **bring your focus back** to Me (DJ p. 66f)

gently: **without judging yourself.**

Persist in **returning your attention** to Me . . . (JCM Mar 03)

Gently **bring your attention back** to Me . . . (JC Jun 23)

return your focus to Me when your mind has wandered. (JTJ p. 226)

Bring your attention gently **back** to Me whenever it starts to wander. (JL p. 214)

Do not be discouraged by the difficulty of (JC Nov 01)

keeping your focus on Me.

Keep **returning your focus** to Me . . . (JA Aug 06)

Keep **returning your thoughts** to Me . . . (KJA Aug 06)

keep **bringing your thoughts back** . . . (KJA Apr 12)

Just as a spinning ballerina must keep (JC Apr 25)

returning her eyes to a given point

to maintain her balance, so you must

keep **returning your focus** to Me.

Then keep **returning your focus** to Me . . . (JA Mar 20)

Don't be discouraged if your mind (KJC Nov 01)

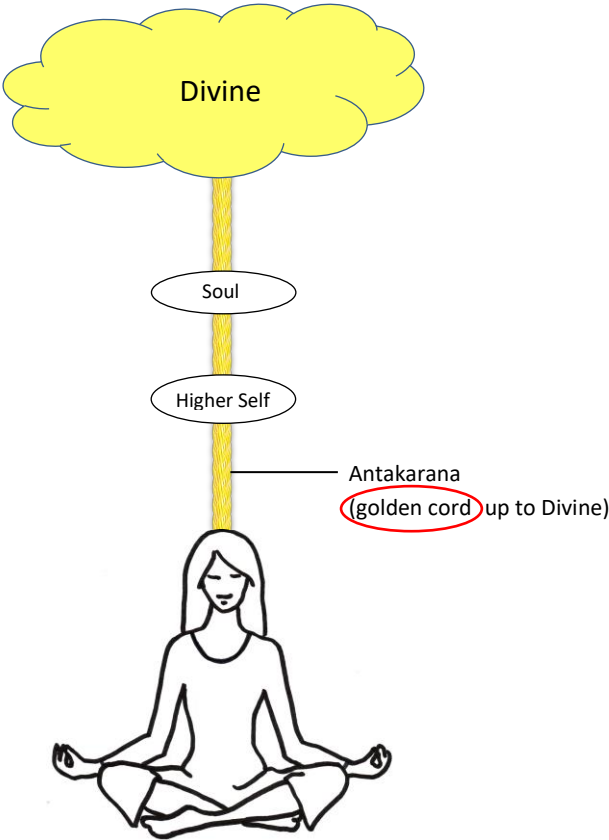
wanders . . . **keep trying.**

The best remedy is to **refocus your mind** . . . (JC Aug 27)

*"I need to
keep bringing
my thoughts
back to You"*
— *Jesus Listens,*
Oct 12



Channeling students are sometimes taught to “construct” a cord of light connecting their physical body, their soul, and the Divine, and use it as a safe path of ascension. An experienced channeler may be able to “see” this cord in people who are fully “awakened.”



— figure based on Lita de Alberdi, *Channeling*, pp. 108-109

“see and feel a golden thread that extends down from the Universe and that is firmly anchored to the earth through you. . . . You may feel secure and safe if you begin to float up into the Universe because you will know that you can always follow the golden thread back to your place on earth.”

— Michael Hathaway, *How to Be a Psychic*, p. 47

B. CONNECT

- | | |
|----------------------------|-----------------------------|
| 15. Tune In | 25. Empty Yourself |
| 16. Visualize Cleansing | 26. Get Ready to Receive |
| 17. Visualize Shielding | 27. Invite Your Guide |
| 18. Bask in Love and Light | 28. Let Your Guide Come In |
| 19. Imagine a Door | 29. Feel Yourself Expanding |
| 20. Sense Guide's Presence | 30. Absorb Your Guide |
| 21. Visualize Your Guide | 31. Feel Warmth |
| 22. Gaze into Guide's Face | 32. Feel Wrapped in Spirit |
| 23. Feel Your Guide's Hand | 33. Sense Yourself Rising |
| 24. Make Room for Guide | 34. Taste Heaven |

“Hope is like a golden cord
connecting you to heaven.”

— “Jesus,” *Jesus Calling*, Jan 08

“It’s a golden cord
connecting you to Me.”

— “Jesus,” *Jesus Always*, Sep 17

“It’s like a precious, golden rope
that keeps you close to Me.”

— “Jesus,” *Jesus Always: 365 Devotions for Kids*, Sep 17

15. Tune In

Channeling students are taught that the spirit world is constantly broadcasting information to earth, and that they should think of themselves as a radio that can receive the information. They learn to “tune in” to the higher frequencies of the “higher” spirits that are sending them messages.

Sharon Farber,
*Choosing to Be a
Medium*, p. 19

The process is like changing stations on a radio—you need to **tune into** the correct frequency to choose whom or what you listen to.

Eileen Caddy as “God,”
God Spoke to Me,
p. 109

Tune in to Me daily . . . minute by minute.

Lyn Guest de Swarte,
*The Spiritualists’
Handbook*, p. 67

The most important aspect of mediumistic development is **ATTUNEMENT TO SPIRIT**.

Tianna Galgano,
*How to Meet Your
Spirit Guides*, p. 80

This is like fine-tuning with a radio dial to get . . . clear **reception** from a broadcasting station.

Eileen Caddy as “God,”
Flight into Freedom,
p. 88

learn to have your **antennae out** all the time, listening for every minute instruction as I send it . . .

William Atkinson,
Genuine Mediumship,
p. 36

when the individual on the “earth plane” becomes “**in tune**” with the . . . entity abiding on a higher plane . . . it is able to “**pick up**” the message . . .

James Van Praagh,
Heaven and Earth,
p. 98

In order to establish and build a relationship with your spirit guides, you first have to become **receptive** to them, and ultimately be able to feel and see them.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 84

work on ways of **increasing your receptivity** to your Spirit Guides . . .

15. Tune In

Be ready, **attuned** to My slightest whisper. (GE Sep 02)

The real necessity is your **receptiveness**. (GE Sep 26)

training and discipline . . . They are vital in that they **attune** your being to the consciousness of My Mind and Purpose. (GE Jan 10)

Your heart and your mind are much like a **radio**. The kind of music you hear depends on the station . . . when you choose to **tune in** to Me, you hear the beautiful music of My Peace. (KJC Dec 14)

Tune yourself to my words of Life, Peace, and Love. (JC Sep 21)

Tune your heart to receive these messages . . . (JC Sep 21)

Tune in to Me. (KJC Jul 26)

Tune in to My eternal security . . . (JC Dec 14)

Attune yourself to My voice . . . (JC Sep 26)

tune in to My living Presence . . . (JC Dec 24)

I am always **attuned** to you . . . (JA Jun 03)

Start your day by **tuning in** to Me. (KJC Dec 14)

Turn off the music, and **tune in** to Me. (KJC Apr 04)

I . . . fill you with Joy as you **tune in** to My loving Presence. (JT p. 184)

Instead of . . . news broadcasts, **tune in** to the living Word . . . (JC Apr 20)

This is not some sort of escape . . . it is **tuning in** to ultimate reality. (JC Jul 18)

Tune out . . . this world, and let My Spirit help you **tune in** to Me. (KJC Apr 22)

Keep your **"antennae"** out to **pick up** even the faintest glimmer of My Presence. (JC Mar 12)

Be **receptive** . . . (JC Feb 28)

ask for **receptivity** . . . (JC Dec 26)

be more **receptive** to Me . . . (JL p. 246)

Your part is to be **receptive** . . . (JT p. 198)

Seek to become increasingly **receptive** . . . (JA Jun 17)

Also, ask Me to **increase your receptivity** to My Presence. (JA Jan 23)

the two traits you need the most are **receptivity** and attentiveness. (JC Mar 28)



*"You have planted in my soul a gift of receptivity to Your Presence."
— Jesus Listens, Jun 22*

16. Visualize Cleansing

Channeling students are taught to visualize love, light, and peace pouring down from above, showering them, healing them, and cleansing them from negative energy, inside and out. They apparently need to be clean and pure—washed by positive energy—before they can be useful channels.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 12

visualise a shower of white **cleansing** light coming from above . . . visualise the grey sludge of negative energy . . . being **washed** away . . .

Sonia Choquette,
Ask Your Guides,
p. 53
Melanie Beckler
as guide, *Channeling
the Guides*, p. 46
Roman and Packer,
Opening to Channel,
p. 81

notice the **peace and calm that washes over you** . . .

Imagine **light all around that pours in** . . .

Feel the light **pouring** upon you,
healing and cleansing you.

Blair Robertson,
Spirit Guides, p. 17

It feels like you're bathing in it, almost like standing in a **shower** with it flowing over you.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 105

become . . . filled with the energy of
love . . . As it **washes over you** . . .

visualize love . . . lightening, and **cleansing**.

Roman and Packer,
Opening to Channel,
p. 81

Your **imagination** is the closest ability you have to channeling, and it is the easiest connection your guide has to you at first.

Eileen Caddy as "God,"
Flight into Freedom,
p. 84

ask for **cleansing** and **purifying**. When you are in that state, only the truth can filter through, because I would not allow anything false to come through.

16. Visualize Cleansing

Cleansing Light . . . rejoice to have it, welcome its revelation . . . (GE Jan 07)

Allow the Light . . . to shine into the deepest recesses of your being (JC Mar 17)

— **cleansing**, healing, refreshing, and renewing you.

I **cleanse** you from the wounds of disappointment. (JCM Oct 14)

I **cleanse** you from . . . discouragement. (JL p. 44)

Let Me **wash away** dark thoughts . . . (JCJ Jun 08)

Light . . . shines . . . **cleansing** your heart . . . (JC Dec 25)

imagine . . . My Peace **washing over you**. (JCM Apr 01)

Let My gold-tinged Love **wash over** you . . . (JC Oct 23)

the Light of My Presence **pours into you** . . . (JC Apr 06)

While you relax . . . I am . . . **cleansing** your . . . (JC Nov 10)

Stay in the Light . . . receiving . . . **cleansing**, and healing. (JC May 20)

I am like a supersaturated cloud, **showering** Peace . . . (JC Jan 19)

Let the Light . . . shine . . . let it . . . **wash away** all the bad thoughts . . . (KJC Mar 17)

As you thus reconnect . . . My Love **washes over you**—**cleansing** . . . (JL p. 62)

Shut your eyes and **imagine** you are standing outside in a warm (KJC Jul 28)

summer rain. The raindrops drench you, soaking you . . . Let

My Love . . . soak through you and **wash away** hidden fears.

*“Your radiant
Presence
purifies me.”*

— *Jesus Listens,*
Feb 28



17. Visualize Shielding

Channeling students are repeatedly taught that channeling is safe because their spirit guide has good intentions (see Appendix D) and will protect them from any other spirits who might want to interfere. Nonetheless, light shielding is recommended as an extra layer of protection.

Diana Burney,
Spiritual Balancing,
p. 209

Shielding . . . consists of the person **surrounding** him or herself in a thick **cocoon** of pure White Light as spiritual **protection** from any negativity . . .

Melanie Beckler as
guide, *Channeling
the Guides*, p. 105

visualize love **all around you** creating a **protective shield** . . .

Vidya Frazier,
*Awakening to the
Fifth Dimension*,
p. 125
Judy Hall,
*The Art of Psychic
Protection*, p. 6

If you are visual, you may see this Light as a radiant **goldish-white light**.

This is your **cloak of protection**. . . . When you are wearing this cloak, nothing can intrude . . .

Craig Lawton,
Psychic Development,
p. 61
Lita de Alberdi,
Channeling, p. 37.

Imagine that you are in a **cocoon of light** . . .

Imagine that your aura is like a big, **golden bubble of light** **all around you**, **protecting** you and keeping you safe . . .

Sylvia Browne,
*The Truth About
Psychics*, p. 254

You're safe. You're **protected**, and all fear leaves you, resolved in your **cloak of light**.

Blair Robertson,
Spirit Guides,
p. 18

Connecting with spirit is completely safe. By **surrounding** and filling yourself with white light, you've got added **protection**.

Sanaya Roman as
"Orin," *Opening to
Channel*, pp. 36-37

I, Orin, appear to Sanaya as a radiant shimmer of **light** that sits **around** her body when she channels.

17. Visualize Shielding

My followers . . . there should be **My Light surrounding them.** (GE May 18)

I surround you with a **protective screen** that keeps all evil from you. (GC Jan 17)



“One morning as I prayed, I visualized God protecting each of us. I pictured first our daughter, then our son, and then Steve encircled by God’s protective Presence, which looked like golden light.”

— Jesus Calling, original intro, p. x

My radiance is all around you . . . (JL p. 90)

The **Glory of My Presence is all around you!** (JT p. 248)

I am all around you, like a **cocoon of Light.** (JC Jun 07)

trust in **My protective Presence** . . . (JL p. 110)

I am . . . all around you, encircling you in **golden rays of Light.** (JC Sep 29)

I see you **wrapped in the radiance** . . . (JA Aug 17)

Like a luminous **veil of Light**, I hover over you and . . . **around you.** (JC Dec 05)

Wear My Love like a **cloak of Light**, covering you . . . (JC Jun 09)

Rest in the safety and **protection of My Presence.** (KJA Mar 17)

Take refuge in Me and **My shielding Presence.** (JCM Mar 13)

rest secure by trusting that **My protective Presence** is with you . . . (JL p. 282)

Whisper . . . while you relax . . . in **My protective Presence.** (JT p. 340)

I will shield you . . . Stay under the **covering of My Presence.** (KJT p. 224)

On some days you feel your need of **My shielding Presence** . . . (JA Apr 24)

come . . . and hover under the umbrella of **My shielding Presence.** (JT p. 216)

18. Bask in Love and Light

Channeling students are taught to expect brilliant light and an overwhelming sense of love when they enter the spirit world. They are encouraged to linger in this heavenly light, feeling their face tingle, and letting it activate and nourish their body.

*Rebecca Rosen,
Spirited, p. 234*

Visualize a **brilliant white light** . . .

*Melanie Beckler
as guide, Channeling
the Guides, p. 88*

Feel **love and light** all around you . . .

*Gordon Smith,
Intuitive Studies,
p. 16*

recognize that all around your body this beautiful **brilliant white light** is emanating in all directions.

*Sharon Farber,
Choosing to Be a
Medium, p. 64*

Bask in the **love** of Spirit.

*Craig Lawton,
Psychic Development,
p. 142*

Bask in the light and love that is present around you . . .

*Roman and Packer,
Opening to Channel,
p. 55*

The world of the guides is so full of **light** that sometimes upon entering it people feel blinded.

*Lita de Alberdi,
Channeling, p. 30*

Begin to **feel light** all around you, above you a **golden ray of light** shining down . . .

*James Van Praagh,
Wisdom From Your
Spirit Guides, p. 141*

This beautiful cosmic, **golden, spiritual light** surrounds you.

*Martina Schmidt,
Connecting with
Heaven, p. 43*

Let your **face begin to tingle** slightly as the **light** activates your body. Sit in this **light** . . .

*Ken Carey
as guide, The Starseed
Transmissions, p. 12*

the direct **nourishment of divine light.**

18. Bask in Love and Light

The **Sunlight** on the Hills of God lures men to seek His Mountain (GE Nov 03)
Heights . . . where fresh visions are spread out before you . . .
sometimes . . . I withhold too glaring a light, lest, in its (GC Jan 11)
dazzling brightness, you should miss your daily path and work.

My **brilliant Light** . . . (JL p. 210)
In My **brilliant Light** . . . (DJ p. 132)
In My **brilliant Light** . . . (JL p. 334)
In this **brilliant Light** . . . (JL p. 306)
In this **brilliant Love-Light** . . . (JL p. 160)
Let My **brilliant Love-Light** . . . (JA Jul 22)
Let the **Light of My Love** . . . (DJ p. 12)
Let the **Light of My Love** . . . (KJC Mar 17)
Feel the **Light of My Presence** . . . (KJC Jan 25)
Feel the **Light of My Presence** . . . (DJ p. 88)
Bask in the **Light of My smile** . . . (DJ p. 211)
bask in the Light of My Love. (JC Mar 24)
Bask in this **Light of Life** . . . (JA May 24)
As you bask in My **Love-Light** . . . (JL p. 192)
As you soak in this **Love-drenched Light** . . . (JA Dec 09)
Take time to bask in **My radiant Presence.** (JT p. 262)
feel the warmth of My **Love-Light** . . . (JC Sep 23)
As you turn . . . **feel the Light of My Presence** . . . (JC Oct 23)
Enjoy spending time in **My bright, loving Presence.** (KJA Jul 05)
As you rest in the warm **Light of My Love** . . . (KJA Nov 05)
Take time to bask in the **Light of My loving Presence.** (JA Sep 04)
Take time . . . basking in My **golden Light.** (JC Oct 19)
Feel your **face tingle** as you bask in My **Love-Light.** (JC Sep 07)
your soul grows strong in the **nourishing Light of My Presence.** (JL p. 280f)
Give yourself . . . to these Glory-moments, awash in **dazzling Light.** (JC Oct 06)

*“When I
prayed for
myself, I
was suddenly
enveloped in
brilliant light
and profound
peace.”*

— *Jesus Calling,*
introduction,
p. xi

19. Imagine a Door

Channeling students are sometimes taught to visualize a door they can open when they want to meet with their guide and close when they don't. This door apparently facilitates channeling but also keeps their spirit guide from barging in on them at inconvenient times; it may give them a sense of control.

*Roman and Packer,
Opening to Channel,
p. 28*

In channeling, you learn to direct your mind to a place—somewhat like finding a **doorway**—where you link with your guide.

*Ted Andrews,
How to Meet & Work
With Spirit Guides,
p. 56*

Create a **doorway** through which you can meet your spirit guide.

*Sylvia Browne,
Contacting Your
Spirit Guide, p. 159*

right in front of you appears a golden **door**.

*James Van Praagh,
Heaven and Earth,
p. 181*

Behind the **door** are spirits waiting to meet you.

Open the door and greet them. . . . Listen for a message from one or more of the spirits.

*James Van Praagh,
quoting Brian Hurst,
Heaven and Earth,
p. 33*

“You will have to learn how to keep the **door** to the spirit world **open** and also how to **close** it when you don't want to receive its messages.”

*Kristin Komak,
Spirit Guides, p. 31*

Close the Door. Once you're done asking your questions, announce you're done and “close” the session . . . send off the spirit . . .

*Carole Anne,
Beginning Mediumship
Workbook, p. 93*

Remember you need to do this after each mediumship session or you will have spirit visiting you at any time . . . which can be draining.

19. Imagine a Door



I have given you the freedom to choose whether or not you want to be close to Me. . . . So I have placed a “**door**” between us, and I let you decide whether or not to open it. One of the best ways to **open that door** is to be thankful. (KJC Jul 24)

I have placed a **door** between you and Me, and I have empowered you to open or **close that door**. There are many ways to open it . . . (JC Jul 24)

The verse below that is cited to support these devotions does not describe a door that can be opened in “many ways” and closed when desired:

“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.”

— Psalm 100:4

20. Sense Your Guide's Presence

Channeling students are taught to expect physical sensations when their spirit guide comes near. They may shiver or tingle or feel a gentle breeze, kiss, touch, or tap on their body. Or they may just sense a spatially close presence.

Gordon Smith,
*Developing
Mediumship*, p. 94

take note of any sensation that occurs around your physical body . . . a spirit leaving their calling card.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 38

When a guide comes close, you may experience a sort of **tingling** . . .

Debra L. Engle,
*Let Your Spirit Guides
Speak*, p. xix
Ted Andrews, *How to
Meet & Work With
Spirit Guides*, p. 70

Close your eyes and . . . **feel their presence.**

Carole Anne,
*Beginning Mediumship
Workbook*, p. 64

A soft **breeze caresses** your face.

your lips might tingle or you could feel a **gentle breeze** at the side of your face.

Sylvia Browne,
*Contacting Your
Spirit Guide*, p. 158

You may feel a feathery **breeze** or **gentle touch** on your cheek or hair.

Perry Tillerias,
*The Color of Light,
Acknowledgments*

Thanks to my spirit guides who **hover near my right shoulder** . . .

Gordon Smith,
Intuitive Studies, p. 29

Your guide is always **close by your side** . . .

Ted Andrews, *How to
Meet & Work With
Spirit Guides*, p. 136

A **gentle kiss** upon your head sends shivers of delight throughout your body . . .

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 198

You may feel a **gentle touch** on your shoulder or some other part of your body.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 79

see or feel someone **sitting with you** . . .

20. Sense “Jesus’s” Presence

feel My Presence in and round you. (GE May 08)
Just **feel that touch. Sense My Presence** . . . (GC Feb 27)
a thrill of Joy at the **sense of the nearness** of My Presence . . . (GC May 30)
My Hand is laid upon your arm, a **gentle Touch** to point the way. (GC Sep 29)

Feel Me with you . . . (KJT p. 210)

Feel your face tingle . . . (JC Sep 07)

Feel My Presence with you . . . (KJA Aug 10)

you **feel Me right next to you** . . . (KJC Dec 07)

You’ll **feel My Presence with you** . . . (KJA Dec 04)

learn to **feel My Presence with you** . . . (KJT p. 276)

When you speak My Name . . . you **sense My Presence** . . . (JL p. 34)

I **caress** you with a **gentle breeze** that refreshes and delights you. (JC Jun 20)

I **stroke your cheek with a gentle breeze** to remind you that I am **right beside you.** (KJC Jun 20)

I’m **right here next to you** . . . (KJC Apr 28)

I am **nearer than the air** . . . (JA Oct 07)

I am **right here beside you.** (KSB p. 147)

I am **here beside you, nearer** . . . (DJ p. 175)

That **gentle tap** on your heart? (KJC Jan 08)

That’s from Me too.

I am . . . **hovering over your shoulder** reading every thought. (JC Feb 12)

I am . . . **peeking over your shoulder**, reading your every thought. (KJC Feb 12)

I stay so **close by your side** . . . (KJA Oct 03)

My Peace **hovers over you**, searching for a place to land. (JC May 31)

enjoy the **gentle kiss** of My Presence. (JT p. 292)

I “tiptoe” **closer to you.** (DJ p. 227)

Yield to His **gentle touch** . . . (JC Mar 18)

Be blessed by . . . My **tender nearness** . . . (JA Dec 18)

I am always near . . . I will . . . **sit you beside Me.** (KJC Feb 08)

*“You are
nearer than the
air I breathe”
— Jesus Listens,
Sep 10*



21. Visualize Your Guide

Channeling students are taught to visualize their spirit guide in as much detail as possible, and to visualize themselves interacting with their guide. They may be affected emotionally by “seeing” their guide smile at them, sit beside them, or gesture for them to follow.

Kala Ambrose,
*The Awakened
Psychic*, p. 83
James Van Praagh,
Heaven and Earth,
p. 99

Raymond Buckland,
The Spirit Book,
p. 75

Sharon Farber,
*Choosing to Be a
Medium*, p. 44

Sonia Choquette,
Ask Your Guides, p. 90
Ted Andrews, *How to
Meet & Work With
Spirit Guides*, p. 56
William Buhlman,
*Adventures Beyond
the Body*, p. 229

Shirley Battie,
Channelling, p. 79

William Buhlman,
*Adventures Beyond
the Body*, pp. 39-40

picture yourself meeting a spirit guide . . .

ask your master guide to **stand in front of you**
so that you can **see** him or her.

Clairvoyance is “clear seeing,” the ability to **see**
in the **mind’s eye** people and things in another
dimension.

Become aware of a loving presence who
approaches and sits next to you.

you can . . . begin to actually “**see**” your guides.

see a **path** from which someone approaches.

The familiar **smile of your guide** welcomes you
to another adventure beyond the limits of matter.

He has been expecting you and

holds out his hand. He may guide you to a
seat and **sit beside you.** Or he may make it
clear that he wishes you to **follow him.**

I suddenly feel the presence of someone close by
. . . but can see nothing . . . I’m completely at ease
and firmly make a request, **“I want to see you.”**
I watch in amazement as . . . an image appears.

21. Visualize “Jesus”

Picture Me, your Lord. (GE Jan 25)
Behold Me, the Lord of your life. (GE Jan 26)
The calling of My Name . . . removes, as it were, the scales from
your eyes, and you **see Me**. (GC Nov 04)

picture Me standing before you with open arms. (JCJ Jan 21)
peer into My Presence . . . (JA Feb 13)
picture it in your mind. (JCM Sep 11)
Visualize . . . (JA Aug 28)
Imagine . . . (KJA Aug 28)

*“I see You on the path
ahead—beckoning me on”*

— Jesus Listens, Apr 22

See Me helping you . . . (JL p. 332)
your vision improves and you can see Me more clearly. (JL p. 12)

In your mind’s eye, do you see Me standing nearby with My strong
arm extended toward you? (JCM Jan 05)

I approach you gently and lovingly.

See Me beckoning you on . . .

See Me! Reach out your hand . . . (KJC Feb 08)

See Me smiling down on you . . . (JL p. 336)

see Me only with spiritual eyes . . . (KSB p. 227)

see Me on the path before you . . . (JT p. 90)

see Me shining brightly . . . (JL p. 258)

see My smile of approval. (DJ p. 133)

“See” Me standing nearby, with

My strong arm extended toward you—offering you My help.

Find a quiet place, sit . . . I will come and sit beside you. (KJC Feb 13)

See Me beckoning to you: “Come! Follow Me.” (JC Mar 06)

“see” Me there alongside you . . . encouraging you. (DJ p. 215)

learn to **“see” Me** with the eyes of your heart . . . (KJA Jun 11)

I’ll help you—simply pray, “I want to **see You**, Jesus.” (KJT p. 266)

open the eyes inside your heart so that you can **“see” Me** . . . (KJA Jun 27)



(JA Nov 13)

(JT p. 18)

(KJC Feb 08)

(JL p. 336)

(KSB p. 227)

(JT p. 90)

(JL p. 258)

(DJ p. 133)

(JT p. 166)

22. Gaze into Your Guide's Face

Channeling students are often taught to gaze at an object (like a crystal ball) or an image (like a face) to achieve an altered state of consciousness. Gazing into their spirit guide's face apparently sets the stage for "hearing" him or her speak and may evoke strong feelings of love and trust.

*Kala Ambrose,
The Awakened
Psychic, p. 86*

A common **practice is to gaze** upon an object, which puts you into a trance-like state in order to be open to receiving psychic information.

*Emily Stroia,
Talking to Spirit,
p. 28*

Mediums will often **see** the impression of a **Spirit's face** . . . and describe it in visual detail.

*Roman and Packer,
Opening to Channel,
p. 71*

Imagine you are **looking into the eyes** of the master . . . See if you can hold this image and connection for at least five minutes.

*Benjamin Rhodes,
Psychic Development,
p. 17*

To practice clairvoyance, have a **relaxed and unfocused gaze**. If you intend to see it within your mind, **close your eyes**.

*Ted Andrews, How to
Meet & Work With
Spirit Guides, p. 95*

Most occult techniques for spirit contact are simple . . . based upon three fundamental abilities that must be developed: visualization, concentration and creative imagination.

*William Buhlman,
Adventures Beyond
the Body, p. 134*

Many people report **face-to-face** meetings with some form of nonphysical inhabitant.

*Derek Johnsen,
How to Become a
Psychic Medium,
p. 99*

when you come **face to face with the spirit** that is destined to become your guide—you will just know. . . . You will certainly experience a feeling of trust.

22. Gaze into “Jesus’s” Face

Look up into My Face—a look of Love . . . a thrill of Joy . . . (GC May 30)

Look unto Me until your **gaze** becomes so intense . . . (GE Aug 15)

Continue this **practice of gazing at Me** . . . (JA Jul 02)

Look up to Me and see My Face shining down . . . (JT p. 80)

Look into My Face and see the great Love I have for you. (JL p. 44)

Look into My Face and feel the warmth of My Love-Light . . . (JC Sep 23)

Gaze at Me . . . (JC Jun 09)

Gaze at Me . . . (KJT p. 66)

Gaze at Me in silent worship. (KJC Dec 22)

Gaze at Me in silent adoration. (JC Dec 22)

Gaze at Me in childlike trust . . . (JA Mar 30)

Gaze into My eyes . . . (JC Sep 15)

Look into My eyes. (KJC Sep 15)

Look into My eyes and see . . . I love you . . . (JCM Sep 13)

As you **gaze at My Face** . . . (JA Sep 04)

While you **gaze at Me** . . . (DJ p. 217)

I invite you to **gaze upon** My beauty . . . (JA Jun 03)

The longer you **gaze at Me** . . . (JA Jun 18)

So **relax a bit and gaze** lovingly **at Me.** (JT p. 248)

close your eyes and **gaze at who I am.** (JA Feb 26)

look away from yourself and **gaze at Me** . . . (DJ p. 18)

So ask Him to handle your problems while you **gaze at Me.** (KJT p. 66)

Let’s get **face-to-Face** today . . . (JCJ Aug 28)

As you commune with Me **face to Face** . . . (DJ p. 238)

surrounded by . . . problems, but you are **face-to-Face with Me** . . . (JC Jan 15)



“The longer
I gaze at
You, the more
I can . . . trust”
— Jesus Listens,
Aug 21

CONTRAST WITH:

“now we see through a glass darkly, but *then* face to face”

— 1 Corinthians 13:12a

23. Feel Your Guide's Hand

Channeling students are occasionally taught to reach out physically and hold their spirit guide's hands, feeling their warmth and love. They may even walk alongside their guide, holding hands. Or if they need help leaving their physical body, they may feel their guide grasp their hand and pull them out.

Raymond Buckland,
*Buckland's Book
of Spirit
Communications*, p. 55

reach out your **hands** and take those that are offered. **Feel** them. **Feel** the warmth and love that comes from them.

Rita Berkowitz,
*Empowering Your Life
with Angels*, p. 59

Visualize that the two of you are **holding hands**, smiling, walking together . . .

Debra L. Engle
as guide, *Let Your
Spirit Guides Speak*,
p. 197

Sit quietly, take a deep breath, ask, and take our **hands**.

William Buhlman,
*Adventures Beyond
the Body*, p. 167

I entered the vibrational state and was ready to lift out, but for some reason my energy-body felt attached and heavy. Out of desperation I reached out my arm and verbally asked for help. Within seconds I felt the **grasp of a hand** pulling me out of my body. The **feel** of the **hand** was surprisingly solid and real.

Kay Reynolds,
*The Evidential
Medium*, p. 111

Now, ask them to place their **hands** upon your **hands**, allowing the energy to blend in a way that you become aware of the characteristics of your communicator's [spirit's] **hands**.

Sylvia Browne,
*Contacting Your
Spirit Guide*, p. 174

The guide comes over, sits with you, **holds your hand**, and . . . lets you know that whatever happens, they will never leave you.

23. Feel “Jesus’s” Hand

Feel My Hand of Love press yours . . .

(GC Dec 04)

Close your right hand, just as if you were **holding My hand**.

(KJA Mar 16)

Doing this will help you remember that I really am with you.

Whenever you start to feel lonely . . . **reach out** for Me.

Close your right hand, as if you are **grasping onto My hand**. This symbolic gesture helps you **feel** connected to Me . . .

(JA Mar 16)

Visualize yourself holding onto My hand as you walk.

(JA Aug 28)

Imagine yourself **holding My hand** as we walk along together.

(KJA Aug 28)

Just . . . **hold on to My hand**.

(KSB p. 245)

Hold tightly to My hand . . .

(KJA Jan 26)

Cling tightly to My hand . . .

(JA Jul 24)

Grasp My hand tightly . . .

(DJ p. 166)

feel the strong grip . . .

(JC Jun 10)

Take My hand and trust . . .

(KJC Jan 27)

Take My hand—and trust.

(JCM Oct 18)

Reach out your hand and call out, **“Help** me, Jesus!” . . . I will **grab your hand**, and I will pull you up.

(KJC Feb 08)

While you focus on Me in trust . . . rise . . . reach up and

(JC Jul 16)

grasp My hand. I will pull you out into the Light again.

See My hand . . . reaching down to

(KJC Jul 16)

you. Reach up in trust and

grab My hand.

To feel My nearness, try closing

your hand just as if you’re

grabbing hold of Mine.

(KJA Oct 12)

To sense my nearness, try

closing your hand as if you’re

holding onto Mine.

(JA Oct 12)

I never leave your side; I am **holding you by your right hand**.

(JA Oct 22)



“Sometimes I like to close my right hand as if I’m grasping Your hand . . . to feel connected to You”

— Jesus Listens,
Feb 14

24. Make Room for Your Guide

Channeling students are taught to clean their inner house and to move over or move out to make room for their spirit guide to move in.

*Kathryn Ridall,
quoting Joanna
Bongiovanni,
Channeling, p. 37*

“you’re just making your inner **house** clean, **creating space** there and **inviting** another entity, another source of wisdom, to make use of the talents . . . that you as an incarnate being have.”

*Walter Moore,
Channeling Spirits
Guide for Psychics,
p. 7*

the spirit or the soul of the medium . . . either leaves the body or is pushed aside. This **creates the room** for the other energy to use the body for a particular period of time.

*James Van Praagh,
Wisdom From Your
Spirit Guides, p. 143
Eileen Caddy as “God,”
God Spoke to Me,
p. 98*

create your heart space and invite your guides in.

Is it any wonder that I ask you to expand your consciousness . . . to **make more room** for Me?

*Carole Anne,
Beginning Mediumship
Workbook, p. 85*

know the importance of **uncluttering your mind** so you can sense, feel or hear spirit more clearly.

*Gordon Smith,
Developing
Mediumship, p. 104*

any form of true mediumship demands that the medium shows great trust in letting go of their own **space** and **allowing a higher being to occupy it.** The extent to which you can **vacate your space** determines how much **room** you will give over to spirit control.

*Gordon Smith,
Intuitive Studies,
p. 85*

we **clear** our mind and **create a space** for spirit to come and teach us.

24. Make Room for “Jesus”

But to receive My Power, My Gifts, you must have **room** for them, (GE Sep 14)
and full of self there is no **room** for Me and My Gifts.

There are several ways to open up more **room** for Me in your heart. (KJA May 22)

imagine your life as a **house**. How many **rooms** have you (JCJ Mar 02)

invited Me to live in? How many **rooms** have closed doors?

When you are empty, there is more **room** for My Spirit to fill you. (JCJ Apr 05)

My main work is to **clear out debris and clutter**, (JC Nov 07)

making room for My Spirit to take full possession.

I am working to make you more and more beautiful. . . . I’m (KJC Nov 07)

clearing out the clutter inside you—the clutter of stuff, of selfishness . . . This **makes room** for My Spirit to take charge . . .

clear away the clutter in your mind . . . (KJC Dec 19)

Make plenty of space in your heart . . . (DJ p. 121)

He **creates space** in your heart and soul—**space** for Me. (KJT p. 326)

The **more room you make** for Me there, the more I can fill you . . . (JA May 22)

This leaves **room** . . . for more of Me. (JA Aug 06)

This will leave **room** . . . for more of Me . . . (KJA Aug 06)

Let everything else fade . . . **unclutter your mind**, (JC May 16)

allowing Me to occupy more and more of your consciousness.

The Holy Spirit will equip you . . . as you **give Him space** . . . (JA Mar 01)

Your renewed heart—stripped . . . will have more **space** for Me. (JL p. 44)

*“You’ve been
. . . making room
for Your Spirit
to take full
possession.”*

*— Jesus Listens,
Jan 07*

The idea of “making room” or “creating space” for God in your heart has become commonplace in Christianity but is actually foreign to the Bible. Its surface-level meaning—that God should have priority in your life—is indeed compatible with Scripture. However, its close resemblance with psychic channeling suggests an alternate, more ominous meaning here.

25. Empty Yourself

Channeling students are taught to further prepare themselves for their spirit guide's entry by imagining themselves an empty vessel, like a vase or a cup, ready to be filled. They are told to focus on emptiness and to anticipate filling.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 48

as a medium, you need to prepare your mind so it becomes, in effect, an "empty vessel" . . . When your mind is **empty** of thought, you are ready for a mediumship/psychic session.

HeatherAsh Amara,
*The Warrior Heart
Practice*, p. 103

Breathe and imagine that you can **empty** yourself. Be a **vessel** waiting to be filled.

Gordon Smith,
*Developing
Mediumship*, p. 78

mediumship is really more about . . . letting go of a part of our own **space**, allowing spirit to take control of the **emptiness** we have created.

Eileen Caddy as "God,"
God Spoke to Me,
p. 76

Come to me each day like an **empty cup** ready to be refilled.

Kathryn Ridall,
Channeling,
pp. 102-103

imagine a **vase** . . . feel yourself as the **vase**. Feel the **empty space** you enclose. Feel your openness and your willingness to be filled.

Martina Schmidt,
*Connecting with
Heaven*, p. 35
Martina Schmidt,
*Connecting with
Heaven*, p. 31
Rebecca Rosen,
Spirited, p. 236

Keep your intention on **emptiness** and stillness.

this feels like becoming **empty** and calm . . .

Once I have **emptied** out all my frazzled energy,
I let their white light of love and truth fill me up.

25. Empty Yourself

Remember . . . it is **empty vessels** I fill . . . (GE Apr 13)

So all I desire of you is to be **emptied of self**, and to desire Me. (GE Sep 14)

I designed you to be filled . . . However, you are a frail earthen (JL p. 198)

vessel, so these contents leak out of you. Unless you are refilled—over and over . . . you become increasingly **empty**.

your **emptiness** . . . the optimal condition for being filled . . . (JC Jan 14)

Give Me your **emptiness** so I can give you My fullness. (JCJ Dec 17)

When you are **empty**, there is more room for My Spirit to fill you. (JCJ Apr 05)

What has to be **emptied** . . . so that I can fill you with My Presence? (JCJ Feb 06)

Facing that awful **emptiness** is the first step toward being filled . . . (KJC Dec 17)

when you feel . . . **empty** inside . . . there is plenty of room for Me . . . (KJC Apr 30)

Whenever you are feeling **empty**, come . . . (JL p. 86)

Keep coming to Me with your **emptiness** . . . (JCM May 15)

Come to Me with your aching **emptiness**. (JL p. 86)

Come to Me . . . with that huge **emptiness** . . . (KJC Dec 17)

I am the only one who can fill your **empty** spot. (KJC Feb 22)

come to Me each morning with your **emptiness** . . . (JA Apr 30)

Come to Me . . . **ready to be blessed and filled** . . . (JC Oct 19)

Come to Me with your ever-so-human **emptiness** . . . (DJ p. 157)

Only My . . . Love is sufficient to fill all that **emptiness**! (JL p. 234)

let this powerful Love soak in . . . filling up your **empty spaces** . . . (JA Jan 14)

*“I come
to You with
my gaping
emptiness”*

*— Jesus Listens,
Jul 20*

CONTRAST WITH:

“Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it **empty**, swept, and garnished. Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation.”

— *Jesus, Matthew 12:44-45*

26. Get Ready to Receive

Channeling students are taught to hold out their hands or open their arms as physical gestures of being open and ready to receive blessings, messages, and knowledge. Strong expectation on their part may also result in a physical sensation of receiving a small gift or token in their hands.

*Sylvia Browne,
Contacting Your
Spirit Guide, pp. 155-156*

get the mind **ready to receive** messages . . .

*William Buhlman,
Adventures Beyond
the Body, p. 232*

Fully **expect to receive** your requests—be open to receive.

*Tianna Galgano,
How to Meet Your
Spirit Guides, p. 104*

Hold out your hands, palms up.
The guide gives you a **gift.**

*Shirley Battie,
Channelling, p. 133*

The sensation of having something from spirit to hold is a very real feeling and will enhance your channelling.

*Michael Hathaway,
How to Be a Psychic,
p. 72*

slowly allow your **arms to open and float up** from your body. Your hands may open with their palms cupping slightly and facing upward to further **receive the peace and love** of the Universe. . . . you are totally open . . . ready to **receive** the appropriate knowledge provided by the Universe for your psychic development

*Martina Schmidt,
Connecting with
Heaven, p. 41*

Sit with your eyes closed and be willing to **receive** information.

*Roman and Packer,
Opening to Channel,
p. 81*

Be open to **receive.** Feel your heart **welcoming this guide.**

26. Get Ready to Receive

Come with outstretched hands to **receive**. (GE May 23)

Have you . . . thought of My Delight when you are ready to **receive**? (GE Oct 19)

Come to Me with open hands and heart, **ready to receive** . . . (JC Mar 23)

Then wait expectantly . . . ready to **receive** . . . (JT p. 26)

Physically position your heart, your mind, (JCM Dec 03)

and your hands to **receive** . . .

come to Me and **receive** . . .

Look up and **receive** all that I have . . .

expect to receive great blessings . . .

Open your soul to **receive** . . . Glory-beams. (JL p. 178)

Hold out your hands and **receive** My cup of blessing! (JCJ Nov 12)

To receive My proffered **gift**, you must first open your hands . . . (DJ p. 127)

Open your arms and your heart—to **receive** My delight . . . (JT p. 282)

Lift up wide-open arms . . . Be prepared to **receive** abundantly . . . (JT p. 298)

I am . . . eager to flow . . . Open . . . wide to **receive** the gift of Myself. (KJA Dec 27)

Let down your guard and **lift up wide-open arms** . . . (JCM Feb 08)

receiving Joy,

Peace . . . Love.

lift your wide-open arms up toward Me—as if you were celebrating a triumphant moment in your life. This posture expresses exultant Joy . . .

Welcome My Spirit . . .

“I lift up my hands . . . eager for Your abundance to flow freely into me.”
— Jesus Listens, Jul 28



(JL p. 50)

(JCM Oct 29)

27. Invite Your Guide

Channeling students are taught to invite their spirit guide in when they are ready. Spirit guides are described as eagerly waiting to be called on, but not able to enter unless invited. They apparently need an invitation to access a human body, at least at first.

*Shirley Battie,
Channelling, p. 91*

Your spirit guide will already be **waiting** for you when you have established a regular time for channelling.

*Sonia Choquette,
Ask Your Guides,
p. 63*

They want to help you whenever they can and are simply **waiting** for you to **invite** them to get involved.

*James Van Praagh,
Wisdom From Your
Spirit Guides, p. 153*

Invite your guide into your space.

*Blair Robertson,
Spirit Guides, p. 13*

You have to **invite** your guides in to have that connection with them.

*Tamara L. Lesley,
Spiritual Harmony,
p. 48*

They are all around us **waiting** to help. . . .
They are **waiting** for us to ask for assistance. . . .
Life will become much simpler when you **invite** spirit into your life.

*Debra L. Engle as
"Ella," Let Your Spirit
Guides Speak, p. 111*

It is an **invitation** to your guides, stating that you want to communicate with them, **inviting** them to be part of your life.

*Rebecca Rosen,
Spirited, p. 137*

spirits won't barge in and offer you guidance unless you ask them to. You have to **invite Spirit** in.

27. Invite “Jesus”

- I **wait, wait** with a hungry longing to be **called upon** . . . (GC Jan 19)
- I am here, your **waiting** Lord, ready at your **call**. (GC Apr 03)
- Walk with Me, talk with Me, **invite Me** to be your guest . . . (GE Nov 09)
- I stand silently in the background of your mind, **waiting** for you (JC May 25)
to remember that I am with you.
- when you pray My Name, you are . . . **calling upon** My very Being. (JL p. 34)
- I am here with you . . . **waiting** for you to remember My Presence. (KJA Dec 05)
- I am always **waiting** to fill you with My Spirit. (KJC Apr 05)
- He **waits** to be **invited**. (JL p. 232)
- Invite Me to enter** into your . . . thoughts, feelings . . . (JA May 08)
- Invite Me to enter** into your struggles . . . (JT p. 190)
- invite Me to enter** into them. (JL p. 298)
- Invite Me** into your thoughts . . . (JC Jun 29)
- Invite Me** into your thoughts . . . (DJ p. 72)
- Invite me** into your thoughts . . . (JL p. 34)
- Invite Me** into your thoughts . . . (KJA Nov 02)
- Invite Me** into this process . . . (JL p. 72)
- Invite Me** into whatever . . . (JA May 01)
- Invite Me** into your moments . . . (JA Apr 16)
- Invite Me** into every moment . . . (KJA Jan 31)
- invite Me** into your awareness . . . (JT p. 36)
- Invite Me** into those broken places . . . (JA May 19)
- Invite Me** to fill you up to the full with My limitless Love. (JA Apr 30)
- Invite Me** to permeate your moments with My Presence. (JA Jan 31)
- Invite Me** to join you . . . (KJA May 01)
- Then **invite Me** in. (JTJ p. 190)
- Shut out the world and **invite Me** in. (JCJ Sep 19)
- How many rooms have you **invited Me** to live in? (JCJ Mar 02)
- Don't close off pieces of yourself from Me. **Invite Me** in. (KJC Jul 28)

*“I invite You
to permeate
my moments
with Your
Presence”
— Jesus Listens,
Jul 14*

28. Let Your Guide Come In

Channeling students learn to allow their guide to enter their body by trusting, letting go, and breathing in its spirit. They may have physical sensations of love, joy, peace, life, strength, energy, and power flowing into them as their guide begins to occupy their space.

*Roman and Packer,
Opening to Channel,
p. 84*

Now **let your guide come fully into** your aura.

*Melanie Beckler
as guide, Channeling
the Guides, p. 111*

tune in to the love and light . . . Feel the divine love all around you, and **let this into** your being.

*Melanie Beckler
as guide, Channeling
the Guides, p. 105*

Allow yourself to become . . . **filled** with the energy of love now.

*HeatherAsh Amara,
The Warrior Heart
Practice, p. 103
Melanie Beckler
as guide, Channeling
the Guides, p. 88*

Breathe in presence. breathe out distraction.

as you **breathe in life-force energy,** allow it to fill your body . . .

*Konstanza Morning
Star, Medium, p. 59*

Let the divine energies **flow into your body** . . .

*Tianna Galgano,
How to Meet Your
Spirit Guides, p. 103*

With each gentle breath, imagine peaceful energy **flowing into your body.**

*Tianna Galgano,
How to Meet Your
Spirit Guides, p. 104*

Feel the life-force energy **flowing into you.**

*Eileen Caddy as "God,"
God Spoke to Me,
p. 30*

Stand aside and let Me **take over.**

*Derek Johnsen,
How to Become a
Psychic Medium,
p. 118*

a medium . . . allows a spirit to enter . . . The **spirit takes full possession** of the medium's mind and body in order to pass on messages . . .

28. Let “Jesus” Come In

Let My Spirit of Calm enter your being, and direct you, (GE Aug 28)
filling you with Peace and Power.

Divine Spirit flows . . . into your very beings. (GC Sep 29)

Wait before Me, gently **breathing in My Spirit**. That Spirit (GC Mar 13)
which, if given a free **entrance**, and not barred out by self . . .

I am waiting for you to **let Me back in.** (JCJ May 25)

There is no greater Love than mine. **Let it in** . . . (JCM Dec 16)

Softly I announce My Presence. Shimmering hues of radiance (JC Jan 08)
tap gently at your consciousness, seeking **entrance**.

Let Me fill you up with My Presence . . . (JC Apr 27)

let . . . My Presence flow into you. (JL p. 86)

Let Me fill you with My . . . Life . . . (JT p. 116)

Let My Love flow into you . . . (KJA Jan 14)

Breathe in My Presence . . . (KJA Feb 10)

Breathe Me in . . . (JC Feb 06)

breathing in My Life. (KJA Jun 28)

I **pour . . . energy into you . . .** (JT p. 208)

I **fill you with My very Life.** (JC Mar 02)

I will **fill you with My very Being.** (JCJ Dec 31)

Let Me **pour My strength into you . . .** (KJA Nov 01)

My Power **flows into you . . .** (JL p. 118)

My **Peace flows into you.** (JC Mar 22)

feel My Life flowing into you. (JA Feb 10)

My very Life **flows into you.** (DJ p. 250)

My very Life **streams into you . . .** (JL p. 198)

Let your defenses down . . . your (KJC Dec 08)

emptiness gets **filled with My Love . . . filled up with Me.**

My Spirit within you is **taking over** more and more territory. (JA Jun 08)

making room for My **Spirit to take full possession.** (JC Nov 07)

*“You pour Your
very Life into me”
— Jesus Listens, Jul 17*



29. Feel Yourself Expanding

Channeling students are taught that they may feel their body expanding when their spirit guide first comes in. They may even experience a crushing sensation of love and power—like their guide is more than they can handle! But apparently they soon adjust and become comfortable again.

*Shirley Battie,
Channelling, p. 65*

You may be aware of **expansion** in your chest or upper body and head. This will be the entity bringing in his spirit body so that you get a sense of his size and form. With this you have insight into his character and feeling of **love**. . . Do not be alarmed if he is **bigger** than you and you **feel** as if you might explode.

*Roman and Packer,
Opening to Channel,
ebook version,
p. 137, loc. 1870*

The first time I tried to let Orin come through verbally I almost passed out. I felt like I was **expanding** from top to bottom, becoming larger than the room, but still encased in an energy field. I **felt** a **crushing** sensation in my chest, and a sense of power and **love**. . . Orin explained that my body was like an electrical wire that could only **handle** twenty volts, and he was more like fifty volts.

*Eileen Caddy as “God,”
God Spoke to Me,
p. 98*

you cannot help **expanding** to make more and more **room** for Me.

*Lita de Alberdi,
Channeling, p. 60*

During the first channelling session it is common for channels to cry as the guide comes in—tears not of sadness but of joy, as their heart opens to the almost unbelievable experience of the total unconditional love that their guide has for them.

29. Feel Yourself Expanding

As you give yourself to Me, My Spirit **swells within you** till you are flooded with divine Presence. (JC May 04)

As you open yourself to My compassionate Presence, this Love flows into you more freely. Like new wine, My love **expands within you**, increasing your capacity for Me. (JL p. 218)

“This vast ocean of Love cannot be measured or explained, but it can be experienced.”

— Jesus Listens,
Dec 07

This is an inner **expansion** . . . (JT p. 318)

My **Love** . . . I have so much to give you! (JCJ Oct 23)

Take time to explore how **huge** My Love for you really is. (KJC Dec 24)

As My Presence envelops you, you may **feel overwhelmed** by My Power . . . sensing your smallness in comparison to My Greatness. (JC May 28)

Open your heart to receive vast quantities of His Love. The **more** of the Love **you hold** in your heart . . . (JL p. 28f)

The **more room** you make for Me there, the more I can fill you with My Love. . . **expand** this space in your heart. (JA May 22)

I don't want you to **feel** overwhelmed by the force of My Love. . . . (JL p. 278)

I restrain Myself from **“crushing”** anyone with My mighty **ardor**. I know precisely what each of My children can **handle**. . . . **increase your capax Dei: your capacity** for Me.

Joy will **grow inside you** . . . (KJA Jun 30)

All of this **enlarges your capacity** for Joy. (JA Dec 03)

open up **more room** for Me in your heart. (KJA May 24)

Thankfulness **enlarges the capacity** of your heart . . . (JA May 31)

Let My Peace **grow inside you** . . . (KJC Oct 13)

Another way to **expand this capacity** is to let My Love flow . . . (JL p. 218)

I fill you with ever-**increasing volumes** of unfailing Love. (JL p. 219)

you can sense Peace **growing within you**. (JC Nov 29)

Do you feel My Hope **welling up within you** and overflowing? (JTJ p. 52)

30. Absorb Your Guide

Channeling students learn to absorb and melt into their spirit guide while it is coming into their body. This process of “linking,” “merging,” or “blending” with their guide apparently feels very pleasant, as if love, light, peace, and joy are seeping in and filling their entire being.

Eileen Caddy as “God,”
Foundations of
Findhorn, p. 119

Be at perfect peace . . . **absorb** My divine love
Become completely saturated with it . . .

Eileen Caddy as “God,”
God Spoke to Me,
p. 54

Hold **your face up to My radiance.** Let My
love and light become **absorbed** into the very
heart of you.

Michael Hathaway,
How to Be a Psychic,
p. 70

absorb this peaceful and loving feeling . . .

Vidya Frazier,
Awakening to the
Fifth Dimension, p. 93
Vidya Frazier,
Awakening to the Fifth
Dimension, p. 125

Let this love **seep into** every cell in your body.

feel its soft and soothing energy as it enters
your being . . . experience a deep love flowing
into you . . . Allow yourself to **melt** into it . . .

Gordon Smith,
Intuitive Studies,
p. 194

Feel the **link** between you grow stronger until
the guide is a part of your very being.

Sharon Farber,
Choosing to Be a
Medium, p. 85
Shirley Battie,
Channelling, p. 73

allow Spirit to **blend** with you.

the essence . . . of the spirit guide enters your
own energy field and the two **merge**.

Vidya Frazier,
Awakening to the
Fifth Dimension,
p. 134

See if you can **merge** with this presence. You
may feel a sense of expansion . . . a feeling that
you’re not confined to your body and mind.

30. Absorb Your Guide

Absorb My Life, and evil will remain without.	(GE Oct 21)
you absorb the Divine, and absorbing gain strength to conquer.	(GC Nov 30)
you will absorb that Love until it permeates your whole being . . .	(GE Apr 19)
This, My Spirit, must be absorbed . . . in the quiet alone-times . . .	(GE Nov 02)
It is My Gift of the Life that is Mine . . . Power-Life . . . to absorb . . .	(GE Jun 27)
My living Presence permeates your entire being.	(JL p. 04)
The more of Me you absorb , the more peaceful . . .	(JA Mar 30)
My radiance blesses . . . as it permeates your whole being.	(JA Dec 09)
How will you prepare your heart to absorb My Love . . . ?	(JCJ Oct 23)
be still . . . with your face upturned to absorb My radiance.	(JA Jul 21)
Soak in My Presence as you would soak in a warm bathtub.	(KJC Jul 01)
Soak up My Light . . .	(KJA May 24)
As you soak in this Love-drenched Light . . .	(JA Dec 09)
Let My Love seep into the inner recesses of your being.	(JC Jul 28)
Taking time to soak up My Light and My Love . . .	(KJA Jul 21)
Let My Love . . . seep into your soul . . .	(KJC Jul 01)
letting My Love soak into your innermost being.	(JA Jan 10)
My boundless Love falls continuously upon you like heavenly snowflakes— melting into your body and soul.	(JL p. 336)
Joy and Peace . . . soak into you . . .	(KJT p. 60)
Let these healing rays soak deep into . . .	(DJ p. 88)
Let this heavenly Light soak deep inside . . .	(KJA Dec 27)
Let the Light of My Love soak into . . .	(KJA Apr 03)
Linger . . . letting My Love soak into . . .	(JL p. 32)
My Face shines upon you— linking you . . .	(DJ p. 145)
Let My gold-tinged Love . . . soak into . . .	(JC Oct 23)
letting the Glory of My Presence soak into you.	(JA Aug 07)
Through collaborating . . . allow My Life to merge with yours.	(JC Apr 13)
Just spend time with Me . . . letting My Light soak into your soul.	(KJC Aug 28)

*"The more of
You I absorb,
the calmer
I become."
— Jesus Listens,
Dec 06*

31. Feel Warmth

Channeling students learn to expect physical warmth when their spirit guide comes in. It is described as a delightful, cozy, intimate warmth, like the warmth of the sun or of a blanket or of love.

Richard Webster,
*Spirit Guides & Angel
Guardians*, p. 198

You may suddenly
feel a sense of **warmth** or security.

Roman and Packer,
Opening to Channel,
p. 153

Channeling can often make you feel slightly
warm . . .

Bill Missett,
Awakening the Soul,
p. 611

your **Soul's silken warmth** will slowly grow,
as awareness of the Presence of God/Goddess
awakens within you.

William Buhlman,
*Adventures Beyond
the Body*, p. 224

When a guide is present, we often experience a
warm feeling of love and security surrounding
us.

Triza Schultz,
*True Stories of a
Psychic Empath
Medium*, p. 192

It was as if someone lovingly
wrapped a **warm blanket** around me.

Michael Hathaway,
How to Be a Psychic,
p. 70

feel the **warmth** of unconditional love
and peace as it flows from the Universe.

Suzanne Giesemann,
*The Priest and the
Medium*, p. 44

A sense of peace enveloped her like a **warm**
blanket.

Bill Missett,
Awakening the Soul,
p. 623

It is a **warm, intimate** feeling which inspires
you in everything you do.

Ted Andrews, *How to
Meet & Work With
Spirit Guides*, p. 70

feel the **warmth of the sun** upon you.

31. Feel Warmth

Wait in Love and longing . . . and, as you wait, courage and hope will flow into your being, irradiating all your lives with the **warm** sun of My Presence. (GC Apr 06)

Feel the **warmth** and security . . . (JC Dec 12)
Enjoy the **warmth** of My Presence . . . (JC Sep 07)
rest in the **warmth** of My Love-Light . . . (JA Nov 05)
Spend time **warming** yourself . . . (KJA Mar 16)
My Light shines **warmly** into your mind . . . (JA Feb 18)
let My Love . . . **warm** your soul . . . (KJA Feb 25)
While My Love is **warming** you . . . (KJA Nov 05)
fill your soul with **warm** delight. (JL p. 08)
the Joy . . . shines **warmly** upon you. (JA May 05)
As you rest in the **warm** Light . . . fears . . . melt . . . (KJA Nov 05)
Let these facts . . . **warm** your heart . . . (KJC Nov 14)
The Light . . . Let it **warm** you . . . (KJT p. 290)
My Goodness . . . will **warm** your heart . . . (KJT p. 122)
Do you feel it? It's that **warm** feeling . . . (KJC Oct 23)
The Joy of My Presence **warms** you . . . (KJA May 05)
I will **wrap** you up in the **warm**, soft blanket . . . (KJC Sep 15)
Let My Presence wrap you . . . **warming** you . . . (KJA Feb 03)
Guilt feelings melt away in the **warm** Light . . . (JA Mar 10)
Look into My Face and **feel** the **warmth** of . . . unconditional Love . . . (JC Sep 23)
Let these words enfold you like a **warm** blanket . . . (JL p. 262)
Wrap yourself up in My Love like a **warm** blanket. (KJT p. 80)
I will wrap you up in My Peace like a **warm** blanket. (KJC Feb 13)
let Me guide . . . Leaning on Me produces **warm** intimacy with Me . . . (KJA May 08)
Let My delight soak deep down inside you, **warming** your heart . . . (KJC Jul 01)
Soak in My Presence as you would soak in a **warm** bathtub. (KJC Jul 01)
traipsing through lush meadows drenched in **warm** sunshine. (JC Nov 12)



*“Your Light
shines warmly
into my heart”
— Jesus Listens,
Oct 31*

32. Feel Wrapped in Spirit

Channeling students are taught to enjoy a sensation of being wrapped in spirit, as if they are being tenderly held. They may feel embraced, enveloped, enfolded, and surrounded by loving energy—safe, secure, and protected.

*Michael Hathaway,
How to Be a Psychic,
p. 127*

When you are ready, just let yourself feel the loving energy that **wraps around** . . . you.

Let yourself feel safe and **protected** . . .

*Gordon Smith,
Developing
Mediumship, p. 108*

an inexplicable warmth . . . **wrapped** itself around us, giving a feeling of utter protection . . .

*Eileen Caddy as “God,”
God Spoke to Me,
p. 56*

Let **My peace and love surround** and infill you . . .

*Enid Hoffman,
Develop Your Psychic
Skills, p. 172*

experience the white cloud descending upon you and **enveloping** your entire body.

*Konstanza Morning
Star, Medium, p. 59*

Let divine **love enfold you,** and fill you, and **surround** you, touching your heart and your soul.

*Eileen Caddy as “God,”
God Spoke to Me,
p. 62*

Let My deep, still **peace enfold you.**

*Eileen Caddy as “God,”
God Spoke to Me,
p. 70*

Encircled in those arms, feel the peace, comfort and complete oneness with Me . . .

*John Randolph Price,
Nothing is Too Good
to Be True, p. 111
Richard Webster,
Spirit Guides & Angel
Guardians, p. 48*

Feel that Presence of Love within and **around** you . . .

I simply feel myself **enfolded** in a gentle, but strong, **loving embrace.**

32. Feel Wrapped in Spirit

Trust is . . . your being enwrapped by the Divine Spirit.	(GC Aug 17)
Realise My Presence. My love surrounds you . . .	(GE Jan 17)
Let My tender Love wrap around you . . .	(KJA Feb 20)
I wrap you in My loving Presence.	(KJA Nov 23)
I wrap you up in My arms so that you are protected . . .	(KJC Oct 16)
I embrace you in My everlasting arms.	(DJ p. 39)
I'll wrap you up in My arms.	(KJT p. 292)
I will wrap you up in My Peace . . .	(KJC Feb 13)
Let Me wrap you up in My arms . . .	(KJA Apr 11)
Let Me wrap you up in My abiding Presence . . .	(JA Apr 29)
Let Me enfold you in My compassionate embrace.	(JL p. 266)
Let Me surround you with My Presence.	(KJC May 28)
feel the embrace of My everlasting Love.	(JCM Nov 02)
feel Me surrounding you with My Love and Peace.	(JCJ Nov 10)
I see you wrapped in the radiance . . .	(JA Aug 17)
Rest in My embrace for a while . . .	(JA Oct 17)
Let My Love surround you . . .	(KJC Jan 25)
Let My Love enfold you . . .	(JC Jan 25)
I am with you— wrapping you up . . .	(KJC Nov 10)
As My Presence envelops you . . .	(JC May 28)
let My Peace . . . enfold you . . .	(JC Feb 13)
Let My tenderness embrace you . . .	(JA Feb 20)
all I want to do is wrap you up in My arms . . .	(KJC Dec 26)
Even now, you are enveloped in My loving Presence.	(JA Nov 23)
Try to see yourself . . . wrapped in the glowing light of My Love.	(KJA Feb 08)
Let My joyous Presence envelop you . . .	(JA Feb 03)
Let My everlasting arms enfold you in Peace.	(JA Apr 11)
Come close to Me, and I'll wrap you up in My perfect Love.	(KJC Sep 28)
It . . . draws you into My loving embrace .	(JT p. 330)

*“You lovingly
enfold me in
Your arms.”*

*— Jesus Listens,
Oct 21*

33. Sense Yourself Rising

Channeling students are sometimes taught to visualize themselves slowly rising, as in a hot-air balloon, while they begin to lift out of their physical body. They may visualize the ground below looking smaller as they ascend and imagine themselves lifted above the troubles and limitations of the world.

*James Van Praagh,
Heaven and Earth,
p. 172*

Sense yourself **rising** out of your body . . .

*William Buhlman,
Adventures Beyond
the Body, pp. 161, 229*

Picture yourself floating up and out of your body. This could be visualized as a hot-air balloon . . . step inside the basket . . . An intense feeling of exhilaration builds as you effortlessly **rise higher and higher** . . . Below, the homes and cars begin to look like toys—small and insignificant. Looking down over the edge of the balloon's basket, you notice several large canvas bags. . . . The weight from the bags of fear and limits is holding you back, holding you down.

*Martina Schmidt,
Connecting with
Heaven, p. 43
Craig Lawton,
Psychic
Development, p. 138*

Feel yourself **lifted** into this beautiful light.

Imagine yourself floating **higher and higher**, being carried into the **higher** dimensions in your bubble . . .

*Gordon Smith,
Developing
Mediumship, p. 90*

Allow them to take you **higher**, more towards their frequency, and into a more spiritual state of being.

*Bill Missett,
Awakening the Soul,
p. 615*

These daily practices will **elevate** your Soul to new heights, inspiring your spirit to **soar** . . .

*Michael Hathaway,
How to Be a Psychic,
p. 47*

it is very natural to feel as if you can **float** up into the Universe. In fact, you may begin to experience yourself **lifting** out of your body.

33. Sense Yourself Rising



Rise above these earth-bonds . . . **Rise**.

(GE Jun 02)

Higher and higher each day . . .

(GC Sep 03)

This promise is to those who **rise** above the earth-life and seek to **soar** higher, to the Kingdom of **Heaven**.

(GC Jun 27)

You can **rise** above the troubles of this world . . .

(KJT p. 308)

When you **behold** My Face, you **rise** above circumstances . . .

(JC Feb 08)

Like a **hot-air balloon**, My Hope will **lift** you above your troubles. (KJT p. 70)

It will help you to see how small they are . . . But to begin this amazing journey, you must first climb **into the basket** . . .

hope is like a hot-air balloon. It is very **buoyant**, so it can **lift** you . . . (JT p. 62)

You can use those wings to **soar heavenward**, closer to Me. (DJ p. 211)

As you enjoy the heights . . . **glance down** at the ground where your restrictions await you. From this perspective they look unimpressive—like lines drawn in the earth.

I want to help you break free from these worldly **weights** so your soul can **soar** in the **heights** with Me. (JL p. 96)

The **higher** . . . the more keenly you sense your separation . . . (JC Oct 06)

detach yourself from the disturbances around you. (JC Aug 26)

I am **lifting** you into a more intimate relationship with Me. (JCJ May 03)

I . . . **lift** you up into sacred pleasures . . . (JL p. 262f)

I'll **take you higher and higher** . . . (KJT p. 254)

this world . . . I will **lift** you above . . . (KJT p. 80)

Seek My Face, and I will **lift** you . . . (KJC Aug 26)

Let the Light . . . shine . . . **lifting** . . . (DJ p. 133)

Gradually you will begin to **ascend** . . . (JC Oct 03)

You feel free, and **your spirit soars** with Me. (DJ p. 163)

you are freed from earthly shackles and **lifted** up . . . (JC Mar 13)

Let the Light . . . shine . . . dispelling the darkness, **lifting** you . . . (JL p. 344)

“This enables me to soar in the heavens with You”

— Jesus Listens,
Oct 06

34. Taste Heaven

Channeling students are taught to seek a taste of heaven while channeling on earth. They may peek through heaven's open doors, explore heavenly realms, and experience states of ecstasy.

*James Van Praagh,
Heaven and Earth,
p. 123*

Imagine the wonder of being able to
glimpse the glory of **heaven** right here on earth!

*Bill Missett,
Awakening the Soul,
p. 672
Kristin Komak,
Spirit Guides, p. 16*

Spontaneous states of **ecstasy** may occur . . .

Spirit guides help to connect **heaven** with the earth.

*Martina Schmidt,
Connecting with
Heaven, p. 14*

there are ways to **experience** **Heaven**
when you understand that it exists as vibration
and you learn to pick up those vibrations and
interpret them clearly.

*Eileen Caddy as "God,"
God Spoke to Me,
pp. 69, 71*

The **doors of heaven** are swung wide open.
Enter and carry down My gifts upon this earth. . . .
I want to make it absolutely clear how vitally
important it is when you raise your consciousness
and rise to great heights and walk in those higher
realms, that what you experience . . . is brought
down and recorded. . . . it does not matter how
inadequately it is done; the fact that you do it is
helping to bring down My **heaven** upon earth.

*Konstanza Morning
Star, Medium, p. 218*

The path of the medium . . . gives you glimpses of
eternity that will often make your daily concerns
seem very small and very manageable.

34. Taste Heaven

This is the **foretaste of Heaven** that will make your passing seem (GE Jul 17)
no death . . . your spirit will be no stranger in the home of spirits . . .

This is a tiny **foretaste of . . . heaven!** (JA May 16)

Did you know that you can get a **glimpse of heaven . . . on earth?** (KJC Apr 14)

heaven . . . Can't you imagine it—sparkling like a jewel . . . ? (KJA Apr 07)

a **taste of heaven's** wonders here on earth . . . (KJA Feb 12)

When your Joy in Me meets My Joy in you, there are fireworks of (JC Jul 08)

heavenly **ecstasy** . . . a tiny **foretaste** . . .

As you focus on Me . . . **heaven** opens up just a bit, giving you a (KJC Dec 25)

glimpse of My Glory.

a tiny **foretaste of the eternal** . . .

you get **glimpses of Glory** . . .

you get a **taste of My Glory.**

you enjoy **glimpses of heaven** . . .

giving you **glimpses of heaven** . . .

gives you a **taste of . . . heaven** . . .



(JA Jan 28)

(JC Nov 22)

(KJA Sep 26)

(DJ p. 163)

(JC May 24)

(KJA Nov 04)

experience a **foretaste** of the eternal pleasures I have prepared . . . (JL p. 168)

Look up to Me and see spiritual blessings cascading down . . . (JL p. 191)

through **heaven's wide-open windows.**

I placed a bit of **heavenly** matter in your heart . . . (JL p. 200)

seek . . . for a **taste** of that eternal reality.

I bless you with a **taste of heaven's** splendor . . . (JA Feb 12)

The Light . . . is only a **hint of . . . heaven** . . . (KJC Aug 28)

it gives you just a tiny **taste of . . . heaven** . . . (KJA May 16)

this Joy . . . is only a tiny **taste of . . . heaven.** (KJA Jan 28)

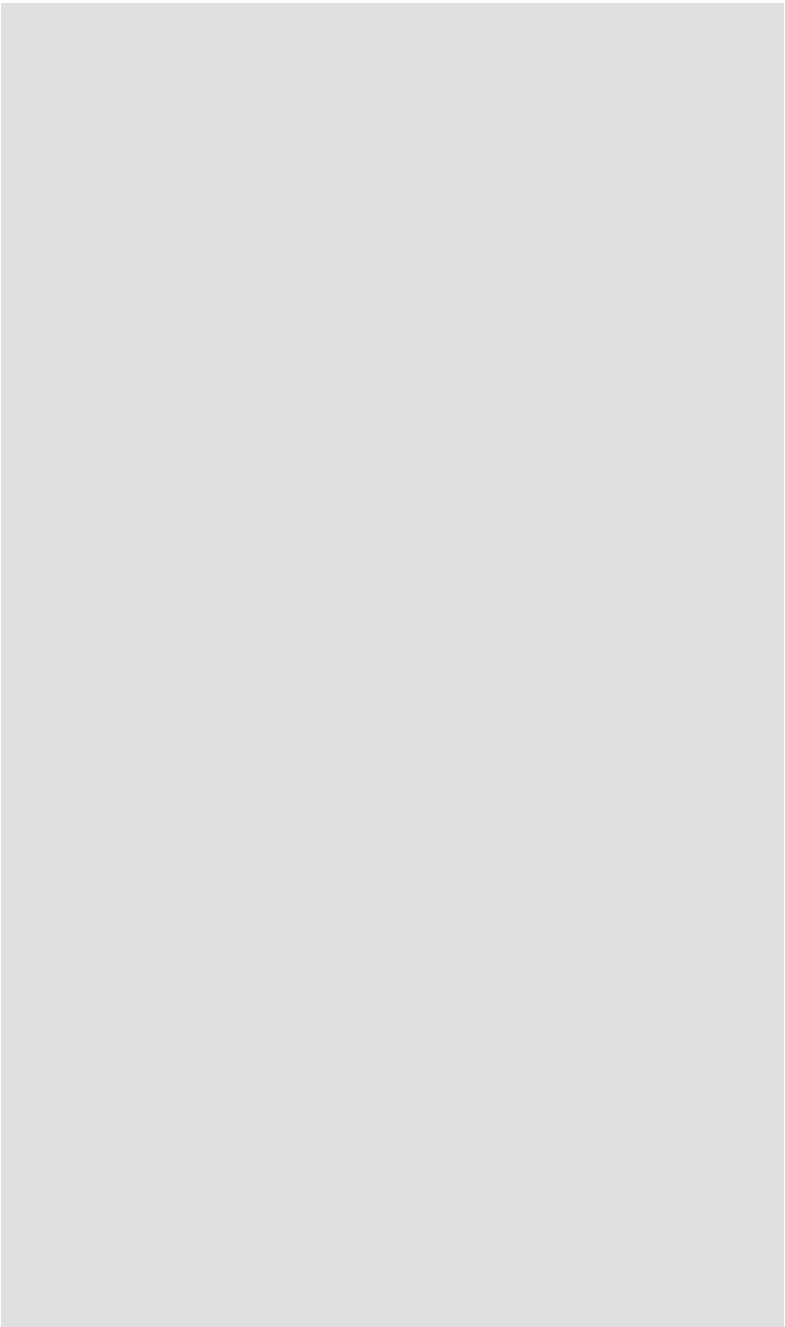
let your problems fade in the **Light of** **eternity.** (JC Nov 30)

These blessings are only a tiny **taste of . . . heaven.** (KJC Jul 08)

come to Me . . . thankful . . . it opens up **windows of heaven.** (KJC Nov 22)

see . . . blessings cascading down . . . through . . . **windows of heaven.** (DJ p. 169)

*“heaven's
vistas
open up
before me”
— Jesus Listens,
Dec 21*



C. COMMUNICATE

- | | |
|-------------------|---------------------------------|
| 35. Ask Questions | 40. Surrender Control |
| 36. Listen | 41. Think God Thoughts |
| 37. Hear Whispers | 42. Write Down Messages |
| 38. Hear Music | 43. Transition/Thank Your Guide |
| 39. Converse | |

“You have no idea how rich, fulfilling, growthful,
and life-changing these conversations will be”

— Debra L. Engle, *Let Your Spirit Guides Speak*, p. 141

“Your conversations with Me
will radically change the way you think.”

— “Jesus,” *Jesus Always*, Apr 16



35. Ask Questions

Channeling students are taught to ask their spirit guide specific questions and to be willing to wait, listen, and write down the answers when they come. They are encouraged to ask for advice about plans, problems, and self-improvement but also to inquire about their guide's nature and history.

*Kristin Komak,
Spirit Guides, p. 30*

Ask the spirit questions and wait to see if it will answer you back.

*Sonia Choquette,
Ask Your Guides,
p. 149*

In a quiet space, gently **ask** your teacher guides to reveal themselves to you . . .

*Roman and Packer,
Opening to Channel,
p. 122*

Ask your guide, "What am I learning from this situation?"

*Vidya Frazier,
Awakening to the Fifth
Dimension, p. 105*

When you're settled in the silence, focus on your question and **ask**: "What is right action in this situation?"

*Kristin Komak,
Spirit Guides, p. 27*

ask the spirit guides for an answer and let the answers flow from your intuitive hand and on to the page.

*Kay Reynolds,
The Evidential
Medium, p. 94*

Ask . . . "What wisdom do you want to leave with me today?" **Wait for the answer** to come—start writing.

*Raymond Buckland,
The Spirit Book,
p. 73*

Clairaudience is, literally, "clear hearing," or the ability to hear sounds and voices from other dimensions, usually from spirits of the dead . . .

35. Ask Questions

Ask Me and I will show you what you are doing wrong—if only you will listen . . . and be unreservedly determined to do My Will. (GE Jun 05)

There must be another and better way. **Ask Me**, and I will show it . . . (GC Mar 05)

Ask Me what I want for you. (KJC Jan 05)

Ask Me what you should do. (KJA Jun 25)

ask Me to show you My way . . . (JC May 11)

ask Me what I want you to do. (KJA Apr 17)

Ask Me to give you a strategy . . . (JCJ Mar 11)

Ask Me to show the way to go. (KJA Jun 09)

ask Me to reveal Myself to you. (JCJ Mar 31)

ask Me to show you what to do next. (KJA Oct 22)

ask Me to show you the way forward. (JA Oct 22)

Ask Me to show you what I want you to learn . . . (KJA Sep 04)

ask Me whether it's part of My plan for you today . . . (KJC Mar 29)

ask Me what to do about your problems and plans. (KJA Aug 06)

Ask Me to show you the changes I want you to make. (JA Aug 18)

ask Me to help you see the situation from My viewpoint. (JA Jan 18)

Ask Me what I want you to do with . . . twenty-four hours. (KJA Apr 20)

Ask Me to show you . . . Then wait quietly for Me to answer. (KJT p. 180)

ask Me . . . what needs to be done today and what does not. (JA Aug 06)

ask Me: Jesus, what is the next step You have for me? Then be (JCJ Nov 04)

prepared to write it down, because My answer is on its way!

keep **asking Me** to show you where to go and what to do. (KJA Feb 16)

Tell Me what you need, and then **wait for Me to answer.** (KJA Mar 21)

write out your prayers, **asking Me** to show you the way forward. (JT p. 172)

Don't get trapped in a posture of demanding to know "Why?" (JA Mar 09)

That is the wrong question to **ask Me.**

The right questions are: "How do You want me to see the things (KJA Mar 09)

that are upsetting me?" and "What do You want me to do . . . ?"

*"I rejoice
when You reveal
Yourself to me"*

— *Jesus Listens,*
Dec 28

36. Listen

Channeling students are taught to listen intently with their mind, not with their physical ears, for their guide to speak to them directly. They may “hear” their guide call their name or beckon to them, “Come.” Apparently, spirit guides are rich sources of “new” ideas and revelations and are eager to talk.

Eileen Caddy as “God,”
God Spoke to Me,
pp. 66, 69

I have so much to **reveal to you** . . .

Listen to My voice . . .

D. Maclean’s “guidance,”
*The Findhorn Garden
Story*, p. 54
Tabitha Zalot,
Mediumship, p. 9

Expect new **ideas** to come into your head.

the spirits with whom you connect also have potent **messages** that they wish to deliver to you.

Neale Donald Walsch
as “God,” *The New
Revelations*, p. 83

I’m going to ask you to be open to the possibility that new understandings and new **revelations** can be brought forth . . . through *you*.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 50

The kind of **listening** I suggest is inner **listening**—not with your ears but with your mind.

Sylvia Browne,
*Contacting Your
Spirit Guide*, pp. 149-150

Listen for them to **call your name** . . . Try to be neutral and let them send you **messages** . . .

Lita de Alberdi as
“Ortan,” *Channeling*,
p. 145

We are **saying to you**, “Come, we call you, it is your time, choose growth . . .”

Eileen Caddy as “God,”
God Spoke to Me, p. 111

My beloveds . . . **listen** to what I have to say . . .

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 150

Listen **in your heart** to what your guide has to say.

Ken Carey as “Christ,”
*The Starseed
Transmissions*, p. 61

listen with your inner ear; there I inform you **directly**.

36. Listen

- Listen** to My Voice. (GC Jun 05)
- Listen** to Me and I will speak. (GC Feb 05)
- listening** to Me . . . you will see how glorious, how marvellous (GC Jan 14)
My **revelations** are, and My teachings.
- Be glad. . . . I am **revealing** so much to you. Pass it on . . . (GC Jan 12)
- Listen** to My Voice . . . (KJC Nov 17)
- I will lead you . . . **revealing** to you things you did not know. (JC Oct 27)
- There is so much that I want to tell you. (KJC Aug 21)
- I will whisper some **ideas** in your mind. (DJ p. 227)
- There is immense hidden treasure to be found through **listening** (JC Mar 15)
to Me. . . . I love to **reveal** Myself to you . . .
- Your part is to be attentive to My **messages** . . . (JC Jul 25)
- Learn to **listen** for My voice. (KJC Mar 03)
- Listen** to Me! (JC Mar 31)
- Listen** to Me! (JC Jul 06)
- Listen** to Me! (JL p. 294)
- Listen** to Me. (KJT p. 122)
- listen** as I speak . . . (KJC Oct 30)
- My child, I also **call your name**. (KJA Jan 19)
- listen** to My Spirit when you pray . . . (KJT p. 24)
- Listen** to My words with your heart. (KSB p. 203)
- Listen**, and you will hear Me **saying**, "Come to Me." (JT p. 250)
- Listen** for His quiet voice and His gentle advice. (KJC Mar 18)
- Listen** closely to what I have to say . . . (KJC Mar 03)
- But **listen** with your heart, and you'll hear Me. (KJC Mar 15)
- if you **listen** closely, you will hear Me **in your heart**. (KSB p. 95)
- I am teaching you to **listen** . . . like a student listening to the teacher. (KJC Dec 16)
- hear Me "speak" **directly** to you. (JC Dec 04)
- I will speak to you softly and tenderly . . . (KSB p. 95)

*"You lead me . . .
revealing to Me things
I did not know."*

— *Jesus Listens, Oct 16*

37. Hear Whispers

Channeling students are taught to “hear” their spirit guide speak to them in soft, gentle, light-as-a-feather whispers in their mind or in their heart. They are also encouraged to pay attention to the perpetual “voice in their head” and to accept it as the voice of their spirit guide.

*Emily Stroia,
Talking to Spirit,
p. 29*

The medium may also “hear” a stream of thoughts entering their inner ear area into their mind.

*Raymond Buckland,
The Spirit Book,
p. 74*

Hearing what is communicated can be just like hearing someone **whispering** in your ear . . .

*Sylvia Browne,
Contacting Your
Spirit Guide, pp. 149-150*

Hear that voice in your head and heart—it’s always there if you’re just quiet and let it in.

*Debra L. Engle,
Let Your Spirit
Guides Speak, p. 71*

Messages from Spirit . . . often float in like a breeze. They’re **soft**, gentle, and still, and they feel light, like a feather that’s just passing through your awareness.

*Rebecca Rosen,
Spirited, p. 158*

You may hear a **whisper** or get a strong feeling or knowing.

*Kristin Komak,
Spirit Guides, p. 20*

they may just be **gentle whispers** in your ears . . .

*Ken Carey as “Christ,”
The Starseed
Transmissions, p. 83*

Listen to the **whisperings** in your heart.

37. Hear Whispers

- I **whisper**, "Rest, step aside with Me. Come apart and rest awhile." (GE Oct 30)
- There, in the contemplation of Me, your whole nature becomes sensitive to My faintest **whisper**. (GE Mar 17)
- This is the time when My Love can **whisper** new meanings to you . . . (GE Feb 15)
- My poor deaf world. What it misses in loving Words and **Whispers**. (GE July 06)
- Take time to "hear" Me speaking to you personally . . . (JA Jan 19)
- What do you hear Me saying to you? (JCJ Mar 27)
- I am **whispering** My truths to your heart. (JTJ p. 330)
- I will **whisper** words of love to you . . . (KSB p. 203)
- I'll be **whispering** "I am with you" . . . (KJA Dec 23)
- hear Me **whispering** "I am with you" . . . (JA Dec 23)
- hear Me **whispering** to your heart, "Do not fear; I will help you." (KJA Oct 22)
- I want to **whisper** tender words of My Love to you. (KJT p. 338)
- That soft **whisper** in your mind? That's from Me. (KJC Jan 08)
- listen as I **whisper** My Love into your heart . . . (KJA Jun 15)
- My Spirit will **whisper** to you gently . . . (KSB p. 175)
- To hear these **whispers** clearly, you must trust . . . (JT p. 208)
- you can hear Me **whisper** how much I love you. (KJT p. 216)
- I am in that soft **whisper** in the back of your mind . . . (KJC Jul 18)
- Don't ignore those **whispers**. (KSB p. 175)
- I speak to you in holy **whispers**. (JC Sep 21)
- you can hear My holy **whispers** . . . (KJC Sep 21)
- My voice is like a quiet **whisper** . . . (KLO p. 07)
- you can hear My gentle **whispers** . . . (JT p. 330)
- I am the One who is softly **whispering** . . . (KJC Sep 27)
- Relax and listen to My Love **whispering** . . . (JA Jun 15)
- I choose to speak to you in gentle **whispers**. (KJC Sep 21)
- I want to help you hear My gentle **whispers in your heart**. (JL p. 104)
- when you are still . . . you can hear Me **whisper** to your heart. (KJC Feb 16)

"I can hear You
whisper in my mind,
"Trust Me, beloved."

— Jesus Listens,
Nov 09

38. Hear Music

Channeling students are sometimes taught to “hear” distant, but constant, music from the spirit world in the back of their mind. They may also “hear” their guide singing songs just for them or inviting them to sing and dance.

*Raymond Buckland,
The Spirit Book,
p. 74*

Clairaudience can also include hearing **music**, **songs**, and other sounds.

*Benjamin Rhodes,
Psychic Development,
p. 40*

Do you hear things? Voices maybe? Or chimes? Or perhaps soft **music** playing from someplace distant?

*Kala Ambrose,
The Awakened
Psychic, p. 19*

Many clairaudients report hearing **songs** and sounds from the angelic kingdom . . .

*Ken Carey as “Christ,”
The Starseed
Transmissions, p. 81*

Do you hear **my song**?
Do you hear what I am **singing**?

*Bill Missett,
Awakening the Soul,
p. 678*

“Singing Silence” . . . The delicate, subtle high-pitched tones, not unlike those of choruses of singing night insects, become a perpetual backdrop to your thoughts.

*Craig Lawton, Psychic
Development, p. 115*

Imagine . . . a steady, high-pitched sound, a little like a **continuous** chime that creates a sense of peace, balance and clarity within you . . . expand your range of hearing . . . tune in . . .

*Ken Carey as “Christ,”
The Starseed
Transmissions, p. 73*

Come **dance this dance with me!**
Come sing this song!

38. Hear Music

You have to hush the heart and bid all your senses be still before you can be attuned to receive Heaven's music .	(GC Mar 10)
My Spirit . . . drives out all selfish irritability, while . . . attuning your being to Heaven's Music .	(GE Sep 23)
strain your ear to catch Heaven's music .	(GC May 09)
Heaven's bells . . . strain to hear those glorious bells . . .	(JC Oct 30)
The bells of heaven continually ring out this promise. . . .	(KJC Oct 30)
listen carefully so you can hear those glorious bells . . .	
your sacrifice . . . rings bells of Joy throughout heavenly realms.	(JL p. 342)
hear the beautiful music of My Peace.	(KJC Dec 14)
I sing for you as I lovingly watch . . .	(KJT p. 280)
I am singing over you . . .	(JCJ Aug 30)
listen as I sing about you . . .	(KJT p. 24)
Listen as I sing of My great Love . . .	(KJT p. 300)
at night I will sing you a lullaby of peace.	(KSB p. 203)
Listen to My song —it's like no other music you'll ever hear.	(KJC Mar 15)
Listen! Hear Me singing songs . . . because I am so happy with you.	(KJA Mar 14)
Do you hear Me singing over you with Love?	(JCM Apr 29)
Do you hear Me singing My Song to you, beloved?	(JCJ Jun 11)
At night I have a song for you.	(KJT p. 280)
And listen while I sing over you with joy.	(KJT p. 266)
Listen to the love song that I am continually singing to you.	(JC Mar 15)
Listen and hear Me singing songs of Joy . . .	(JA Mar 14)
Do you hear that? I am singing you a song . It is a love song .	(KJC Mar 15)
Your willingness . . . makes My heart sing .	(KJA Jan 29)
You give Me so much joy that I just have to sing !	(KJC Mar 15)
That means you fill Me with so much Joy that I just have to sing !	(KJA Mar 14)
Dance with Me , beloved. Follow My lead . . .	(JA Jun 17)
Join Me in singing this Love song . . .	(JCJ Jun 14)

*"I love listening
to the song that You
continually sing to me"*
— Jesus Listens, Dec 28

Psychic Channeling Books

39. Converse

Channeling students are taught to carry on a conversation with their spirit guide, just as if they were talking to a physical person. Topics might range from philosophy and religion to daily concerns and practical life problems. Students may feel great joy and excitement when talking with their guide.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 35

When **communication** with a guide is occurring, quite often there is a feeling or sense of joy and excitement . . .

Ken Carey as "Christ,"
*The Starseed
Transmissions*, p. 72

The true **communication** is in your heart. There **I commune** directly.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 67

Imagine they're sitting next to you and open up **a conversation** with your guides.

Enid Hoffman,
*Develop Your Psychic
Skills*, p. 154

Talk about your problems . . .

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 40

Guides can easily merge with the recipient and carry on a **conversation**. This is also referred to as channeling.

Eileen Caddy as "God,"
Flight into Freedom,
p. 101

Listen to Me, **converse** with Me, **discuss** your problems with Me.

Eileen Caddy as "God,"
God Spoke to Me,
p. 130

Share everything with Me, your greatest joys, your greatest sorrows and your seeming failures.

Kristin Komak,
Spirit Guides, p. 13

Open **a dialogue** with them about your concerns and questions.

39. Converse

Oh! Joy that I am with you. For this I came to earth, to lead man back to **spirit-converse** with his God. (GC Feb 14)

Your five senses . . . sever all connection with them, when you wish to hold **Spirit-communication**. (GC Mar 10)

the ecstasy, the wonder, of **spirit-communication** as you know it. (GC Mar 02)

You do not know all that this time of **converse with Me** will mean . . . (GC Mar 14)

Start **communicating with Me** about whatever is on your mind. (JT p. 188)

your **communion with Me** . . . Joy . . . fireworks of heavenly ecstasy. (JC Jul 08)

As you **converse with Me**, the weight of your burden shifts. . . (DJ p. 123)

you are **conversing with Me** . . . this very moment. (DJ p. 91)

Be still . . . while **I commune with you** in holy whispers. (DJ p. 81)

turn your thoughts into **conversation with Me**. (DJ p. 123)

choose to make your thoughts a **conversation with Me**. (DJ p. 53)

Make more and more of your thoughts **a conversation with Me**. (JL p. 210)

Talk with Me about everything. (KJC Dec 11)

Talk with Me about your struggles . . . (DJ p. 53)

Talk to Me about your problems . . . (KSB p. 109)

So **talk with Me** about everything. (KSB p. 91)

keep **talking with Me**. (KJC Nov 25)

I want you to **talk with Me** . . . (KJC Mar 08)

set aside time just to **talk with Me**. (KJA Sep 16)

I am pleased every time you reach out to **talk with Me**. (KJC Nov 01)

Discuss everything **with Me**. (JC May 08)

Let's **discuss** some ways we can work . . . (JCJ Feb 21)

let Me **share** in everything you face . . . (KJA Nov 29)

not just the troubles, but also the joys!

As you stay in **dialogue with Me**, I help . . . (JT p. 16)

making your thoughts **a dialogue with Me**. (JC Oct 17)

change . . . from a monologue to a **dialogue** . . . (JL p. 210)

*“Jesus, I want
to talk with You.”*

— *Jesus Calling: Little
Book of Prayers,*
p. 23

*“Discussing
my problems
with You
frees me”*

— *Jesus Listens,*
Apr 07

40. Surrender Control

Channeling students are taught to surrender control of their mind (and their body, too, in the case of full-trance channeling) to their guide. Apparently, the more they relinquish control, the more “successful” the channeling.

Sharon Farber,
*Choosing to Be a
Medium*, p. 51

Mediumship requires **surrender** and trust, not will and ego.

Kay Reynolds,
The Evidential Medium,
p. 105

To **surrender**, you trust the spirit world completely, step out of the way, and become a voice for the voiceless.

Shakti Gawain,
quoted by K. Reynolds,
*The Evidential
Medium*, p. 159

“The more willing you are to **surrender** to the energy within you, the more power can flow through you.”

Melanie Beckler as
guide, *Channeling
the Guides*, p. 7

there is great power in your simply **surrendering** to the power of love, and the power of the Divine.

John Randolph Price,
*Nothing is Too Good
to Be True*, p. 111

Don't try to **control** your thoughts . . .
Simply **surrender** to Higher Mind . . .

Kristin Komak,
Spirit Guides, p. 23

Shut off the ego, and
allow your spirit guides to take control . . .

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 38

the more open we are to **relinquishing control** of thoughts, the more inviting the space becomes for them to create a successful impression.

Rebecca Rosen,
*Awaken the Spirit
Within*, p. 206

relinquish control over your life by awakening the divine expression of **surrender** and acceptance within you.

40. Surrender Control

- Submit yourself entirely to My **Control** . . . (GE Jun 07)
- You are Mine. Mine are **control** . . . Trust Me . . . (GE Dec 08)
- I am beside you. . . I **control** your thoughts . . . (GE Mar 30)
- Complete **surrender** of every moment to God . . . (GC Jan 25)
- Surrender** your thoughts and ways to Mine. (JCM Nov 08)
- Let Me **control** your mind. (JC Apr 21)
- Ask Him to **control** your mind . . . (JC Jun 11)
- Ask Him to **control** your mind . . . (JT p. 76)
- Let Me have **control**. (KJC May 21)
- let My Spirit **control** your mind . . . (KJC Jun 30)
- Let My Peace **control** your thinking . . . (KJT p. 114)
- Ask My Spirit to **control** your mind . . . (JC Jan 06)
- Ask My Spirit to **control** your mind . . . (JC Jul 06)
- ask My Spirit to **control** your mind. (DJ p. 31)
- ask My Spirit to **control** your mind. (JL p. 98)
- ask My Spirit to **control** your mind . . . (JL p. 147)
- Ask My Spirit to **control** your mind . . . (JCJ Jul 06)
- inviting Me to **control** your thoughts. (JC May 31)
- you need to give Me **control** . . . (KJC Feb 15)
- Ask My Spirit to take **control** . . . (KJC Jun 11)
- Ask the Holy Spirit to **control** your mind . . . (JT p. 124)
- Ask the Holy Spirit to **control** your thinking . . . (JC May 27)
- Ask the Holy Spirit to **control** your thinking . . . (KJT p. 132)
- Trust Me by **relinquishing control** into My hands. (JC Jan 11)
- Be still, and ask Me to take **control** of your thoughts. (KJC May 31)
- You **relinquish to Me all rights of control over your life.** (DJ p. 234)
- Winning . . . is about letting Me have total **control**. (KJC Jan 05)
- I can give you the power . . . if you'll let Me be in **control**. (KJA Jan 22)
- "Holy Spirit, think through me . . ." . . . This is a prayer of **surrender**. (JL p. 112)

*"it's more like
surrendering
to You and
ceasing to resist
the magnetic
pull of
Your Love"*
— Jesus Listens,
Dec 07

41. Think God Thoughts

Channeling students are taught to allow their spirit guide to project thoughts directly into their mind, and to allow those thoughts to become their own thoughts. If they believe they are channeling God, then they may have the sensation of thinking God's thoughts.

M. Koester as "Michael,"
*Conversations with
Archangel Michael*, p. 86
James Van Praagh,
Heaven and Earth,
p. 67

God's thoughts for you will be your thoughts . . .

Spirits make contact by imposing

their thoughts into our consciousness.

It's how they communicate.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 153

As you sit with your guide . . . sense some

thoughts being projected into your mind.

Let the guide download into your mind any feelings, thoughts, or symbols.

Kay Reynolds,
*The Evidential
Medium*, p. 112

Breathing into this stillness, ask your communicator [spirit] to blend completely with you,

allowing **their thoughts** to become your thoughts.

Roman and Packer as
"Orin" and "DaBen,"
Opening to Channel,
p. 30

Those who have become skilled at taking their waking consciousnesses into deep levels of trance report that, contrary to being "knocked out" or unaware . . . it is as if they are experiencing the **thought impulses of their guides** directly.

Allan Kardec,
The Mediums' Book,
p. 76

The intuitive medium . . . in order to transmit a thought, must necessarily understand it; but still, this thought is not his thought, for it only passes through his brain.

41. Think God Thoughts

Looking to Me **all your thoughts are God-inspired**. Act on them and you will be led on. They are not your own impulses but the movement of My Spirit and, obeyed, will bring the answer to your prayers. (GC Jun 13)

My thoughts gradually form in your mind. (JC Dec 04)

As **My thoughts** gradually form in your mind . . . (DJ p. 221)

You need to wait in My Presence, giving Me time to help you think (JL p. 204)

My thoughts.

Let **My thoughts** burst freely upon your consciousness . . . (JC Jun 30)

letting **My thoughts** flow freely into your mind. (KJC Jun 30)

letting **My thoughts** reprogram your thinking. (JC Jul 09)

I will **put My thoughts** into your mind. (JC Sep 03)

Seek to think **My thoughts** more . . . (JA Apr 11)

Let Me help you think **My thoughts**. (JL p. 120)

Ask Me to help you think **My thoughts**. (JL p. 258)

I am training you to think **My thoughts**. (JC Dec 04)

I am training you to think **My thoughts**. (KJC Dec 04)

I guide your mind to think **My thoughts**. (DJ p. 87)

As you open up . . . I will put **My thoughts** in your mind . . . (JC Oct 09)

Ask My Spirit to quiet your thoughts so that you can hear Mine. (KJC Jul 09)

Then sit peacefully . . . letting **My thoughts** become yours.

Wait quietly in My Presence while **My thoughts** form silently (JC Sep 21)

in the depths of your being. Do not try to rush this process . . .

ask My Spirit to . . . help you think **My thoughts**. (JL p. 147)

One way . . . is by helping you think **My thoughts**. (KJA Jan 20)

Ask the Holy Spirit to help you think **My thoughts**. (JL p. 38)

quiet your mind so that you can think **My thoughts**. (JC Jul 09)

My child, quiet your mind and I will give you **My thoughts**. (JC Jul 09)

Spill out all the bad stuff, so I can fill your mind with **My thoughts** . . . (KJC Oct 09)

*“You’re training me to think Your thoughts.”
— Jesus Listens,
July 23*

42. Write Down Messages

Channeling students are often encouraged to experiment with writing as an easy way to begin channeling (see Appendix C). The words, messages, insights, or impressions that they “hear” from the spirit world become more real to them when committed to paper or computer. Students are instructed not to focus on the meaning of what they are writing, but just to let the words flow onto the page. Their journal may become their guidance for life.

Kay Reynolds
quoting her mother,
*The Evidential
Medium*, p. 232

“God needs messengers on Earth . . . to deliver **messages** from Heaven” . . . and who better to do that than a medium . . . ?

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 146

Remember to keep your journal with you and **write down** any words or insights that your guide gives to you.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 66

Don’t think about what you are **writing**. . . Just get the words down as they come to you.

John Randolph Price,
*Nothing is Too Good
to Be True*, p. 111

Meditate. **listen, and write** what comes through. Your **journal** could very well become *your* Book of Life.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 44
James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 150

Write down your **impressions** in your journal . . .
Write in your journal
anything that your guide shared with you.

Walter Moore,
*Channeling Spirits
Guide for Psychics*,
p. 36

Keep **writing** and at some point the conscious mind will loosen its grip and the **writing** will start to flow.

42. Write Down Messages

Write for all things are now ready. The world is waiting for (GE Jan 01)

My Message of Love, and Hope and Cheer.

Each servant of Mine should regard himself as an outpost for My (GE Feb 21)

Truths, where he must be prepared to **receive My Messages**,
and to signal them on. This is work of great importance . . .

I am speaking to you continually: words of Life . . . Peace . . . Love. (JC Sep 21)

Tune your heart to **receive these messages** . . .

Write about what I am teaching you . . . (JCJ Aug 11)

Write down any insights I give you as you consult with Me. (JCJ Jun 23)

Write down any new insights you gain from this. (JTJ p. 232)

As My thoughts gradually form in your mind, you may . . . (DJ p. 221)

write them down. . . . **Don't become overly focused on writing.**

The process—listening to Me under the direction of My Spirit—
is more precious than the product: what you write.

Get alone . . . then **write down** the truths I am bringing to mind. (JTJ p. 66)

Do you hear Me singing My Song to you, beloved? Ask My Spirit (JCJ Jun 11)

to help you **listen. Write down** those words . . .

I will give you My thoughts. **Write** about how I am renewing . . . (JCJ Jul 09)

I invite you to keep a **journal** to **record** any thoughts or (JC original

impressions you receive as you wait in His Presence. intro p. xiii)

You might even want to keep your own journal, to **record** your (KJC original

thoughts and **any words Jesus whispers to your heart.** intro p. viii)



*"I decided to listen to God
with pen in hand, writing down
whatever I believed He was saying. . . .
I received a message. . . . Soon,
messages began to flow"*

— *Jesus Calling, original
intro, p. xi*

43. Transition/Thank Your Guide

Channeling students are taught to slowly come back to their normal state of consciousness. They learn to thank their guide for meeting with them and for the help they have received. Apparently, guides have feelings, too, and may be in a better mood next time if appreciated and thanked.

Gordon Smith,
Intuitive Studies,
p. 17

Bring yourself **back** to your waking state of consciousness.

Roman and Packer,
Opening to Channel,
p. 69

When you are . . . ready to **return**, bring your attention slowly back into the room.

James Van Praagh,
Wisdom From Your Spirit Guides, p. 153

Take some deep breaths and slowly come **back** into your body.

Richard Webster,
Spirit Guides & Angel Guardians, p. 83

And now **it is time to return** to your everyday life.

Michael Hathaway,
How to Be a Psychic,
p. 72

When you are **ready to come back** to your conscious mind . . . count slowly from zero to five.

Rita Berkowitz,
Empowering Your Life with Angels, p. 156

Thank your guide or angel for what you have received and begin to climb **down the mountain**.

Roman and Packer,
Opening to Channel,
p. 86

After you have finished, **thank** your guide . . . Come fully out of trance.

Bill Missett,
Awakening the Soul,
p. 663

silently say "**thank you**" for this **guidance**.

Richard Webster,
Spirit Guides & Angel Guardians, p. 200

thank your spirit guides for any help they give you.

Debra L. Engle,
Let Your Spirit Guides Speak, p. 148

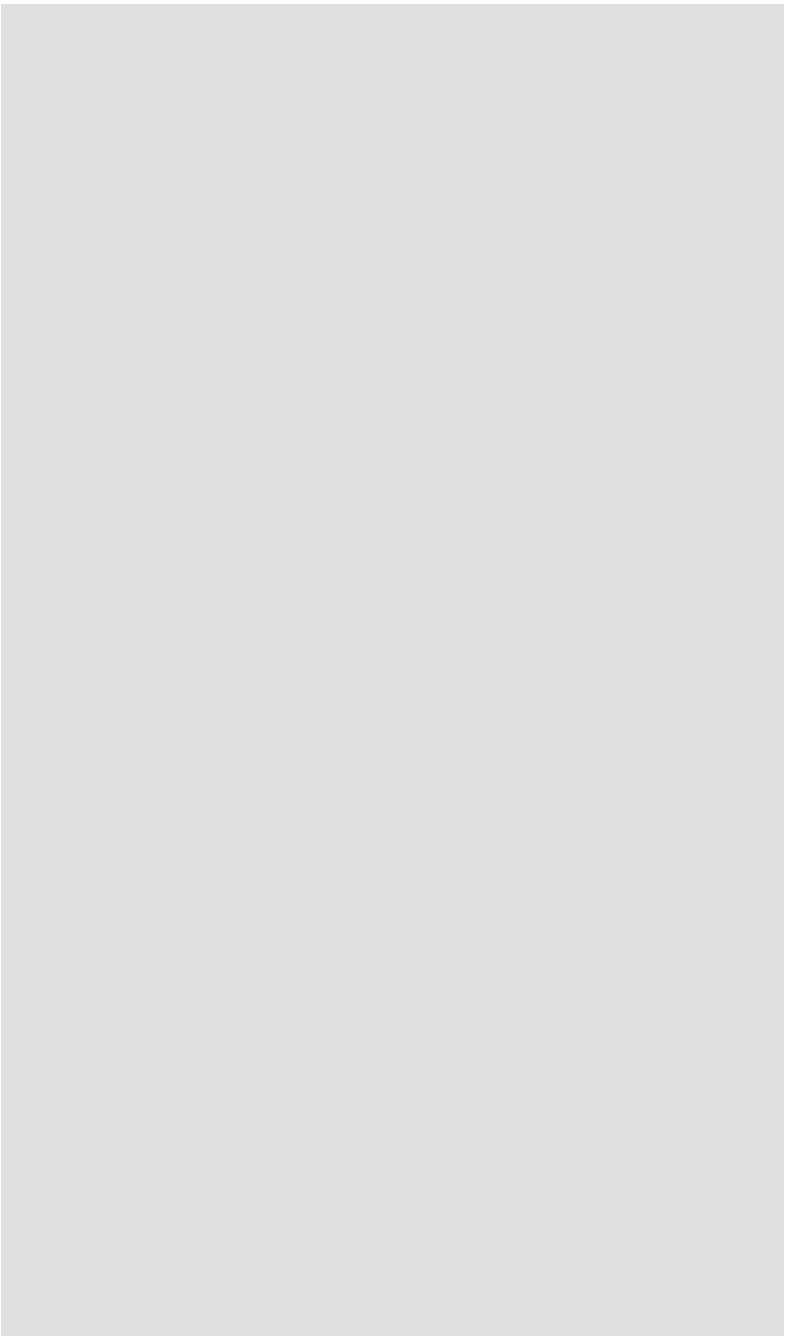
They want to be acknowledged and appreciated for the work they do.

43. Transition/Thank “Jesus”

- From these times you go out** strengthened . . . (GE Jun 08)
- From these times you come forth** in Power to bless and heal. (GC Aug 06)
- Going forth from your secret times of communion** . . . (GC Mar 29)
- Arise from the stillness of our communion** . . . (JC Dec 14)
- Then **move gently from this contemplative time** (DJ p. 104)
into your routine duties.
- As you **arise from these quiet moments** . . . (JA Dec 23)
- As you **leave the quietness** . . . (KJA Dec 23)
- As you **move from stillness** . . . (JC Nov 10)
- when you **return to ground level** . . . (DJ p. 211)
your boundaries surround you . . .
- When you step **back** into the (JC Oct 30)
mainstream . . .
- When you move **back** into your (DJ p. 41)
activities . . .
- As you prepare to **return** to your (JA Mar 20)
tasks . . .
- When **it is time to return** to your tasks, (JA Aug 09)
- When it's time to get **back** to all those things . . . (KJA Aug 09)
- Then, as you get **ready to go back** to your activities . . . (KJA Mar 20)
- I will eventually lead you **down the mountain, back** into (JC Oct 06)
community with others.
- thank Me** often for My help . . . (JA Feb 16)
- thank Me** for My help and guidance. (DJ p. 101)
- thank Me** for My help and **guidance.** (JL p. 36)
- thank Me** for listening and caring . . . (DJ p. 46)
- Thank Me** for these moments of sweet intimacy. (JA Feb 03)
- Thank Me** for what [thoughts] you have received . . . (DJ p. 221)
- Thank Me** for these sweet moments of closeness with Me. (KJA Feb 03)

*“Eventually,
You lead
me down the
mountain,
back into
community
with other
people.”*

*— Jesus Listens,
Jan 25*



D. MAINTAIN CONTACT

- | | |
|----------------------------------|---------------------------|
| 44. Let Guide Live Through You | 48. Repeat Affirmations |
| 45. Channel to Help Others | 49. Look for Signs |
| 46. Maintain Conscious Awareness | 50. Raise Your Vibrations |
| 47. Live in the Now | |

“learn to call in your guide for brief moments . . .
anywhere and anytime you need an additional
source of inspiration or guidance.”

— “Orin” & “Daben,” channeled by Roman and Packer,
Opening to Channel, p. 187

“Learn to take minibreaks from the world,
finding a place to be still in My Presence
and listen to My voice.”

— “Jesus,” *Jesus Calling*, Mar 15



44. Let Your Guide Live Through You

Channeling students are taught to “ask,” “invite,” “allow,” “let,” or “enable” their guide to live and work through them to accomplish the guide’s goals in the world. Spirit guides apparently want to express themselves physically and need a human body and human permission to do so.

B. Creme as “Maitreya the Christ,” quoted by J. Klimo, *Channeling*, p. 63
Margaret Koester as “Archangel Michael,” *Conversations with Archangel Michael*, pp. 1, 85

John Randolph Price, *Nothing is Too Good to Be True*, p. 111
Sharon Farber, *Choosing to Be a Medium*, p. 67
Eileen Caddy as “God,” *God Spoke to Me*, p. 48
Sherri Lee Devereau, *Shadows on My Shift*, p. 40

Ken Carey as guide, *The Starseed Transmissions*, p. 37

Eileen Caddy as “God,” *God Spoke to Me*, p. 88

Debra L. Engle, *Let Your Spirit Guides Speak*, p. 83

Eileen Caddy as “God,” *Foundations of Findhorn*, p. 45

“I seek to express that which I am **through you** . . .”

In **letting God live through you**, you are letting Him be who you are. . . . letting Him live through you in a way He wants to live through you.

invite your Master Self to **think through you**.

Invite that guide to **speak through you**.

Allow Me to **work in and through you** . . .

Simply put, channeling is allowing a higher form of communication to talk or **act through you**.

Through you, **God is able** to enter the very heart of Creation. **Through you**, God is revealed in material form.

I am able to use you because in that state of awareness you **become My hands** and feet.

Human beings are literally the hands and feet and voices and ears of love, channeled from beyond the veil.

I need instruments who are simply instruments
To work through . . .

44. Let “Jesus” Live Through You

If each lived for Me . . . allowing Me to live in him . . . to express the Divine **through him**, as I expressed it when on earth . . . (GC Nov 05)
My Spirit can then be operative, first in you and then **through you**. (GE Apr 02)

This is My way of living in the world—**through you!** (JC Sep 04)
In this way I can live in the world **through you!** (KJC Sep 04)
Holiness is **letting Me live through you.** (JC Mar 19)
I can do important things **through you.** (KSB p. 251)
I choose to work **through you . . .** (KJC May 14)
ask Me to live **through you . . .** (KJA Jun 21)
“Holy Spirit, **think through me . . .** (JL p. 112)
Ask My Spirit to live **through you . . .** (JC Jul 23)
ask My Spirit to **speak through you . . .** (JA May 13)
ask My Spirit to . . . love **through you.** (DJ p. 115)
Ask the Spirit to . . . speak **through you.** (JL p. 232)
Be brave! . . . Let Me **work through you.** (KJC Mar 11)
My Spirit . . . loves to work **through you . . .** (KJA Aug 17)
Listen . . . then let Me speak **through you.** (KJC Mar 19)
giving My Spirit space to **act through you.** (JC Mar 19)
Ask the Holy Spirit to . . . pray **through you.** (JT p. 124)
This **enables Me** to live more fully in you, (DJ p. 124f)
accomplishing My purposes **through you.**
Be My hands by helping others, and love them (KJC Jul 23)
with My Love. Ask My Spirit to live **through you . . .**
Ask Him to think through you, live through you, love **through you.** (JC Oct 31)



“Please
live through
me and love
through me”

Jesus Listens,
Jun 08

CONTRAST WITH:

“God sent his only begotten Son into the world, that
we might live through him.” — *1 John 4:9b*

45. Channel to Help Others

Channeling students are taught to allow their spirit guide to use their physical body as a channel to reach other people. As they “minister” to others, they may experience sensations of love, joy, peace, light, life, and energy flowing through them to the people.

Eileen Caddy as “God,”
God Spoke to Me,
p. 113

allow Me to **use you** to **channel** My divine love
and light out into the world and into the lives of
individuals.

Eileen Caddy as “God,”
Foundations of
Findhorn, p. 99

I can **use you** as **channels** . . . to help many . . .

Eileen Caddy as “God,”
Foundations
of Findhorn, p. 76

I need hands and feet and hearts
For My divine love to **flow through** . . .

Eileen Caddy as “God,”
God Spoke to Me,
pp. 33, 35, 41

Let My love **flow through you** . . .
Channel forth My divine love . . . Let Me **use you**.

Tamara L. Lesley,
Spiritual Harmony,
p. 44

James Van Praagh, Sylvia Browne . . . You can see
the spirit and **love of God flow through them**.
They have chosen to be here to be of service . . .

Craig Lawton, *Psychic
Development*, p. 134

Feel the love and **joy pour through you**.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 114

Your role is to open, trust, surrender, and allow
the divine **energies to flow through you**.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 61

Feel their energy, feel the divine love, light, and
life force energy **flowing through** you.

Emily Stroia,
Talking to Spirit, p. 56

Allow your body to be **used** as a tool.

45. Channel to Help Others

- Be **channels** . . . My Spirit shall **flow through** . . . (GC Jan 03)
- I could **use each human body** . . . as a **channel** for Divine Love (GC Nov 05)
and Power . . . If each lived . . . allowing Me . . . to **use him** . . .
- Not so much on what you say as on your willingness to let My (GE Dec 09)
Influence **flow through you**, will your power to help others
depend. The Power of My Father is summoned by you . . .
- Ask My Spirit . . . to **use you** to bless others. (KJA Apr 05)
- Be a **channel** of My Love. Joy, and Peace . . . (JC Oct 31)
- be a **channel** through whom I comfort others. (JC Oct 16)
- be a **channel** of My loving Presence. (JC Mar 31)
- I can **use you** to help others . . . (KMF p. 23)
- The most effective way to love (JT p. 142)
people is to allow My Love
to **flow through you** to them.
- My Spirit **flows through you** . . . (JC Jun 13)
- let My Love **flow through you** to others . . . (JL p. 194)
- My Love. Let it **flow through you** to others. (KSB p. 177)
- Let this Love-Light **flow freely through you** . . . into others' lives. (JA Sep 01)
- His streams . . . are **passing through you** into the hearts of other . . . (JA Apr 05)
- the light of My **Love glows through you** . . . (KLO p. 17)
- Let My Love and Light **flow freely through you**. (KJA Sep 01)
- Let this overflowing **mirth stream through you** . . . (JL p. 334)
- the Light of My Presence can **flow through you** to bless others . . . (JL p. 326)
- Love . . . Let it in—and then let it **flow through you** to others. (JCM Dec 16)
- This supernatural source of **energy flows through you** freely . . . (JT p. 228)
- Don't try to control the ways My Spirit **moves through you**. (KJC Jun 13)
- As you listen and love . . . My Spirit will **flow through you** . . . (JA Sep 02)
- Just as sap flows from a vine . . . so My Life **flows through you**. (JA May 28)
- direct the person toward Me . . . My Spirit will **flow through you** . . . (DJ p. 241)

*“Your life
can flow
through me
to bless other
people.”*

— *Jesus Listens,*
Aug 27

46. Maintain Conscious Awareness

Channeling students are taught to maintain conscious awareness of their spirit guide's presence throughout the day, no matter what they are doing. They learn to sustain a connection with their guide in the background of their mind while otherwise occupied.

Eileen Caddy as "God,"
God Spoke to Me,
p. 93

This **conscious awareness** is vitally important to your advancement along the spiritual path . . .

Jean Houston, foreword
to *The Starseed
Transmissions* by
Ken Carey, p. x
James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 7

Channeling begins and ends in **awareness** . . .

We have to train our minds to have a **conscious** connection with our spirit guides . . . a **conscious awareness** of their wisdom is ideal . . .

Eileen Caddy as "God,"
*Foundations of
Findhorn*, p. 79

The very thought of My love
Brings you immediately into **consciousness** of Me.

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 116

Train yourself to become constantly **aware** and **conscious**.

John Randolph Price,
*Nothing is Too Good
to Be True*, p. 104

One highly effective way to strengthen our **conscious awareness** of the Presence—and thus our faith in our own Reality—is to let our Holiness think/speak through us.

Eileen Caddy as "God,"
*Foundations of
Findhorn*, p. 81
Melanie Beckler
as guide, *Channeling
the Guides*, p. 56

Keep ever **aware** of My presence . . .

Increased **awareness** is your purpose now.

46. Maintain Conscious Awareness

- Awareness** of My Father and **awareness** of Me. (GE Jun 28)
- Live in the **consciousness** of My Presence . . . (GE Dec 09)
- live in that perfect **consciousness** of My Presence . . . (GC Apr 21)
- Cultivate the habit of **thinking about Me**. (GE Jun 10)
- This **awareness** is vital to your spiritual well-being; it is your lifeline, spiritually speaking. (JC May 24)
- Allow **awareness** . . . to become imprinted on your **consciousness**. (DJ p. 104)
- Staying **conscious** of Me when you're busy can be quite a challenge. But I have created you with an amazing mind that can function on more than one "track."
Let one of those "tracks" be **thinking about Me**. That's how you practice staying in My Presence. (JA Feb 25)
- Try to stay **aware** of Me all through . . . (KJA Feb 25)
- Try to keep **thinking about Me**—even . . . (KJA Oct 19)
- Try to remain **conscious** of Me as you go . . . (KSB p. 171)
- I'm training you to be **aware** of Me more . . . (DJ p. 149)
- train your mind to stay aware of Me** . . . (KJA Jun 03)
- I am training you to be **aware** of Me at all times. (JA Jan 31)
- share My Joy, living in **conscious awareness** of My Presence. (JC Aug 25)
- I am training you to stay **conscious** of Me . . . (JC Mar 21)
- live each moment in joyful **awareness** of My Presence. (JC Dec 05)
- You can pray: "Jesus, make me **aware** that You are here with me." (DJ p. 224)
- This can help you . . . stay more **aware** of My Presence. (KJA Jun 15)
- Practice the discipline of walking **consciously** with Me . . . (JA Nov 25)
- I am training you to be **increasingly aware** of Me as you go . . . (JC May 19)
- learn to be more . . . wide-awake to Me—**aware** of My Presence. (JT p. 234)
- So even when you're busy . . . train yourself to stay **aware** of Me. (KJA Oct 13)
- (KJA Jul 09)

"You've been training me to be increasingly aware of Your loving Presence"
— Jesus Listens,
Aug 04

47. Live in the Now

Channeling students are taught to live in the Now—the present moment—and not to be distracted by thoughts of the future or of the past. Apparently, the goal is to lose track of time while they experience the spirit world, develop their channeling skills, and find the Presence of “God.”

Vidya Frazier,
*Awakening to the Fifth
Dimension*, p. 23

The **Now** is a very comfortable place to **live** . . . a space that could be called “no mind” in which awareness of time is absent . . .

Eileen Caddy as “God,”
God Spoke to Me,
p. 45

Live in the now, giving of your best . . .

James Van Praagh,
Heaven and Earth,
p. 28

When you live in the past, or are worrying about the future, you are not **living in the moment**, and intuition occurs in the present.

Sharon Farber,
*Choosing to Be a
Medium*, p. 85

stay **in the moment** and experience the spirit world.

Melanie Beckler
as guide, *Channeling
the Guides*, p. 51

The **present** moment is ultimately where you are able to accelerate your growth . . .

Melanie Beckler
as guide, *Channeling
the Guides*, p. 53

In the **present** moment, your power to create **change** in your reality exists.

Ken Carey
as guide, *The Starseed
Transmissions*, p. 39

When your attention is in the **present** moment, you are in the **Presence** of God, and God is present in you.

Bill Missett,
Awakening the Soul,
p. 632

The third major behavioral shift to help facilitate the conscious Presence of God/Goddess . . . inside you is known as “**living in the moment.**”

47. Live in the Now

Only the **present** is My gift to you . . . (GE Nov 14)

The true child spirit rejoices in the **present**, and has no fears,
no thought beyond it. So must you **live**. (GE Sep 30)

NOW is . . . the space-time location where I intend for you to **live**. (JL p. 82)

Though you are . . . time-bound . . . seek to meet Me in **timelessness**. (JC Jun 21)

As you focus on . . . Me . . . time will become less and less important. (KJC Jun 21)

As you delight in being near Me, time seems to slow down . . . (KJA Feb 03)

Right now is where you'll find My unfailing, never-ending Love . . . (KJA Nov 09)

In the present is where you can encounter Me. (JCM Jun 01)

Here-and-Now is the only place you can live. (KJC May 01)

Live in the now . . . (JC Nov 19)

live in the present, where My Presence awaits . . . (JA Jul 08)

live in the present, where I'm always waiting . . . (KJA Jul 08)

Live in this moment, the one you're in . . . (KJA Jan 10)

Strive to **live more fully in the present** . . . (JA Mar 18)

learn how to **live in the present**. (JL p. 30)

you are meant to **live—in the present**. (JC Apr 30)

The **present** moment is where I meet with you . . . (JA Jan 01)

The **present** view helps Me work with you
on things you need to **change**. (DJ p. 85)

The **present** moment is . . . where . . . (JA May 01)

It's in the **present** moment . . . (KJA Jul 25)

start with the **present** moment . . . (JA Mar 09)

Seek to live in the **present** moment,
where My **Presence** awaits . . . (JA Jan 10)

I draw near you in the **present** moment. (JA Jul 08)

I am here with you in this **present** moment . . . (KJA Dec 05)

seeking My Presence in the **present** moment. (JT p. 298)

keep your thoughts focused . . . in this **present** moment. (KJA Nov 07)

*"I lost
all sense
of time as I
experienced
God's
Presence"*

*Jesus Calling,
orig. intro,
p. x*

*"The present
moment . . . is
the place where I
encounter You"*

*— Jesus Listens,
Feb 16*

48. Repeat Affirmations

Channeling students are sometimes taught to repeat affirmations in front of a mirror and throughout the day. Affirmations are seen as a form of protection and a way for people to overcome their (God-given) fear of channeling. They may also engender positivity and self-love, traits necessary for “awakening.”

Enid Hoffman,
*Develop Your
Psychic Skills*, p. 32

Affirmations are good protection. One such as . . .
“I am protected by the love of God” will work.

Carole Anne,
*Beginning Mediumship
Workbook*, p. 21

If you feel scared of opening up to mediumship . . .
Affirmations can help. . . **tell yourself** . . .
“everything WILL be okay” . . . **repeat** this ten times.

Melanie Beckler
*as guide, Channeling
the Guides*, p. 43

positive thoughts, **affirmations**, and empowering
beliefs . . . create a strong foundation . . . Self-love will
then propel you . . . along the path of awakening.

Rebecca Rosen,
Spirited, p. 189

Stand in front of a **mirror**, look yourself in the eyes,
and **say your affirmations** aloud with conviction.
Repeat this process . . .

Sharon Farber,
*Choosing to Be a
Medium*, p. 82

Say the affirmation
before getting out of bed in the morning
and before going to sleep at night.

Eileen Caddy as “God,”
Flight into Freedom,
p. 101

Affirm that you have absolute . . . trust in Me,
until you know that you have.

William Buhlman,
*Adventures Beyond
the Body*, p. 229

Replace the emotional feelings of fear with a
positive, productive energy . . . Use an appropriate
affirmation such as “I am safe and secure,”
“I enjoy my new adventure” . . .

48. Repeat Affirmations

Say . . . "Nothing can harm, nothing can make me afraid . . ." (GE Aug 30)

Say to yourself "He is our Refuge." . . . Say it until you know it . . . (GC Sep 07)

Practice **daily, many times a day**, saying "All is well." (GC Aug 07)

All power is Mine. **Say that to yourself often and steadily.** (GC Mar 23)

affirm your trust in Me . . . This **affirmation** protects you . . . (JL p. 164)

whisper, "I trust You, Jesus." This **affirmation** will help you . . . (JC Sep 09)

say to yourself, "I am blessed . . . and on my way to Glory!" (JT p. 198)

Tell yourself often: "Jesus is with (KJA Jul 23)

me and for me. . . ."

Tell yourself frequently:

"Jesus is with me . . ."

keep saying . . . over and over:

"I will not be afraid . . ."

Tell yourself over and over again,

"Jesus is with me. He's taking good care of me."

When you look in the **mirror,** (JA Aug 17)

say to yourself, "I am my Beloved's." **Repeat** these four

words **throughout the day** and just before you fall asleep.

Before you arise from your bed each morning . . . (JA Dec 17)

Say to yourself: "Surely the LORD is in this place."

When you look in the mirror, (KJA Aug 17)

say to yourself, "I belong to Jesus. I am my Beloved's." Repeat

these words all through the day and just **before you fall asleep.**

Let Me suggest a technique that can help . . . (DJ p. 183)

affirm your trust in Me—**repeatedly**, if need be.

instead **say**, "I am blessed and thankful—and on my way to Glory!" (JCM Jul 15)

each day . . . **tell yourself:** "I'm one step closer to heaven." (JA Jan 30)

turn your attention to Me, **saying:** (JL p. 251)

"Lord, You're my refuge. I trust in You and **I'm safe!**"

"Speaking these affirmations of trust brightens my day"
— Jesus Listens, Jan 08

49. Look for Signs

Channeling students are taught to look for subtle signs of their spirit guide all around them, especially in elements of nature, such as birds, flowers, sunsets, and rainfall. They learn to interpret these signs as personal, validating communications from their guide, and to derive much joy from them.

*Eileen Caddy as "God,"
God Spoke to Me,
p. 132*

Seek for the signs of the Spirit and you cannot be misled.

*Derek Johnsen,
How to Become a
Psychic Medium,
p. 46*

Signs from Spirit are everywhere. . . . Once you start your development you will be taught how to recognise these **signs** from spirit and how to interpret them.

*Debra L. Engle,
Let Your Spirit
Guides Speak, p. 55*

Your spiritual guidance can use any element of nature—from a leaf to a bird to the **setting sun** or a sky filled with stars—for direct communication.

*Benjamin Rhodes,
Psychic Development,
pp. 9-10*

Music and sounds . . . have a boosting effect on psychic abilities. Nature sounds like **chirping birds**, ocean waves, and the **pouring rain** trigger a calming effect on the mind.

*Rebecca Rosen,
Spirited, p. 148*

To hear Spirit, we need to stop, park it in the present, and take a **look around**. When you do this, you'll start to recognize **messages** everywhere . . .

*Sonia Choquette,
Ask Your Guides,
p. 199*

Did you know that part of learning to communicate with your guides is to become fluent in the **subtle** art of symbols and **signs** . . . ?

49. Look for Signs

Look for beauty and joy in the world around. **Look** at a flower . . . (GC Mar 11)

Listen to a bird. Take the song as a **message** from My Father.

As you go through this day that I'm

giving you, **look for signs**

of My Presence in it.

So **look for signs** of My tender

Presence as you go through . . .

Search for signs of Me in your day . . .

Search for signs of My abiding Presence . . .

Search for signs of My loving Presence as you journey along . . .

Search for Me and My **messages** as you go through this day.

Signs of My Presence brighten even the dullest day . . .

look . . . a bird hopping by, a multicolored **sunset**, a tiny wildflower. (KJC Nov 23)

listen . . . That beautiful **bird's song?** . . . That whisper of wind . . . ? (KJC Mar 15)

Even the **patter of rain** says you delight Me.

As you listen to birds calling to one another, hear also My Love-call (JC Jul 25)

to you. I speak to you continually: through sights, sounds . . .

Look around and listen. What do you see and hear? (JCJ Jun 20)

these quiet **signs** can give you a deep Joy that is yours alone. (KJA Mar 12)

Train your mind to **look** . . . That bird singing, that smile from (KJC Feb 02)

a friend, that ray of sunshine . . . I send each one your way.

These are often so personal . . . that others wouldn't even notice . . . (JA Mar 12)

Yet these **subtle signs** can be a source of deep, intimate Joy.

I've hidden small treasures all along your path. **Search for them.** (KJA Apr 16)

I've hidden small pleasures along your pathway. **Search for them** . . . (JA Apr 16)

*"I'll look for
signs of Your
loving Presence"*
— Jesus Listens,
Sep 22

CONTRAST WITH:

"An evil and adulterous generation seeketh after a sign"

— Jesus, Matthew 12:39a

50. Raise Your Vibrations

Channeling students are taught to raise their frequency before channeling and also in their everyday life. They learn that laughter, joy, gratitude, and positivity help raise vibrations, while fear, worry, anger, self-judgment, and other negative attitudes lower them.

William Atkinson,
Genuine Mediumship,
p. 142

“a good, breezy laugh . . . goes a long way to open the avenues by which they can approach us.”

Konstanza Morning
Star, Medium, p. 15

create a lighthearted, joyful, positive spiritual atmosphere inside yourself that helps you **transcend** the boundaries of the physical realm.

Sharon Farber,
*Choosing to Be a
Medium*, p. 78

Laughter is the best way I know to **raise vibration** . . .

Melanie Beckler
*as guide, Channeling
the Guides*, p. 19
Sonia Choquette,
Ask Your Guides,
p. 69

Relax . . . and allow your energy to begin to **lift**.

Prayers of gratitude, in particular, **raise your frequency** by opening your heart . . .

Vidya Frazier,
*Awakening to the Fifth
Dimension*, p. 110

One of the most powerful ways to **raise your vibration** is through thinking positive thoughts and experiencing positive emotions . . .

Sonia Choquette,
Ask Your Guides,
p. 71

stop judging yourself or others . . . Nothing scrambles psychic circuits and disconnects you from high frequencies faster . . .

James Van Praagh,
*Wisdom From Your
Spirit Guides*, p. 74

By **raising our energy**, we become channels for the higher vibrational frequencies, and ideas can flow into our minds more easily.

50. Lift Your Emotions

with Laughter

Let Joy keep your hearts and minds **lifted** above frets and cares. (GE Dec 14)
Laugh more, laugh often. Love more. I am with you. (GC Mar 11)
go on your way loving and laughing. (GC May 09)
Travel unladen, with a light heart . . . (GC Aug 20)

Lighten up!

Laugh with Me!

Go on your way **lightheartedly**.

how I love to hear My children laugh!

Share a laugh with Me! . . . I love to laugh.

Learn to laugh at yourself and at the world.

laughter **lifts you up** and lightens your mood.

Laughter . . . **lifts your heart** into heavenly places.

Don't take yourself so seriously. Lighten up and laugh with Me. (JC Mar 16)

share a joke with Me. Clown around a bit—and we'll have a laugh . . . (KJC Mar 16)

*"I can go
on my way
lightheartedly"*

*— Jesus Listens,
Aug 30*

(KJC Mar 16)

(KLO p. 19)

(JC Jul 07)

(KSB p. 199)

(KJC Mar 16)

(KJC Jun 17)

(DJ p. 171)

(JC Jun 17)

with Gratitude

Gratitude also enables you to draw closer to Me. (DJ p. 137)

Thankfulness opens you up to these experiences . . . (JC Nov 22)

your thankful attitude **lifts you up** into heavenly places with Me . . . (KJC Dec 18)

by Not Judging Yourself

I long for you to **stop judging yourself** as you do. (JCJ Jul 13)

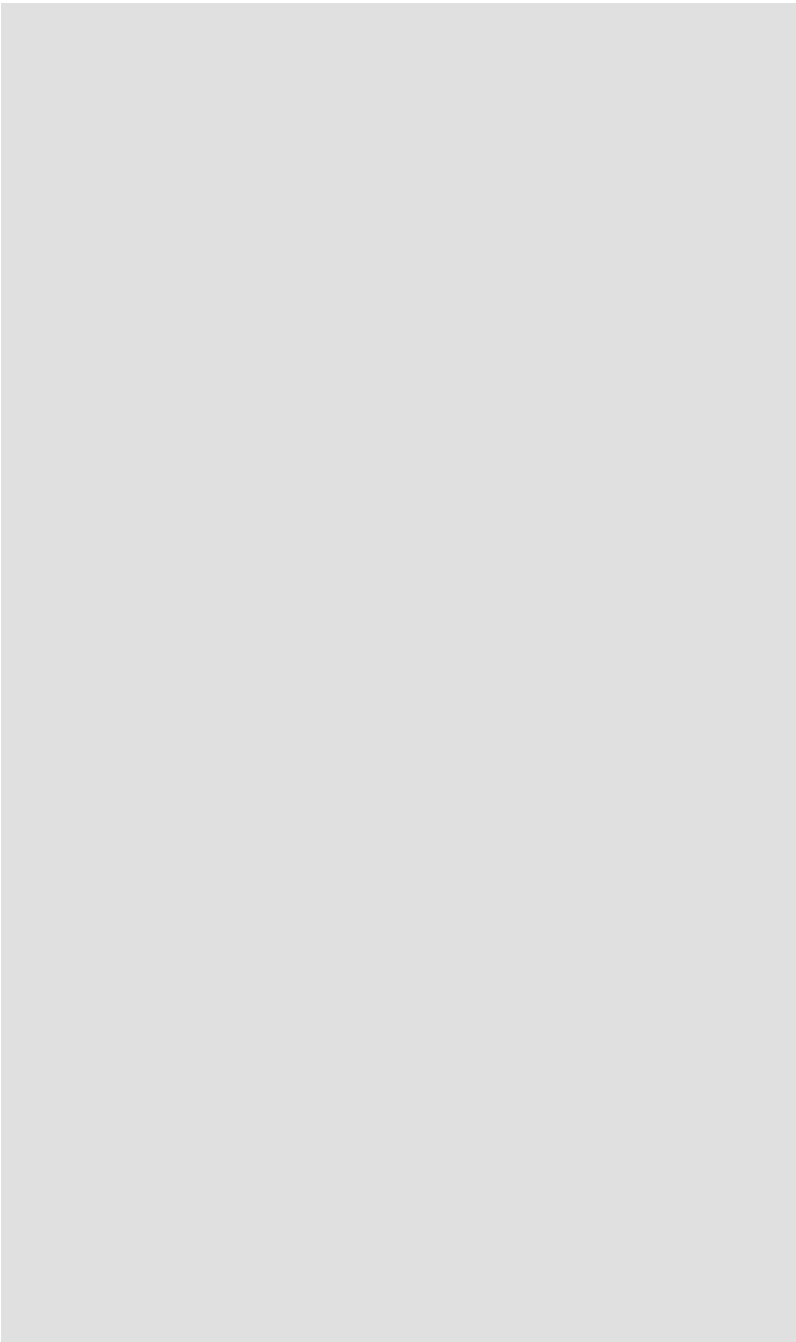
So don't be too quick to judge yourself—or anyone else. (KJA Sep 20)

Persist in returning your attention to Me, without judging yourself. (JCM Mar 03)

CONTRAST WITH:

"if we would judge ourselves, we should not be judged."

— 1 Corinthians 11:31



VI. The Mission

“Every time you stop and become consciously aware of Me and listen to that still, small voice, you are helping to advance My plan on earth.”

— “God,” channeled by Eileen Caddy, *God Spoke to Me*, p. 88

“When you shut out the noise . . . to be alone with Me . . . you and I can work together, through prayer, as I build My kingdom on earth.”

— “Jesus,” *Jesus Always: 365 Devotions for Kids*, Oct 13
see also Jesus Always, Oct 13



Be a Light-Bearer

Channeling students are taught that they can help save the world by being "light-bearers" (carriers or channels of light). As such, their main role is to carry their guide (light) with them wherever they go and to channel their guide for others, who in turn may come under the influence of their guide.

"Questions and Answers," Theosophy, Vol. VIII, No. 1, November 1919, p. 25

If the light of pure Theosophy is kept burning clear, it will be the saving light of the whole world. That must be. But the question is, who will be the **light-bearers?**

Eileen Caddy as "God," God Spoke to Me, p. 46

My kingdom is come and each one of My **lightbearers,** each one of My channels, I am using to bring this about.

*Rebecca Rosen, Awaken the Spirit Within, p. 39
Eileen Caddy as "God," God Spoke to Me, pp. 113-114*

Make a promise to **carry this light** within you . . .

You are My lightbearers and wherever the **light is taken,** the darkness is dispersed.

Matthew Wilson, The Psychic Nurse, pp. 136-137

You now become a channel whereby your Psychic Ability becomes an everyday activity. You are now a **light Bearer** . . .

Roman and Packer as "Orin" and "DaBen," Opening to Channel, pp. 81, 220

There is a plan for mankind's evolution being broadcast by many high beings . . . imagine you are tuning into this broadcast . . . aligning with this plan . . . everything you do will be in accordance with the greater plan. You will be a channel for light in whatever you choose to pursue your growth. . . . As you open your channel, you will be the one holding the light, bringing . . . direction to others.

The Jesus Calling Books
Be a Light-Bearer



{{PD-US-expired}}

All My children, filled with My Spirit, are well equipped to be **Light-bearers** . . . (JA Nov 17)

My children **carry My Light** inside them . . . (KJA Nov 17)

I am pleased that **you are My Light-bearer.** (JCJ Jul 23)

Take My Light and carry it into the world around you. (KJC Jul 23)

I desire each of My followers to be a **Light-bearer.** (JC Jul 23)

WORD ORIGIN FOR LUCIFER

Old English, from Latin *Lūcifer*, light-bearer, from *lūx* light + *ferre* to bear
<https://www.collinsdictionary.com/us/dictionary/english/lucifer>

Blaze a Trail

Channeling students are taught to blaze a trail for others to follow. Once they have been initiated into “truth” (through channeling), they are instructed to help others overcome ignorance (such as biblical Christianity) and fear (fear of judgment and fear of God) so they can find “truth” for themselves.

*Eileen Caddy as “God,”
God Spoke to Me,
p. 66*

It is good, every now and then, to stop and realise that you are indeed pioneers and explorers into the new and that the way now opening up will be used by thousands and not just the few. . . . **Blaze the trail** with new enthusiasm.

*James Van Praagh
as “Morning Star,”
Heaven and Earth,
p. 69*


Through you and with you we will touch many. . . . Your excitement will catch on, and **together we will** reawaken the hearts to the truth of the ages. The walls of **darkness** and ignorance will come down, for no longer can humans live in fear and falsehood.

*Bill Missett,
Awakening the Soul,
p. 155*

If you choose this **quest**, it will be the most exciting **adventure** of your life . . .

———— *SPECIAL ADVICE FOR THOSE WITH A CHRISTIAN BACKGROUND* ————

*Eileen Caddy as “God,”
God Spoke to Me,
p. 119*

Much orthodox teaching has to be thrown out of your life. . . . It is more difficult for the orthodox Christian to move into the new than for one who has no belief. 

*Kathryn Ridall,
Channeling, p. 19*

Individuals steeped in religious or cultural conditioning that condemns channeling as harmful may need to use a deeper trance to overcome their resistance.

The Jesus Calling Books

Blaze a Trail

“I want to walk with You down the path of Peace—blazing a trail for others who desire to live in Your peaceful Presence.”

— *Jesus Listens*, June 17

I want you to **blaze a trail** for others who desire to live in My peaceful Presence. (JC Oct 24)

Find others who desire to know Me more fully, and share this glorious quest with them. (JA Jun 03)

Together we will draw others out of **darkness** into the Light of My transforming Presence. (JA Aug 16)

Another . . . privilege I offer you is to lead many to righteousness. (JL p. 268)

I want you to join Me in this **quest**—this great **adventure**. (KJA Apr 02)
Help those living in darkness to find Me . . .

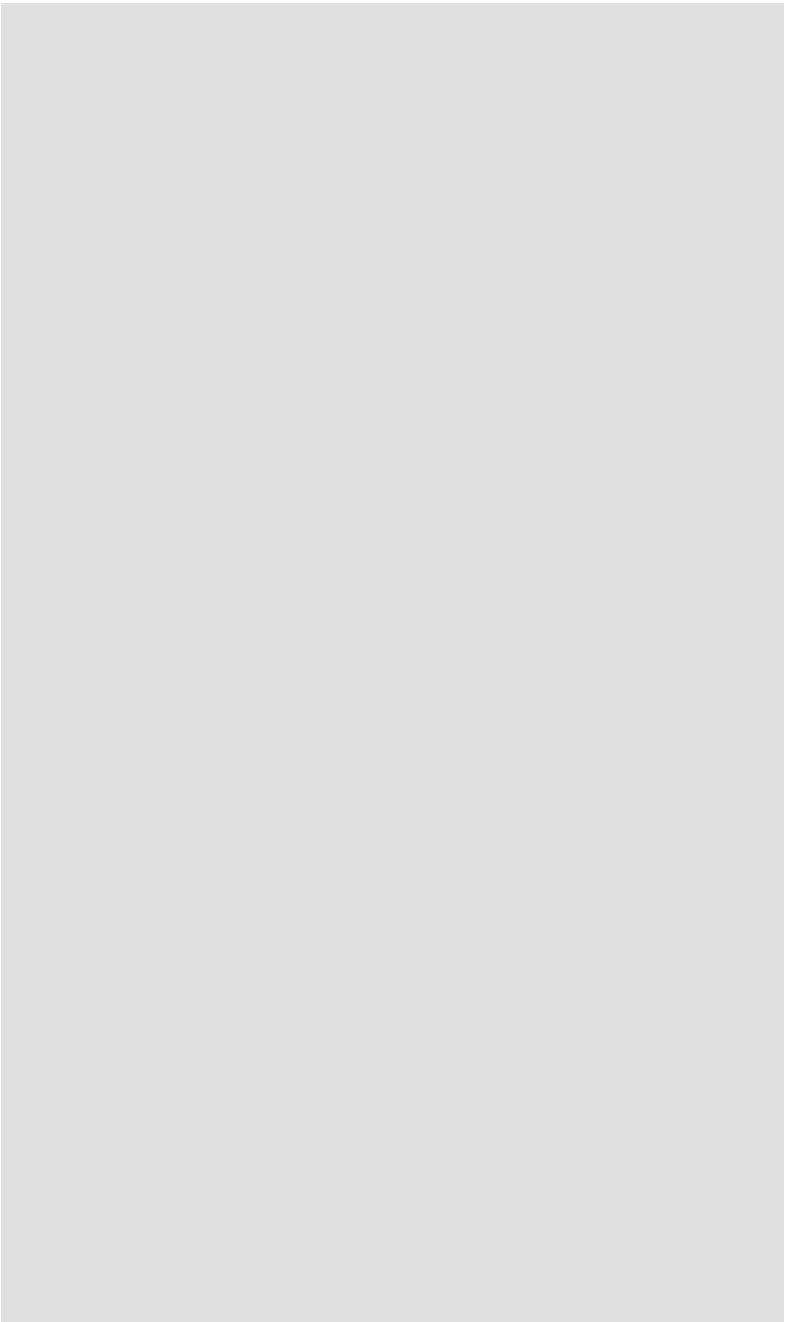
BIBLICAL ADVICE FOR THOSE WITH A CHRISTIAN BACKGROUND

→ “Therefore brethren, stand fast, and hold the traditions ye have been taught, whether by word, or our epistle.”

— *2 Thessalonians 2:15*

“Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)”

— *Hebrews 10:23*



VII. Conclusion

“People world-wide are waking up to **who they truly are**. . . . And those of us awakening now can create a bridge for others to awaken and cross along with us to fifth-dimensional consciousness.”

— Vidya Frazier, *Awakening to the Fifth Dimension*, p. 146

“Many people are searching for greater self-understanding and self-acceptance. . . . It is in your relationship with Me that you discover **who you really are**.”

— “Jesus,” *Jesus Always*, Jan 14



*“I fear, lest by any means,
as the serpent beguiled Eve
through his subtilty, so your
minds should be corrupted
from the simplicity that is
in Christ. For if he that cometh
preacheth **another Jesus**,
whom we have not preached,
or if ye receive **another spirit**,
which ye have not received,
or **another gospel**,
which ye have not accepted,
ye might well bear with him.”*

— 2 Corinthians 11:3-4

A Bridge to the Occult?

Sarah Young's best-selling devotional *Jesus Calling* and its similar sequels may serve as a bridge to the world of channeling for many Christians. Her books systematically introduce adults and children to occult practices while using enough Christian language and Scripture to come across as biblically sound. Familiar Christian concepts such as love, joy, peace, faith, grace, trust, hope, strength, and gratitude are recast in terms of occult ideas. Instead of openly rejecting Christian doctrine, Young's books gently replace it with a new set of disciplines. Instead of denying Jesus Christ outright, they slowly shift the reader's attention to **another Jesus**: a "luminous Presence," a "mysterious Lover," and the "best Guide imaginable."³³

By Young's own account, *Jesus Calling* grew out of her attempts to imitate the women who channeled *God Calling*.³⁴ These "Two Listeners" apparently thought that it was both possible and permissible to be mediums for God.

Unintentional Channeling?

Today, Sarah Young's readers may not so readily accept the idea of becoming mediums or channels if it is plainly put before them. But if it is introduced indirectly through Christian-sounding devotions, and if the spirit being channeled is called "Jesus," they might be more receptive. In fact, if the occult teachings are sufficiently discreet, readers may not realize what they are participating in at all. Is that possible? An experienced channeling teacher, Lita de Alberdi, wrote:

I have been constantly amazed by how easy it is for people to channel. It is as if these personal guides are just one step away from our waking consciousness, ready and willing to work with us.³⁵

³³ Sarah Young, *Dear Jesus*, p. 51, *Jesus Lives* p. 180, *Jesus Always* Jun 19, respectively.

³⁴ Sarah Young, *Jesus Calling*, original introduction, pp. x-xi.

³⁵ Lita de Alberdi, *Channeling: What It Is and How to Do It*, p. 15.

Author and channel, Sanaya Roman, after teaching hundreds to channel, made a similar observation:

Just as our guides had claimed, people were able to learn how to channel without years of meditation, prior preparation, psychic experiences, or, in some cases, even much awareness of what channeling was all about.³⁶

Allan Kardec, the 19th century founder of Spiritism (“scientific” Spiritualism), wrote that mediumship can take a “variety of forms, shades, and degrees,” and for this reason it is possible for a person to “be a medium, without being aware of it.”³⁷

It seems plausible, then, that Young’s readers—given instruction in one of the easiest forms of channeling (Appendix C)—could be drawn in to practicing it unintentionally. They would likely assume that Young’s “Jesus” was the real Jesus and give him the devotion and worship that only Jesus Christ deserves.

Young’s Books Riskier than Occult Books?

This natural assumption on the part of readers may make Young’s books even more dangerous—if that is possible—than books that openly teach channeling. People who *choose* to learn to channel usually venture into the spirit world with instinctive fear that must be overcome before they can have “success.” Instructors spend a good bit of time teaching them how to let go of this God-given fear and to trust the spirits they encounter. Young’s readers, by contrast, have a head start on fearlessness; if they are Christians and believe Young’s “Jesus” to be Jesus Christ, they will likely trust him without hesitation. Even so, “Trust Me” is one of the more frequent commands in Young’s books.

Openly occult instructional books also often warn beginners to maintain their boundaries and not to let spirit guides dominate

³⁶ Sanaya Roman and Duane Packer, *Opening to Channel*, p. 9.

³⁷ Allan Kardec, *The Mediums’ Book*, p. 86.

them. Young's "Jesus," on the other hand, *commands* readers to submit to him:

Submit to Me and My ways in your life . . . ³⁸

Yield to My ways, wisdom, and will.³⁹

Bow your mind and heart before My infinite intelligence . . . ⁴⁰

Hypnotist Michael Hathaway urges new mediums to resist "pushy" spirits: "Always remember that you are the boss of your own mind, and you can decide when and with whom you want to communicate."⁴¹ Young's "Jesus" tells his readers:

Approach this day with awareness of who is Boss.⁴²

Let Me control your mind.⁴³

Lita de Alberdi explains that the desirable kind of guide doesn't "order you to do things or seek to control you."⁴⁴ Young's "Jesus" does these things and more:

Trust Me by *relinquishing control* into My hands.⁴⁵

Consecrating yourself to Me involves abandoning yourself to My service and worship. You *relinquish to Me all rights of control over your life*.⁴⁶

My main work is to clear out debris and clutter, making room for My Spirit to *take full possession*.⁴⁷

³⁸ Sarah Young, *Jesus Today*, p. 92.

³⁹ Sarah Young, *Jesus Today*, p. 186.

⁴⁰ Sarah Young, *Jesus Today*, p. 264. "Infinite Intelligence" is the god of Spiritualism.

⁴¹ Michael Hathaway, *How to Be a Psychic*, pp. 160-161.

⁴² Sarah Young, *Jesus Calling*, Jan 20.

⁴³ Sarah Young, *Jesus Calling*, Apr 21.

⁴⁴ Lita de Alberdi, *Channeling: What It Is and How to Do It*, pp. 82-83.

⁴⁵ Sarah Young, *Jesus Calling*, Jan 11, emphasis added.

⁴⁶ Sarah Young, *Dear Jesus*, p. 234, emphasis added.

⁴⁷ Sarah Young, *Jesus Calling*, Nov 07, emphasis added.

Channeling instructors who write their warnings are by no means safe from spirits who pose as benevolent “higher guides,” but they at least know to be on guard against invasive spirits. By contrast, Young’s readers who believe that her “Jesus” is the real Jesus, have no reason to resist him or question his motives, even when he announces that he is taking over:

I have *invaded* the innermost core of your being, and My Spirit within you is *taking over* more and more territory.⁴⁸

Or in the children’s version:

I have *invaded* your heart and your soul, and My Spirit is *taking over* more and more of you.⁴⁹

Moreover, Young’s readers are in an especially vulnerable position because of what they bring to the table: trust, reverence, belief, a desire to grow closer to Jesus Christ, and willingness to spend time pursuing Him.

Allan Kardec observed that nice, sincere people are the most likely to be successful mediums:

[A] sincere desire for truth, and kindness of disposition, are the conditions most conducive to success . . .⁵⁰

Good intentions, and the renunciation of selfishness and pride; both these conditions are essential.⁵¹

All of these good qualities, when applied to the wrong “Jesus,” may expedite the process of learning to channel, because Young’s readers would be inclined to obey what “Jesus” tells them to do. In fact, they may give allegiance to him more readily than a non-Christian would give allegiance to an unknown spirit guide.

⁴⁸ Sarah Young, *Jesus Always*, Jun 08, emphasis added.

⁴⁹ Sarah Young, *Jesus Always: 365 Devotions for Kids*, Jun 08, emphasis added.

⁵⁰ Allan Kardec, *The Mediums’ Book*, p. 86.

⁵¹ Allan Kardec, *The Mediums’ Book*, p. 100, a channeled message.

Sarah Young's readers also face other unannounced risks. Channeling instructors tell newcomers to limit sessions to 15-20 minutes because of the draining effects on the human body. They advise people who are depressed, sick, or have psychological problems—especially a predisposition to mental illness⁵²—to stay away from channeling to protect their mental health. Young issues no such warnings.

Furthermore, Kardec, who held a doctorate in medicine, warned against developing mediumship in children:

It is not only imprudent, but very dangerous to do so: for the frail and delicate organisation of childhood would be too much shaken, and the youthful imagination too much excited, by such attempts; parents should therefore keep these ideas from their children . . . ⁵³

Again, Young offers no such warnings. In fact, she reaches out to children of all ages with adapted versions of her adult books.

Christian Journaling or Psychic Channeling? displays hundreds of quotations from sixteen of Sarah Young's books to let readers see for themselves what her devotionals really teach. The selected quotations are arranged in such a manner that they can be easily compared to quotations from 70 books on spirit guides, channeling, mediumship, visualization, psychic development, angels, automatic writing, out-of-body experiences, Spiritualism, soul awakening, psychic healing, and Buddhism, as well as to quotations from *God Calling* and *God at Eventide*. These comparisons suggest not only that Young's writings are similar to occult teachings, but that they *are* occult teachings cloaked in Christian language.

⁵² Allan Kardec, *The Mediums' Book*, p. 92; S. Farber, *Choosing to Be a Medium*, p. xix.

⁵³ Allan Kardec, *The Mediums' Book*, p. 91, a channeled message.

Appendix A: Problematic God Calling Quotations

Listed below are a just a few of the *God Calling* passages that conflict with the Bible, together with opposing scriptures:

Universalism

I am actually at the centre of every man's being (GC Mar 16)

Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God. (1 John 4:15)

Needing people

I need you more than you need Me. (GC Mar 29)

My need! My need of Love . . . few know the need of Christ. (GC Feb 29)

I walk with you . . . for solace and comfort for Myself. (GC Jul 27)

*God that made the world and all things therein, seeing that he is Lord of heaven and earth, dwelleth not in temples made with hands; Neither is worshipped with men's hands, **as though he needed any thing**, seeing he giveth to all life, and breath, and all things; (Acts 17:24-25)*

Making humans divine

I will tell you that when I took upon Me your humanity it was with the desire of raising that humanity to My Divinity. (GC Aug 19)

Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. (Hebrews 2:17)

Waiting for commands

I, who could command a universe—I await the commands of My children. (GC Apr 03)

Remember that your Maker is also your servant, quick to fulfill . . . (GC May 01)
Ye are my friends, if ye do whatsoever I command you. (John 15:14)

Insulted by contentment

But man asks, and blasphemes in asking, such poor mean things. Do you not see how you wrong Me? I desire to give you a gift, and if you are content with the poor, and the mean, and the sordid, then you are insulting Me, the Giver . . . expect big things, and you will get big things. (GC Nov 03)
be content with such things as ye have . . . (Hebrews 13:5b)

Being called the “God of the World”

Have you ever thought what it means to be able to summon at will the **God of the World**? (GC Jun 25)

*the **god of this world** hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them. (2 Cor. 4:4b)*

Promising a great life now

A wonderful future is before you . . . Just be channels. Be used. (GC Jul 22)

A very beautiful future lies before you . . . a new existence . . . (GC Feb 12)

Great success, in both temporal and spiritual worlds, awaits you. (GC Jul 07)

In the world ye shall have tribulation . . . (John 16:33)

Bypassing doctrine (biblical teaching)

Know no theology. Know Me. (GC Nov 20)

Man's thoughts of Me need revolutionizing. (GC Jan 19)

Learn of no one but Me . . . the Great Teacher. (GC Sep 24)

Do not say what you think *about* Me . . . I can explain to each heart. (GC Mar 16)

It is not the arguments of theologians that solve the problems of a questioning heart . . . (GC Nov 12)

For the time will come when they will not endure sound doctrine (2 Tim. 4:3a)

Identifying with "Forces"

Trust in the Spirit Forces of the Unseen, not in those you see. (GC Oct 23)

believe not every spirit, but try the spirits whether they are of God (1 John 4:1b)

Rethinking forgiveness

The self cannot forgive . . . Cease trying to forgive those who fretted or wronged you . . . Aim at killing the self . . . you will find there is nothing that even remembers injury . . . As long as it recurs to your mind you deceive yourself if you think it forgiven. Forgiving injuries can be one way of feeding a self-life. (GC May 03)

And when ye stand praying, forgive, if ye have aught against any: that your Father also which is in heaven may forgive you your trespasses. (Mark 11:25)

Advocating Spiritualism/necromancy—encouraging readers to contact deceased loved ones for help:

Your loved ones are very safe in My Keeping. Learning and loving and working, theirs is a life of happiness and progress. They live to serve, and serve they truly do. They serve Me and those they love. Ceaselessly they serve. . . . How often mortals rush to earthly friends who can serve them in so limited a way, when **the friends who are freed from the limitations of humanity** can serve them so much better, understand better, protect better, plan better, and even plead better their cause with Me. You do well to remember your friends in the Unseen. Companing with them the more you live in this Unseen World the gentler will be your passing when it comes. (GC Sep 06)

*There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch. Or a charmer, or a consulter with familiar spirits [medium], or a wizard, or a **necromancer**. For all that do these things are an abomination unto the Lord: and because of these abominations the Lord thy God doth drive them out from before thee. (Deuteronomy 18:10-12)*

Appendix B: Conscious vs. Full-Trance Channeling

Occult Source: “In lighter types of trance, you are conscious of everything around you, such as sounds and movement . . . you are able to interject your own thoughts, and voice your own questions or state your opinions. You are in control . . . You will enjoy light trance and frequently feel as if the information is coming from your own knowing. Much of what you receive will feel familiar to you. This is because the entity speaking will be close to your own aspirations and will use the knowledge you already have as a base for taking you and listeners a stage further.”

— Shirley Battie, *Channelling*, pp. 56-57

Occult Source: “LIGHT TRANCE . . . In light-trance channeling, the individual has partial or full awareness . . . The entity transmitting to or through the channel—operating the vocal cords or writing hand—is said to be a co-dwelling personality, working alongside the channel. . . . This is said to involve some kind of temporary cohabitation of the seat of consciousness. It involves only a partial ‘stepping aside,’ as opposed to what is required for a full trance. . . . CLAIRAUDIENT CHANNELING . . . During this widespread type of channeling, the medium is either fully conscious or in a mildly altered state. He gains the attention of the ‘mind’s ear’ by quieting himself and listening within, even though he can hear ongoing outer sounds at the same time. He is then able to hear a voice or sense some kind of language transmission seeming to come to him from within. His job . . . is to repeat what he hears . . . or to record it . . .”

— Jon Klimo, *Channeling*, pp. 192-193

Christian Source: “Channeling also includes different forms . . . there is full trance possession with total loss of consciousness, and light-to-moderate trance possession, in which the channeler retains partial or even full awareness. . . . Whatever form channeling takes . . . the power the medium uses comes only as a result of contact with the possessing spirit . . . apart from these spirits . . . the channelers have no power.

— John Ankerberg & John Weldon, *Encyclopedia of New Age Beliefs*, p. 85

Christian Source: “Familiar spirits operate in a somewhat different manner than those involved in [full] trance channeling. . . . While trance channeling involves the spirit fully inhabiting the medium’s body while the medium is absent, familiar spirits function more like counselors or inner friends who communicate invisibly with the person during an altered state of consciousness. In this case, the person usually employs some form of step-by-step ASC induction technique to get into a deeply relaxed, receptive, (and vulnerable) state of mind. At this point, the familiar spirit is contacted, and some form of inter-communication occurs. . . . Essentially, any type of method that establishes an inner helper of one sort or another, and accesses it during any type of ASC is a familiar spirit practice that should be avoided like the plague that it is.”

— Randall N. Baer, *Inside the New Age Nightmare*, pp. 104-105

Appendix C: Writing as an Entrée to Channeling

Occultists offer writing as a simple and easy way to get into channeling. Channeled writing is referred to as “automatic,” “intuitive,” or “inspirational,” depending on the level of trance and therefore the amount of mental participation from the channeler. “Automatic writing” usually refers to unconscious writing, but is sometimes used as a general term for all levels of channeled writing.

“**A good way to get started** on channelling advice . . . is through **writing** and there are two methods by which you can achieve this: **automatic writing** and **inspirational writing**. . . . The second . . . is less difficult, as the writer may or may not be in trance.”

— Shirley Battie, *Channelling*, pp. 40-41

“**Writing** is an excellent way to talk with your guides, especially **at the beginning**, because it allows you to listen and document your experience simultaneously. Sit at the computer or in a quiet place with pen and paper”

— Debra L. Engle, *Let Your Spirit Guides Speak*, p. 50

“**Automatic writing** . . . is one of the more familiar ways to reach your guides”

— James Van Praagh, *Wisdom From Your Spirit Guides*, p. 40

“**A particularly powerful way of making contact** with your guardian angel is to **write** a letter. . . . Some people . . . write regular letters to their guardian angels”

— Richard Webster, *Spirit Guides*, p. 56

“If you prefer not to work with a group, using **inspirational or automatic writing** is one of the **easiest** methods for development.”

— Ted Andrews, *How to Meet & Work With Spirit Guides*, p. 108

“Some people are naturally adept at **automatic writing** and have spectacular success with it the **first time**. Others may find it takes a much longer time to develop this”

— Enid Hoffman, *Develop Your Psychic Skills*, p. 79

“If you’d like to **try your hand at channeling** . . . try **automatic writing** or typing by allowing yourself to enter a relaxed trance state”

— Michael Hathaway, *How to Be a Psychic*, pp. 90-91

“Of all our means of communicating with spirits, manual **writing** is the **simplest**, most convenient, and most complete, for it enables us to establish regular and continuous relations with spirits, and thus to ascertain their nature and quality, to learn their thoughts, and to appreciate them at their true value.”

— Allan Kardec, *The Mediums’ Book*, p. 75

"**Automatic writing** is similar to trance [channeling] however you are in a slightly-altered state and the spirit uses your hand to communicate a message by impressing into your mind a stream of thoughts, words and or a story."

— *Emily Stroia, Talking to Spirit, p. 79*

"In **inspirational writing** . . . the spirit impresses the message upon the mind of the medium, either as a whole, or else sentence by sentence or even word by word—in all such cases . . . the medium is aware of the substance of what he is about to **write** . . . the style is usually a blending of that of the spirit and that of the medium . . ."

— *William Atkinson, Genuine Mediumship, pp. 113-114*

"One way to connect with beings in the spiritual realm, including your spirit guides, is through **intuitive writing**."

— *Kristin Komak, Spirit Guides, p. 27*

"This method of **Automatic Writing** requires the writer to sit at a desk or table where they just relax and **write** down anything that pops into their mind."

— *Derek Johnsen, How to Become a Psychic Medium, p. 170*

"it is the medium's soul that receives and transmits the thought of the discarnate spirit, and he is therefore aware of what he is **writing**, although the thoughts are not his, and is what we call an **intuitive** medium."

— *Allan Kardec, The Mediums' Book, p. 75*

"you can choose to participate in **automatic writing** to receive messages from entities and spirits . . . It's like dictation. The spirit talks and the medium **writes** or types."

— *Melissa Alvarez, Your Psychic Self, p. 110*

"Another form of mediumship ability is **automatic writing** . . . the person goes into a trance-like, meditative state to communicate with spirit and is then able to **write** what is being communicated to them through spirit."

— *Kala Ambrose, The Awakened Psychic, p. 76*

"directly transcribing channeled conversations is called **automatic writing**."

— *Kathryn Ridall, Channeling, p. 115*

"One of my favorite means of communication with my angels is to **write** to them. This is one of the most powerful ways you can bond with all of your guides . . ."

— *Sonia Choquette, Ask Your Guides, p. 31*

"try to communicate with spirit while in the hypnagogic state . . . communication is a two-way process . . . join in with the conversation . . . **Write** down any spirit communication experience in your journal."

— *Carole Anne, Beginning Mediumship Workbook, pp. 55-56*

Appendix D: “Your Best Interests at Heart”

Channeling students are taught that spirit guides know them better than they know themselves, love them unconditionally, long to spend time with them, want the best for them, and are trustworthy, wise, helpful, supportive, and non-judgmental.

“You will feel enormous love and compassion coming from him. It is as if he knows everything about you and is aware of all your fears, hopes, despairs and difficult times that you have experienced in your life . . . You will realize that although he knows your deepest secrets, there is no judgement, but only compassion and understanding.”

— *Shirley Battie, Channelling, p. 76*

“this being knows everything about you, loves you unconditionally, and always has **your best interests at heart.**”

— *James Van Praagh, Wisdom From Your Spirit Guides, p. 149*

“she welcomes you with open arms and wants you to understand that she wants only **the best for you.**”

— *Debra L. Engle, Let Your Spirit Guides Speak, p. 61*

“Spirit guides are totally non-judgmental. . . . Your spirit guides will become your best friends if you allow them to be. They are concerned, caring, loving, and supportive, and have **your best interests at heart** all the time. . . . allow them into your life.”

— *Richard Webster, Spirit Guides, p. 150*

“Your guide’s purpose is to help you live your life to the fullest, achieve the highest karma, and live the richest and happiest life you could possibly attain . . . guides are there for you and want **the best for you** . . . Spirit wants us to live in the largest, biggest, most fulfilling way we possibly can.”

— *Blair Robertson, Spirit Guides, pp. 9, 59*

“Spirit guides . . . they’re trusted, valued friends who will never disappoint you. They have great wisdom and courage, and you’ll hear from them if you’re quiet and listen. . . . Our guides always have **our best interests at heart.**”

— *Sylvia Browne, Contacting Your Spirit Guide, pp. 5, 58*

“Spirit guides have very positive energy and only have **your best interests at heart.**”

— *Melissa Alvarez, Your Psychic Self, p. 156*

“Spirit guides are the unseen helpers . . . They will supervise your development, guide you to the best teachers, and ensure that only the best-intentioned spirit visitors will come to you during meditation and mediumship practice.”

— *Konstanza Morning Star, Medium, pp. 105-106*

Appendix E: References for Additional Quotations

Training **JC** Feb 02, Feb 11, Apr 01, Apr 17, Apr 22, Apr 30, May 07, Jul 27, Aug 03, Aug 08, Sep 06, Sep 28, Oct 10, Nov 03, Nov 04, Nov 07, Nov 26, **DJ** pp. 16, 30, 54, 55, 58, 59, 71, 129, 182, 216, 247, **JL** pp. 18, 20, 202, 212, 230, 270, 342, **JT** pp. 16, 24, 72, 128, 130, 138, 146, 218, 226, 260, 274, 290, 314, **JCJ** Feb 02, Feb 11, Apr 09, May 07, **JTJ** p. 72, **JCM** Feb 28, Aug 27, Nov 11, **JA** Jan 07, Jan 09, Jan 13, Jan 21, Jan 31, Feb 05, Feb 17, Feb 24, Mar 21, Mar 26, May 05, May 07, May 09, May 21, Jun 12, Jul 02, Jul 23, Jul 25, Jul 29, Aug 10, Aug 27, Sep 01, Sep 04, Sep 12, Sep 16, Oct 07, Nov 03, Nov 04, Dec 05, Dec 26, **JLS** Jan 07, Jan 11, Jan 21, Jan 22, Jan 28, Jan 30, Feb 26, Feb 29, Mar 03, Mar 12, Mar 14, Mar 17, Mar 28, Apr 02, Apr 06, Apr 10, May 08, May 13, May 25, Jun 01, Jun 12, Jun 13, Jun 16, Jun 20, Jun 27, Jul 14, Jul 22, Jul 23, Jul 27 Aug 04, Aug 13, Aug 15, Aug 16, Aug 28, Sep 30, Oct 11, Oct 17, Nov 03, Nov 09, Nov 10, Nov 17, Nov 20, Nov 21, Nov 24, Nov 25, **KJC** Feb 02, May 07, Oct 10, Nov 25, Dec 04, **KJT** pp. 30, 138, 154, 188, 344, **KJA** Jan 07, Jan 13, Jan 21, Jan 31, Feb 05, Feb 17, Feb 24, Mar 21, Jun 12, Jul 02, Jul 09, Jul 23, Jul 25, Jul 29, Aug 03, Aug 10, Sep 12, Sep 16, Oct 07, Oct 20, Nov 03, Nov 10, Nov 20, Dec 05, Dec 26

Concentration **JC** Jan 31, Mar 21, Apr 13, May 07, May 16, Jun 18, Jul 02, Jul 19, Jul 22, Aug 04, Sep 19, Oct 05, Oct 27, Oct 28, Nov 19, **DJ** pp. 119, 143, 237, **JL** pp. 212, 330, 350, 352, **JT** p. 124, **JCJ** Jun 19, **JCM** Sep 17, **JA** Mar 01, Oct 13, Nov 04, **JLS** Jan 31, Jun 16, Sep 18, Oct 14, Oct 16, **KJA** Sep 08, **KJC** Mar 29, May 02, May 16

Focused Attention **JC** Feb 15, May 06, Aug 19, Sep 25, Nov 28, **JLS** May 05, May 23, Jul 11, Sep 12, Sep 26, **KJC** May 30

Mental Discipline **JC** Jul 02, **DJ** p. 195, **JCJ** Jun 22, **JTJ** p. 138, **JA** Aug 03, Oct 20 **JLS** Apr 17, Dec 09

Effort **JC** Mar 06, Apr 04, Apr 30, Jun 11, **DJ** pp. 93, 103, 199, 230, 231, 249, **JL** pp. 68, 88, 106, 150, 160, 212, 310, 332, **JT** pp. 12, 30, 142, 246, 304, 332, **JCM** Feb 05, Aug 15, Sep 02, **JTJ** pp. 138, 142, 176, **JA** Jan 21, Jan 29, Feb 17, Feb 21, Mar 14, Mar 18, Mar 20, Apr 25, May 17, Jun 16, Jul 11, Jul 29, Aug 03, Aug 30, Sep 03, Sep 09, Oct 20, Oct 25, Nov 04, Nov 26, Nov 27, Dec 01, **JLS** Jan 04, Jan 07, Jan 19, Feb 06, Apr 22, May 1, May 10, May 31, Jun 20, Jul 11, Aug 03, Aug 07, Sep 06, Nov 20, Nov 22, **KJC** Apr 04, **KJA** Nov 04, Dec 01

Work **JC** Dec 11, **DJ** pp. 101, 137, **JL** p. 36, **JT** pp. 58, 158, 303, **JA** Feb 29, Apr 12, Jun 05, **JCJ** Feb 21, Mar 28, Jun 15, **JTJ** p. 102, **JLS** May 10, **KJC** Nov 26, **KJA** Feb 17, Mar 18, Mar 27, Apr 12, May 24, Aug 14, Aug 17, Sep 03, Sep 20, Oct 10, Nov 04

Persistence **JC** Jul 19, Jun 23, **DJ** pp. 66, 67, 71, **JL** pp. 174, 212, 214, 290, **JT** p. 12, **JCJ** Feb 02, **JCM** Oct 19, **JA** Jul 09, Jul 31, Sep 03, Dec 27, **JLS** May 31, Jun 09, Jun 20

Practice **JC** Jan 10, Feb 11, Apr 09, Jun 20, Jul 07, Aug 09, Oct 19, Sep 20, **DJ** pp. 14, 194, 195, **JT** pp. 24, 138, **JCJ** Jan 10, Feb 11, Oct 19, **JCM** Feb 28, Dec 10, **JA** Feb 05, Feb 25, Jul 17, Aug 27, Aug 28, **JLS** Jan 24, Feb 22, Mar 28, May 08, May 19, **KJC** Jan 10, Feb 21, Mar 22, Apr 09, Apr 17, May 10, Sep 20, Oct 30, Nov 03, Dec 17, **KJT** pp. 20, 32, 136, 340, **KJA** Jan 07, Jan 21, Feb 05, Feb 11, Feb 25, Jun 27, Jul 17, Aug 19

Spending Time **JC** Jan 02, Jan 12, Jan 25, Feb 10, Feb 19, Feb 20, Mar 13, Mar 14, Mar 24, Mar 27, Apr 05, Apr 23, Apr 29, May 12, May 15, May 17, May 30, Jun 02, Jun 15, Jun 28, Jul 01, Jul 06, Jul 17, Jul 20, Jul 28, Aug 02, Aug 05, Aug 10, Aug 27, Aug 29, Sep 12, Sep 15, Sep 19, Sep 23, Oct 13, Oct 19, Oct 29, Nov 19, Dec 01, Dec 04, Dec 08, Dec 11, Dec 13, Dec 14, Dec 24, Dec 27, **DJ** pp. 34, 64, 65, 75, 104, 148, 174, 175, 200, 213, 214, 217, 220, 221, 223, 242, 243, 250, **JL** pp. 36, 86, 128, 143, 152, 168, 198, 200, 204, 206, 247, 266, 272, 284, 290, 319, 340, **JT** pp. 12, 72, 76, 96, 114, 116, 120, 132, 138, 172, 178, 208, 234, 248, 250, 254, 258, 262, 272, 282, 294, 298, 302, **JCJ** Jan 02, Jan 25, Feb 10, Mar 26, May 30, Apr 02, Apr 12, Aug 09, Aug 27, Jun 19, Sep 11, **JCM** Feb 12, Feb 13, Feb 14, Apr 28, Jun 01, Jun 23, Aug 25, Nov 07, **JTJ** pp. 72, 198, 248, 298, **JA** Jan 03, Jan 04, Jan 14, Jan 19, Jan 23, Feb 02, Feb 03, Feb 10, Feb 13, Feb 24, Mar 04, Mar 10, Mar 14, Mar 16, Mar 19, Mar 20, Apr 11, Apr 19, Apr 22, Apr 24, May 02, May 15, May 24, Jun 11, Jun 13, Jun 18, Jun 28, Jul 03, Jul 05, Jul 14, Jul 21, Jul 31, Aug 01, Aug 02, Aug 03, Aug 08, Aug 11, Aug 14, Aug 15, Aug 21, Aug 22, Aug 27, Sep 04, Sep 10, Sep 16, Sep 22, Sep 26, Oct 01, Oct 13, Oct 27, Nov 05, Nov 13, Nov 23, Dec 08, Dec 09, Dec 10, Dec 16, Dec 20, Dec 23, Dec 29, **JLS** Jan 02, Jan 04, Jan 19, Feb 02, Feb 09, Feb 14, Feb 16, Feb 18, Feb 23, Feb 24, Feb 25, Feb 26, Mar 02, Mar 06, Mar 07, Mar 11, Mar 13, Mar 18, Apr 08, Apr 09, Apr 14, Apr 19, Apr 20, May 02, May 07, May 08, May 11, May 21, May 24, May 27, May 29, Jun 01, Jun 04, Jun 17, Jun 30, Jul 02, Jul 11, Jul 17, Jul 18, Jul 19, Jul 23, Aug 05, Aug 07, Aug 20, Aug 21, Sep 06, Sep 10, Sep 12, Sep 23, Oct 08, Oct 14, Oct 15, Oct 19, Oct 23, Nov 01, Nov 11, Dec 01, Dec 05, Dec 10, Dec 20, **KJC** Jan 02, Jan 23, Jan 25, Feb 10, Mar 18, Mar 27, Apr 05, Apr 06, Apr 13, Apr 22, Apr 23, May 12, May 30, Jun 02, Jun 03, Jun 10, Jun 15, Jun 21, Jun 28, Jul 01, Jul 06, Jul 17, Jul 20, Jul 21, Jul 28, Aug 02, Aug 10, Aug 19, Aug 28, Sep 18, Oct 13, Oct 29, Nov 17, Nov 29, Dec 04, Dec 08, Dec 13, Dec 24, Dec 27, **KSB** pp. 101, 153, 185, 256, **KJT** pp. 66, 80, 114, 122, 124, 140, 186, 236, 242, 248, 262, 266, 270, 300, 306, 314, **KMF** p. 29, **KJA** Jan 03, Jan 19, Jan 27, Jan 28, Feb 02, Feb 03, Feb 04, Feb 09, Feb 10, Feb 11, Feb 13, Feb 20, Feb 24, Mar 03, Mar 10, Mar 14, Mar 16, Mar 19, Apr 11, Apr 19, Apr 24, Apr 25, Apr 30, May 02, May 05, May 15, May 22, May 24, Jun 02, Jun 11, Jun 13, Jun 18, Jun 27, Jun 28, Jul 03, Jul 05, Jul 06, Jul 14, Jul 21, Aug 01, Aug 02, Aug 03, Aug 15, Aug 27, Aug 28, Aug 31, Sep 04, Sep 08, Sep 10, Sep 16, Sep 19, Sep 22, Sep 25, Sep 26, Oct 01, Oct 13, Nov 05, Nov 13, Nov 23, Dec 02, Dec 03, Dec 08, Dec 09, Dec 10, Dec 16, Dec 20, Dec 23, Dec 24, Dec 29

Extra references for the 50 Steps of Channeling

1. **Find a Place** **JC** Mar 15, Apr 04, Jul 10, Oct 13, **JL** p. 104, **JA** Dec 29, **JLS** Mar 11, Sep 13, Dec 28, **KJC** Apr 04, Oct 01, **KJA** Dec 09
2. **Spend Time Alone** **JC** Apr 06, Apr 29, May 02, May 15, Jun 02, Jul 06, Sep 12, Oct 29, **JT** p. 114, **JA** Feb 25, Mar 15, **JLS** Feb 25, Aug 27, **KJC** Sep 19 **KJA** Dec 23
3. **Sit or Lie Down** **JC** Feb 13, Aug 29, Sep 12, Nov 29, **DJ** p. 184, **JT** p. 72, **JCM** Sep 15, **JA** Jun 28, **JLS** Feb 20, Apr 09, Nov 07, **KJC** Jun 30, **KJA** Jan 05, Feb 02, Dec 10
4. **Get Still** **JC** Apr 24, Jul 20, Aug 16, Dec 01, Dec 27, **JCM** Oct 14, **JL** pp. 104, 204, **JLS** Mar 12, Apr 20, May 06, Jun 30, Aug 21, Oct 05, Dec 28, **KJC** Apr 04, **KJA** Sep 22
5. **Be Quiet** **JC** Feb 13, Aug 29, **JLS** Jan 02, **JLS** Dec 07, **JLS** Feb 18, Feb 20, Mar 11, Apr 27, Dec 13, Dec 21, **KJC** Aug 25, Mar 13, **KJT** pp. 258, 290, **KJA** Jan 03, Jun 11

6. **Relax** **JC** Jan 02, May 24, Jun 02, Sep 27, Nov 28, **DJ** p. 184, **JL** p. 14, **JT** p. 236, **JCJ** Sep 07, **JLS** Jan 14, Jan 23, Feb 11, Mar 22, May 02, Jun 04, **KJC** Jun 02, **KJA** Jun 18, Oct 22
7. **Breathe Deeply** **JC** Jul 02, **JT** p. 122, **JA** Aug 07, **JLS** Apr 19, Jun 02, Dec 19, **KJC** Feb 06, Jul 31, **KJA** Jan 16, Jul 13
8. **Open Your Hands** **JC** Mar 24, Nov 28, **JL** p. 156, **JCJ** Feb 22, Apr 27, **JCM** Jul 05, **JA** Sep 13, **JLS** Feb 17, Mar 31, **KJC** Jun 02, **KJA** Feb 03
9. **Repeat “Jesus” or a Short Prayer** **JC** Feb 06, Apr 27, **JL** p. 86, **JA** Jan 26, **JLS** Jan 08, Oct 25, Sep 06, **KJC** Jan 12, **KJT** p. 250, **KLO** p. 22, **KJA** Jun 28, Aug 28
10. **Quiet Your Mind** **JC** Jan 29, May 16, Jul 09, Oct 30, **JCJ** Jan 29, **DJ** p. 217, **JTJ** p. 08, **JA** Jan 22, **JLS** Mar 11, Apr 10, Apr 20, **KJC** Dec 19
11. **Center** **JC** Jan 19, Feb 20, Jul 29, Nov 27, **JT** p. 158, **JCM** Oct 12, **KJC** Jul 29
12. **Open Yourself** **JC** Jan 14, Jul 28, Sep 28, Dec 08, **JLS** Jul 28, Sep 05, Oct 01, Nov 24, Nov 26, Nov 28, Dec 07, Dec 21, **KJC** Jun 30, **KSB** p. 191, **KJA** Dec 27
13. **Focus** **JC** Feb 15, Apr 24, May 06, Jun 21, Jun 30, **JL** pp. 54, 312, **JT** pp. 178, 228, 300, **JA** Jan 31, Dec 08, **KJC** Jan 29, Sep 19
14. **Maintain Focus** **JC** Aug 19, Aug 25, **DJ** pp. 67, 165, **JL** pp. 21, 290, **JT** p. 234, **JCJ** Nov 16, **JA** Mar 18, **KJC** Aug 19, Apr 24
15. **Tune In** **JC** Feb 15, Jul 29, Mar 28, Jan 11, Nov 20, Nov 07, **DJ** p. 212, **JA** Jun 17, **JLS** Jan 07, Mar 04, May 09, May 23, May 24, Sep 05, Sep 25, **KJC** Dec 24, **KJA** Jun 03
16. **Visualize Cleansing** **JC** Jun 23, Jul 16, **JL** p. 334, **JT** p. 318, **JCM** Oct 14, **JLS** Jun 03, Jun 17, Dec 21
17. **Visualize Shielding** **JC** Jan 08, **JT** p. 216, **JA** Oct 31, **KJA** Oct 17, **KJT** p. 348
18. **Bask in Love and Light** **JC** Jul 28, Nov 02, Jun 03, Sep 29, **DJ** p. 133, **JL** pp. 80, 178, 344, **JLS** Jan 25, Feb 14, Apr 08, Apr 18, Jul 19
19. **Imagine a Door** **JC** Jan 08, May 05, May 29, **JL** p. 244, **JA** May 23
20. **Sense “Jesus’s” Presence** **JC** Aug 24, **DJ** p. 116, **JA** Feb 23, Sep 03, **JLS** Jun 01, Jul 13, Sep 27, Nov 17, **KJC** May 31, **KLO** p. 15, **KJA** Feb 23, **KSB** pp. 51, 227
21. **Visualize “Jesus”** **JC** May 19, Oct 17, **JTJ** p. 172, **JA** Feb 24, Mar 03, Mar 26, Jun 11, Jun 27, Aug 18, Aug 29, **JLS** Mar 09, Oct 04, Nov 04, **KJC** Dec 05, **KJA** Apr 10, Aug 29
22. **Gaze into “Jesus’s” Face** **JC** Jan 28, Sep 29, Oct 08, Nov 23, **JL** pp. 228, 290, **JA** May 03, **JLS** Apr 29, Jun 23, Jul 14, Oct 19, Dec 04, Dec 06, **KJA** May 03
23. **Feel “Jesus’s” Hand** **JC** Apr 15, **DJ** p. 41, **JL** p. 356, **JA** Aug 22, Aug 23, Sep 13, **KJC** Jun 10, **KJA** Jan 24, May 19, Aug 22, Sep 13
24. **Make Room for “Jesus”** **JC** Jan 07, Nov 14, **JL** p. 312, **JLS** Jan 31, Feb 24, May 15, Jul 05, Feb 24, **KJC** Apr 30, **KJA** May 31
25. **Empty Yourself** **JC** Jan 14, Feb 22, Dec 17, Dec 31, **DJ** pp. 112, 248, **JL** pp. 60, 86, **JL** pp. 234, 258, **JCJ** Jan 14, **KJC** Jan 19, Mar 09, **KJA** Jan 14
26. **Get Ready to Receive** **JC** Feb 26, Apr 27, **DJ** pp. 40-41 **JL** p. 156, **KJC** Oct 23, Jul 08
27. **Invite “Jesus”** **DJ** p. 129, **JL** pp. 232-233, **JCJ** May 25, **JA** May 09, **JLS** Feb 20, Jul 03, Nov 03, Nov 30, Sep 24, Dec 16, **KLO** p. 22, **KJA** May 08, Nov 29, **KLB** p. 22
28. **Let “Jesus” Come In** **JC** Mar 14, Apr 06, Nov 29, **DJ** p. 158, **JL** pp. 218-219, 288 **JA** Mar 30, **JLS** Jul 02, Dec 04, Dec 26, **KJC** Apr 13

29. **Feel Yourself Expanding** DJ p. 36, JL p. 106, JLS Feb 24, Mar 11, Sep 24, Dec 24, [KJT pp. 60, 186](#)
30. **Absorb “Jesus”** JC May 18, Oct 07, DJ p. 177, JL p. 32, JT p. 116, JA May 08, Jul 14, Aug 24, Oct 27, [KJA Jul 21, Aug 07, Oct 27](#)
31. **Feel Warmth** JA Feb 07, [KJC Jul 28, KJA Feb 07, Feb 25, Nov 05](#)
32. **Feel Wrapped in Spirit** JC Feb 28, May 20, Sep 28, Nov 10, Dec 14, DJ p. 20, JL p. 298, JA Feb 08, [KJC Aug 12, Oct 24, KJT p. 138, KJA Apr 29](#)
33. **Sense Yourself Rising** JC Mar 19, May 03, Aug 26, JT pp. 220, 274 JCY Mar 13, Apr 26, JCM May 02, JTJ pp. 218, 274, JA Jan 02, Jan 05, [KJA Feb 07, Aug 27](#)
34. **Taste Heaven** JC May 17, May 24, Aug 28, Sep 19, Nov 22, Dec 25, DJ pp. 24, 162, JCY Aug 18, JA Nov 04, JLS Oct 14, [KJA Apr 07](#)
35. **Ask Questions** JCY Feb 01, Aug 29, JA Jul 02, Sep 04, [KJC May 11, KJA Nov 22,](#)
36. **Listen** JC Feb 29, Mar 03, Mar 15, Jul 06, Jun 19, Nov 21, Dec 04, DJ p. 107, JT pp. 16, 96, 128, 282, JCY Apr 20, Dec 04, JCM Jan 01, Jun 26, Jul 25, JTJ p. 282 JA Jul 24, JLS Apr 17, May 16, Aug 17, Dec 13, [KJC Jul 09, KJT p. 24, KJA Mar 12](#)
37. **Hear Whispers** JC Jul 09, DJ p. 81, 227, JL p. 187, JT p. 208, JLS Feb 15, Mar 22, May 17, May 28, Aug 21, [KJC Mar 21, Aug 11, KJA Jan 02](#)
38. **Hear Music** JC Oct 14, JL p. 250, JT p. 292, JA Jul 12, JLS Oct 12, Dec 13, [KJC Mar 15, Mar 21, Jun 14, Jun 25, Aug 30, KJA Mar 18](#)
39. **Converse** JC Jan 14, Mar 08, Apr 01, May 14, Oct 09, Nov 10, DJ pp. 100, 238, JL p. 298, JA Mar 21, Apr 16, [KJC Oct 09, Nov 30, KSB pp. 39, 153, 185](#)
40. **Surrender Control** JC Jun 30, Nov 07, DJ p. 39, JL p. 80, JLS Apr 20, Jun 22, Nov 02, [KJC Jan 11, Sep 14, Nov 07](#)
41. **Think God Thoughts** JC Feb 12, DJ pp. 46, 221, 231, JL p. 120
42. **Write Down Messages** JCY Nov 04
43. **Transition/Thank “Jesus”** JL pp. 120, 168, JLS Feb 25, Dec 13, Dec 20
44. **Let “Jesus” Live Through You** JC Apr 17, DJ p. 241, JA Apr 05, Sep 02, JLS Aug 04, Nov 03, [KJC May 12, May 17, Oct 31, KSB p. 151, KJA Apr 05](#)
45. **Channel to Help Others** JC May 02, Jun 13, Oct 16, JL p. 268, JA Apr 05, May 22, [KJC Jul 23, KMF p. 23, KJA May 22, Jun 09, Sep 02](#)
46. **Maintain Conscious Awareness** JC Jan 28, Apr 13, Apr 19, Jul 29, Oct 25, Dec 05, DJ p. 165, JT p. 268, JCM Jan 28, JA Feb 19, Jul 09, Dec 17, JLS Feb 27, May 09, May 20, Jul 14, [KJT p. 340, KJA Feb 28, Jun 15, Nov 25](#)
47. **Live in the Now** JC Jan 22, Feb 27, Apr 24, Apr 30, Jun 27, Sep 22, Nov 09, JL pp. 06, 152, JCY Sep 22, JA Nov 24, Mar 20, JLS Jan 01, Jan 17, [KJA Nov 24, Mar 18](#)
48. **Repeat Affirmations** JC Nov 09, DJ pp. 93, 238, JA Jan 09, Mar 05, Apr 14, Apr 24, Jul 23, JL pp. 226, 333, JT pp. 202, 310, JLS Sep 06, Sep 13, [KJC Aug 01, KJT p. 210, KJA Mar 05, KSB p. 211](#)
49. **Look for Signs** JC Feb 02, May 23, Jul 25, JA Mar 03, Sep 18, JLS Aug 17, Sep 05, Sep 22, [KJC May 23, KJT p. 88, KJA Mar 03, Sep 18](#)
50. **Lift Your Emotions** JC Jan 15, Jun 17, JCY Jun 17, JLS Mar 21, Jun 10, Oct 27, Nov 12, [KJC Mar 16, Jun 17, KSB p. 105, KLB p. 18](#)

Appendix F: Guide to the Symbolic Annotations

The presentation of the author's analysis in Chapter V, in the form of opposing columns of cited text excerpts with similarities demarcated via circled phrases, conveys the semantics of the author's conclusions and analysis more concisely than the paragraph-based descriptions in this section, which are included here for completeness and clarity. This section also serves as a quick view of the psychic channeling topics and quotations that are found in Chapter V.

1. Find a Place – Real or Imagined The 1st red circled psychic channeling phrase on p. 48, "**find a quiet place**," is notably similar to the 1st red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 48, "**create a safe space**," is notably similar to the 2nd red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 48, "**create a sacred space**," is notably similar to the 3rd red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 48, "**place in your mind**," is notably similar to the 4th red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 48, "**sanctuary**," is notably similar to the 5th red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 48, "**safe place**," is notably similar to the 6th red circled Young phrase on p. 49, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 48, shown side-by-side with similar Young quotes on p. 49, and with similarities highlighted via 6 pairs of red circled text, suggests that Young's books teach the channeling step labeled "Find a Place – Real or Imagined." Furthermore, the entire list of similar Young quotes on p. 49, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled "Find a Place – Real or Imagined" is taught *repetitively* in the *Jesus Calling* series.

2. Spend Time Alone The 1st red circled psychic channeling phrase on p. 50, "**spend time alone with Me**," is notably similar to the 1st red circled Young phrase on p. 51, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 50, "**spending time alone**," is notably similar to the 2nd red circled Young phrase on p. 51, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 50, "**developing your psychic gifts**," is notably similar to the 3rd red circled Young phrase on p. 51, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 50, "**you need more time alone**," is notably similar to the 4th red circled Young phrase on p. 51, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 50, shown side-by-side with similar Young quotes on p. 51, and with similarities highlighted via 4 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled "Spend Time Alone." Furthermore, the entire list of similar Young quotes on p. 51, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled "Spend Time Alone" is taught *repetitively* in the *Jesus Calling* series.

3. Sit or Lie Down The 1st red circled psychic channeling phrase on p. 52, "**Sit quietly**," is notably similar to the 1st red circled Young phrase on p. 53, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 52, "**Sit with your guide**," is notably similar to the 2nd red circled Young phrase on p. 53, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 52, "**simply sit with Spirit**," is notably similar to the 3rd red circled Young phrase on p. 53, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled

psychic channeling phrase on p. 52, **“you can sit in a comfortable,”** is notably similar to the 4th red circled Young phrase on p. 53, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 52, **“Lie down,”** is notably similar to the 5th red circled Young phrase on p. 53, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 52, shown side-by-side with similar Young quotes on p. 53, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Sit or Lie Down.” Furthermore, the entire list of similar Young quotes on p. 53, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Sit or Lie Down” is taught *repetitively* in the *Jesus Calling* series.

4. **Get Still** The 1st red circled psychic channeling phrase on p. 54, **“Sit still,”** is notably similar to the 1st red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 54, **“be still to allow whatever thoughts and impressions to enter,”** is notably similar to the 2nd red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 54, **“Take time to be still,”** is notably similar to the 3rd red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 54, **“In the stillness of your innermost being,”** is notably similar to the 4th red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 54, **“Be still and be quiet,”** is notably similar to the 5th red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 54, **“sit in the stillness,”** is notably similar to the 6th red circled Young phrase on p. 55, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 54, shown side-by-side with similar Young quotes on p. 55, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Get Still.” Furthermore, the entire list of similar Young quotes on p. 55, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Get Still” is taught *repetitively* in the *Jesus Calling* series.

5. **Be Quiet** The 1st red circled psychic channeling phrase on p. 56, **“be quiet,”** is notably similar to the 1st red circled Young phrase on p. 57, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 56, **“quietness,”** is notably similar to the 2nd red circled Young phrase on p. 57, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 56, **“beginners should try to write . . . in perfect silence,”** is notably similar to the 3rd red circled Young phrase on p. 57, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 56, **“silence,”** is notably similar to the 4th red circled Young phrase on p. 57, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 56, **“Sitting in Silence,”** is notably similar to the 5th red circled Young phrase on p. 57, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 56, shown side-by-side with similar Young quotes on p. 57, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Be Quiet.” Furthermore, the entire list of similar Young quotes on p. 57, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Be Quiet” is taught *repetitively* in the *Jesus Calling* series.

6. **Relax** The 1st red circled psychic channeling phrase on p. 58, **“relaxed,”** is notably similar to the 1st red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 58, **“relax deeply,”** is notably similar to the 2nd red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 58, **“Relax in My love,”** is notably similar to the 3rd red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote

teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 58, “**relax your mind and body**,” is notably similar to the 4th red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 58, “**easier**,” is notably similar to the 5th red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 58, “**connect with our spirit guides**,” is notably similar to the 6th red circled Young phrase on p. 59, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 58, shown side-by-side with similar Young quotes on p. 59, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Relax.” Furthermore, the entire list of similar Young quotes on p. 59, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Relax” is taught *repetitively* in the *Jesus Calling* series.

7. Breathe Deeply The 1st red circled psychic channeling phrase on p. 60, “**Breathe deeply**,” is notably similar to the 1st red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 60, “**Breathe in the calm**,” is notably similar to the 2nd red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 60, “**Breathe in peace**,” is notably similar to the 3rd red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 60, “**Take a deep breath**,” is notably similar to the 4th red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 60, “**a few simple deep breaths**,” is notably similar to the 5th red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 60, “**slow and deep**,” is notably similar to the 6th red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 60, “**breathe in joy**,” is notably similar to the 7th red circled Young phrase on p. 61, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 60, shown side-by-side with similar Young quotes on p. 61, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Breathe Deeply.” Furthermore, the entire list of similar Young quotes on p. 61, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Breathe Deeply” is taught *repetitively* in the *Jesus Calling* series.

8. Open Your Hands The 1st red circled psychic channeling phrase on p. 62, “**open your hands**,” is notably similar to the 1st red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 62, “**guilt**,” is notably similar to the 2nd red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 62, “**doubts**,” is notably similar to the 3rd red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 62, “**fears**,” is notably similar to the 4th red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 62, “**anxieties**,” is notably similar to the 5th red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 62, “**worries**,” is notably similar to the 6th red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 62, “**receive**,” is notably similar to the 7th red circled Young phrase on p. 63, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 62, shown side-by-side with similar Young quotes on p. 63, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Open Your Hands.” Furthermore, the

entire list of similar Young quotes on p. 63, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Open Your Hands” is taught *repetitively* in the *Jesus Calling* series.

9. Repeat a Mantra/Repeat “Jesus” or a Short Prayer The 1st red circled psychic channeling phrase on p. 64, “**your guide’s name**,” is notably similar to the 1st red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 64, “**repeat**,” is notably similar to the 2nd red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 64, “**over and over again**,” is notably similar to the 3rd red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 64, “**Each time you inhale**,” is notably similar to the 4th red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 64, “**with each exhale**,” is notably similar to the 5th red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 64, “**short**,” is notably similar to the 6th red circled Young phrase on p. 65, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 64, shown side-by-side with similar Young quotes on p. 65, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Repeat a Mantra.” Furthermore, the entire list of similar Young quotes on p. 65, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Repeat a Mantra” is taught *repetitively* in the *Jesus Calling* series.

10. Quiet Your Mind The 1st red circled psychic channeling phrase on p. 66, “**Quiet your mind**,” is notably similar to the 1st red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 66, “**bubbling up to the surface**,” is notably similar to the 2nd red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 66, “**still your mind**,” is notably similar to the 3rd red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 66, “**still pool**,” is notably similar to the 4th red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 66, “**calm your mind**,” is notably similar to the 5th red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a Buddhist concept. The 6th red circled psychic channeling phrase on p. 66, “**clear your mind**,” is notably similar to the 6th red circled Young phrase on p. 67, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 66, shown side-by-side with similar Young quotes on p. 67, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Quiet Your Mind.” Furthermore, the entire list of similar Young quotes on p. 67, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Quiet Your Mind” is taught *repetitively* in the *Jesus Calling* series.

11. Center The 1st red circled psychic channeling phrase on p. 68, “**place of peace**,” is notably similar to the 1st red circled Young phrase on p. 69, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 68, “**at the centre of your being**,” is notably similar to the 2nd red circled Young phrase on p. 69, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 68, “**Center yourself**,” is notably similar to the 3rd red circled Young phrase on p. 69, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 68, “**keeping centered on the living spirit within**,” is notably similar to the 4th red circled Young phrase on p. 69, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books

on p. 68, shown side-by-side with similar Young quotes on p. 69, and with similarities highlighted via 4 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Center.” Furthermore, the entire list of similar Young quotes on p. 69, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Center” is taught *repetitively* in the *Jesus Calling* series.

12. Open Yourself The 1st red circled psychic channeling phrase on p. 70, “**open up to spirit**,” is notably similar to the 1st red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 70, “**wide open**,” is notably similar to the 2nd red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 70, “**Fifth Dimension**,” is notably similar to the 3rd red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 70, “**open yourself up to God’s love**,” is notably similar to the 4th red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 70, “**open windows**,” is notably similar to the 5th red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 70, “**magnet**,” is notably similar to the 6th red circled Young phrase on p. 71, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 70, shown side-by-side with similar Young quotes on p. 71, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Open Yourself.” Furthermore, the entire list of similar Young quotes on p. 71, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Open Yourself” is taught *repetitively* in the *Jesus Calling* series.

13. Focus The 1st red circled psychic channeling phrase on p. 72, “**focus attention**,” is notably similar to the 1st red circled Young phrase on p. 73, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 72, “**Focus on love**,” is notably similar to the 2nd red circled Young phrase on p. 73, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 72, “**focal point**,” is notably similar to the 3rd red circled Young phrase on p. 73, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 72, shown side-by-side with similar Young quotes on p. 73, and with similarities highlighted via 3 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Focus.” Furthermore, the entire list of similar Young quotes on p. 73, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Focus” is taught *repetitively* in the *Jesus Calling* series.

14. Maintain Focus The 1st red circled psychic channeling phrase on p. 74, “**your mind wanders**,” is notably similar to the 1st red circled Young phrase on p. 75, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 74, “**Don’t judge yourself**,” is notably similar to the 2nd red circled Young phrase on p. 75, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 74, “**gently bring your attention back**,” is notably similar to the 3rd red circled Young phrase on p. 75, suggesting that the Young phrase and/or the entire Young quote teaches a Buddhist concept. The 4th red circled psychic channeling phrase on p. 74, “**Do not be discouraged**,” is notably similar to the 4th red circled Young phrase on p. 75, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 74, “**Refocus your mind**,” is notably similar to the 5th red circled Young phrase on p. 75, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 74, shown side-by-side with similar Young quotes on p. 75, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Maintain Focus.” Furthermore, the entire list of similar Young quotes on p. 75, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Maintain Focus” is taught *repetitively* in the *Jesus Calling* series.

15. Tune In The 1st red circled psychic channeling phrase on p. 78, “**radio**,” is notably similar to the 1st red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 78, “**Tune in to Me**,” is notably similar to the 2nd red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 78, “**ATTUNEMENT TO SPIRIT**,” is notably similar to the 3rd red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 78, “**antennae out**,” is notably similar to the 4th red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 78, “**pick up**,” is notably similar to the 5th red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 78, “**receptive to them**,” is notably similar to the 6th red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 78, “**increasing your receptivity**,” is notably similar to the 7th red circled Young phrase on p. 79, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 78, shown side-by-side with similar Young quotes on p. 79, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Tune In.” Furthermore, the entire list of similar Young quotes on p. 79, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Tune In” is taught *repetitively* in the *Jesus Calling* series.

16. Visualize Cleansing The 1st red circled psychic channeling phrase on p. 80, “**cleansing**,” is notably similar to the 1st red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 80, “**peace and calm that washes over you**,” is notably similar to the 2nd red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 80, “**light all around that pours in**,” is notably similar to the 3rd red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 80, “**healing and cleansing**,” is notably similar to the 4th red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 80, “**shower**,” is notably similar to the 5th red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 80, “**love . . . As it washes over you**,” is notably similar to the 6th red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 80, “**imagination**,” is notably similar to the 7th red circled Young phrase on p. 81, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 80, shown side-by-side with similar Young quotes on p. 81, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Visualize Cleansing.” Furthermore, the entire list of similar Young quotes on p. 81, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Visualize Cleansing” is taught *repetitively* in the *Jesus Calling* series.

17. Visualize Shielding The 1st red circled psychic channeling phrase on p. 82, “**visualize**,” is notably similar to the 1st red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 82, “**protective**,” is notably similar to the 2nd red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 82, “**goldish-white light**,” is notably similar to the 3rd red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 82, “**cocoon of light**,” is notably similar to the 4th red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept.

concept. The 5th red circled psychic channeling phrase on p. 82, “**golden bubble of light**,” is notably similar to the 5th red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 82, “**cloak of light**,” is notably similar to the 6th red circled Young phrase on p. 83, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 82, shown side-by-side with similar Young quotes on p. 83, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Visualize Shielding.” Furthermore, the entire list of similar Young quotes on p. 83, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Visualize Shielding” is taught *repetitively* in the *Jesus Calling* series.

18. Bask in Love and Light The 1st red circled psychic channeling phrase on p. 84, “**brilliant white light**,” is notably similar to the 1st red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 84, “**Bask in the light and love**,” is notably similar to the 2nd red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 84, “**feel light**,” is notably similar to the 3rd red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 84, “**golden, spiritual light**,” is notably similar to the 4th red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 84, “**face begin to tingle**,” is notably similar to the 5th red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 84, “**nourishment of divine light**,” is notably similar to the 6th red circled Young phrase on p. 85, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 84, shown side-by-side with similar Young quotes on p. 85, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Bask in Love and Light.” Furthermore, the entire list of similar Young quotes on p. 85, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Bask in Love and Light” is taught *repetitively* in the *Jesus Calling* series.

19. Imagine a Door The 1st red circled psychic channeling phrase on p. 86, “**Open the door**,” is notably similar to the 1st red circled Young phrase on p. 87, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 86, “**Close the Door**,” is notably similar to the 2nd red circled Young phrase on p. 87, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 86, shown side-by-side with similar Young quotes on p. 87, and with similarities highlighted via 2 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Imagine a Door.” Furthermore, the entire list of similar Young quotes on p. 87, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Imagine a Door” is taught *repetitively* in the *Jesus Calling* series.

20. Sense Your Guide’s Presence/Sense “Jesus’s” Presence The 1st red circled psychic channeling phrase on p. 88, “**tingling**,” is notably similar to the 1st red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 88, “**feel their presence**,” is notably similar to the 2nd red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 88, “**caresses**,” is notably similar to the 3rd red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 88, “**gentle breeze**,” is notably similar to the 4th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 88, “**hover near my right shoulder**,” is notably similar to the 5th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling

concept. The 6th red circled psychic channeling phrase on p. 88, “**close by your side**,” is notably similar to the 6th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 88, “**gentle kiss**,” is notably similar to the 7th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 88, “**gentle touch**,” is notably similar to the 8th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 9th red circled psychic channeling phrase on p. 88, “**sitting with you**,” is notably similar to the 9th red circled Young phrase on p. 89, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 88, shown side-by-side with similar Young quotes on p. 89, and with similarities highlighted via 9 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Sense Your Guide’s Presence.” Furthermore, the entire list of similar Young quotes on p. 89, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Sense Your Guide’s Presence” is taught *repetitively* in the *Jesus Calling* series.

21. Visualize Your Guide/Visualize “Jesus” The 1st red circled psychic channeling phrase on p. 90, “**stand in front of you**,” is notably similar to the 1st red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 90, “**mind’s eye**,” is notably similar to the 2nd red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 90, “**approaches**,” is notably similar to the 3rd red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 90, “**path**,” is notably similar to the 4th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 90, “**smile of your guide**,” is notably similar to the 5th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 90, “**holds out his hand**,” is notably similar to the 6th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 90, “**sit beside you**,” is notably similar to the 7th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 90, “**follow him**,” is notably similar to the 8th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 9th red circled psychic channeling phrase on p. 90, “**I want to see you**,” is notably similar to the 9th red circled Young phrase on p. 91, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 90, shown side-by-side with similar Young quotes on p. 91, and with similarities highlighted via 9 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Visualize Your Guide.” Furthermore, the entire list of similar Young quotes on p. 91, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Visualize Your Guide” is taught *repetitively* in the *Jesus Calling* series.

22. Gaze into Your Guide’s Face/Gaze into “Jesus’s” Face The 1st red circled psychic channeling phrase on p. 92, “**practice is to gaze**,” is notably similar to the 1st red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 92, “**Spirit’s face**,” is notably similar to the 2nd red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 92, “**looking into the eyes**,” is notably similar to the 3rd red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 92, “**relaxed and unfocused gaze**,” is notably similar to the 4th red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 92, “**close your eyes**,” is notably similar to the 5th red

circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 92, “**face-to-face**,” is notably similar to the 6th red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 92, “**face to face with the spirit**,” is notably similar to the 7th red circled Young phrase on p. 93, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 92, shown side-by-side with similar Young quotes on p. 93, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Gaze into Your Guide’s Face.” Furthermore, the entire list of similar Young quotes on p. 93, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Gaze into Your Guide’s Face” is taught *repetitively* in the *Jesus Calling* series.

23. Feel Your Guide’s Hand/Feel “Jesus’s” Hand The 1st red circled psychic channeling phrase on p. 94, “**reach out**,” is notably similar to the 1st red circled Young phrase on p. 95, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 94, “**Visualize that the two of you are holding hands**,” is notably similar to the 2nd red circled Young phrase on p. 95, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 94, “**take our hands**,” is notably similar to the 3rd red circled Young phrase on p. 95, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 94, “**help**,” is notably similar to the 4th red circled Young phrase on p. 95, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 94, “**grasp of a hand pulling me out**,” is notably similar to the 5th red circled Young phrase on p. 95, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 94, shown side-by-side with similar Young quotes on p. 95, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Feel Your Guide’s Hand.” Furthermore, the entire list of similar Young quotes on p. 95, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Feel Your Guide’s Hand” is taught *repetitively* in the *Jesus Calling* series.

24. Make Room for Your Guide/Make Room for “Jesus” The 1st red circled psychic channeling phrase on p. 96, “**house**,” is notably similar to the 1st red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 96, “**inviting**,” is notably similar to the 2nd red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 96, “**room for the other energy**,” is notably similar to the 3rd red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 96, “**create your heart space**” is notably similar to the 4th red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 96, “**make more room for Me**,” is notably similar to the 5th red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 96, “**uncluttering your mind**,” is notably similar to the 6th red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 96, “**allowing a higher being to occupy it**,” is notably similar to the 7th red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 96, “**vacate your space**,” is notably similar to the 8th red circled Young phrase on p. 97, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 96, shown side-by-side with similar Young quotes on p. 97, and with similarities highlighted via 8 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Make Room for Your Guide.” Furthermore, the entire list of similar Young quotes on p. 97, with similarities and patterns

noted by bolding, suggests that the psychic channeling step labeled “Make Room for Your Guide” is taught *repetitively* in the *Jesus Calling* series.

25. Empty Yourself The 1st red circled psychic channeling phrase on p. 98, “**vessel**,” is notably similar to the 1st red circled Young phrase on p. 99, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 98, “**empty**,” is notably similar to the 2nd red circled Young phrase on p. 99, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 98, “**Come to me each day like an empty cup**,” is notably similar to the 3rd red circled Young phrase on p. 99, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 98, “**ready to be refilled**,” is notably similar to the 4th red circled Young phrase on p. 99, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 98, “**empty space**,” is notably similar to the 5th red circled Young phrase on p. 99, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 98, shown side-by-side with similar Young quotes on p. 99, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Empty Yourself.” Furthermore, the entire list of similar Young quotes on p. 99, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Empty Yourself” is taught *repetitively* in the *Jesus Calling* series.

26. Get Ready to Receive The 1st red circled psychic channeling phrase on p. 100, “**ready to receive**,” is notably similar to the 1st red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 100, “**expect to receive**,” is notably similar to the 2nd red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 100, “**Hold out your hands**,” is notably similar to the 3rd red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 100, “**gift**,” is notably similar to the 4th red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 100, “**arms to open and float up**,” is notably similar to the 5th red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 100, “**receive the peace and love**,” is notably similar to the 6th red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 100, “**welcoming this guide**,” is notably similar to the 7th red circled Young phrase on p. 101, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 100, shown side-by-side with similar Young quotes on p. 101, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Get Ready to Receive.” Furthermore, the entire list of similar Young quotes on p. 101, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Get Ready to Receive” is taught *repetitively* in the *Jesus Calling* series.

27. Invite Your Guide/Invite “Jesus” The 1st red circled psychic channeling phrase on p. 102, “**waiting for you**,” is notably similar to the 1st red circled Young phrase on p. 103, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 102, “**waiting for you to invite**,” is notably similar to the 2nd red circled Young phrase on p. 103, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 102, “**Invite your guide into**,” is notably similar to the 3rd red circled Young phrase on p. 103, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 102, “**invite Spirit in**,” is notably similar to the 4th red circled Young phrase on p. 103, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 102, shown side-by-side with similar Young quotes on p. 103, and with similarities highlighted via 4

pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled "Invite Your Guide." Furthermore, the entire list of similar Young quotes on p. 103, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled "Invite Your Guide" is taught *repetitively* in the *Jesus Calling* series.

28. Let Your Guide Come In/Let "Jesus" Come In The 1st red circled psychic channeling phrase on p. 104, "**let your guide come fully into,**" is notably similar to the 1st red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 104, "**let this into,**" is notably similar to the 2nd red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 104, "**Breathe in presence,**" is notably similar to the 3rd red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 104, "**breathe in life-force energy,**" is notably similar to the 4th red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 104, "**peaceful energy flowing into your body,**" is notably similar to the 5th red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 104, "**Feel the life-force energy flowing into you,**" is notably similar to the 6th red circled Young phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 104, "**take over,**" is notably similar to the 7th circled phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 104, "**spirit takes full possession,**" is notably similar to the 8th circled phrase on p. 105, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 104, shown side-by-side with similar Young quotes on p. 105, and with similarities highlighted via 8 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled "Let Your Guide Come In." Furthermore, the entire list of similar Young quotes on p. 105, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled "Let Your Guide Come In" is taught *repetitively* in the *Jesus Calling* series.

29. Feel Yourself Expanding The 1st red circled psychic channeling phrase on p. 106, "**expansion,**" is notably similar to the 1st red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 106, "**love,**" is notably similar to the 2nd red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 106, "**bigger,**" is notably similar to the 3rd red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 106, "**feel as if you might explode,**" is notably similar to the 4th red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 106, "**expanding,**" is notably similar to the 5th red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 106, "**crushing,**" is notably similar to the 6th red circled Young phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 106, "**love,**" is notably similar to the 7th circled phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 106, "**handle,**" is notably similar to the 8th circled phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 9th red circled psychic channeling phrase on p. 106, "**more room for Me,**" is notably similar to the 9th circled phrase on p. 107, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 106, shown side-by-side with similar Young quotes on p. 107, and with similarities highlighted via 9 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled "Feel Yourself

Expanding.” Furthermore, the entire list of similar Young quotes on p. 107, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Feel Yourself Expanding” is taught *repetitively* in the *Jesus Calling* series.

30. Absorb Your Guide/Absorb “Jesus” The 1st red circled psychic channeling phrase on p. 108, “**absorb My divine love,**” is notably similar to the 1st red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 108, “**your face up to My radiance,**” is notably similar to the 2nd red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 108, “**Let this love seep into,**” is notably similar to the 3rd red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 108, “**melt,**” is notably similar to the 4th red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 108, “**link,**” is notably similar to the 5th red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 108, “**merge,**” is notably similar to the 6th red circled Young phrase on p. 109, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 108, shown side-by-side with similar Young quotes on p. 109, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Absorb Your Guide.” Furthermore, the entire list of similar Young quotes on p. 109, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Absorb Your Guide” is taught *repetitively* in the *Jesus Calling* series.

31. Feel Warmth The 1st red circled psychic channeling phrase on p. 110, “**feel a sense of warmth or security,**” is notably similar to the 1st red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 110, “**Soul’s silken warmth,**” is notably similar to the 2nd red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 110, “**warm feeling,**” is notably similar to the 3rd red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 110, “**wrapped a warm blanket around me,**” is notably similar to the 4th red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 110, “**feel the warmth of unconditional love,**” is notably similar to the 5th red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 110, “**warm, intimate,**” is notably similar to the 6th red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 110, “**warmth of the sun,**” is notably similar to the 7th red circled Young phrase on p. 111, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 110, shown side-by-side with similar Young quotes on p. 111, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Feel Warmth.” Furthermore, the entire list of similar Young quotes on p. 111, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Feel Warmth” is taught *repetitively* in the *Jesus Calling* series.

32. Feel Wrapped in Spirit The 1st red circled psychic channeling phrase on p. 112, “**loving energy that wraps around . . . you,**” is notably similar to the 1st red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 112, “**protected,**” is notably similar to the 2nd red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 112, “**My peace and love surround,**” is notably similar to the 3rd red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling

concept. The 4th red circled psychic channeling phrase on p. 112, **“love enfold you,”** is notably similar to the 4th red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 112, **“peace enfold you,”** is notably similar to the 5th red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 112, **“Encircled in those arms,”** is notably similar to the 6th red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 112, **“loving embrace,”** is notably similar to the 7th red circled Young phrase on p. 113, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 112, shown side-by-side with similar Young quotes on p. 113, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Feel Wrapped in Spirit.” Furthermore, the entire list of similar Young quotes on p. 113, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Feel Wrapped in Spirit” is taught *repetitively* in the *Jesus Calling* series.

33. Sense Yourself Rising The 1st red circled psychic channeling phrase on p. 114, **“hot-air balloon,”** is notably similar to the 1st red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 114, **“inside the basket,”** is notably similar to the 2nd red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 114, **“Looking down,”** is notably similar to the 3rd red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 114, **“weight,”** is notably similar to the 4th red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 114, **“take you higher,”** is notably similar to the 5th red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 114, **“your spirit to soar,”** is notably similar to the 6th red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 114, **“lifting,”** is notably similar to the 7th red circled Young phrase on p. 115, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 114, shown side-by-side with similar Young quotes on p. 115, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Sense Yourself Rising.” Furthermore, the entire list of similar Young quotes on p. 115, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Sense Yourself Rising” is taught *repetitively* in the *Jesus Calling* series.

34. Taste Heaven The 1st red circled psychic channeling phrase on p. 116, **“glimpse the glory of heaven right here on earth,”** is notably similar to the 1st red circled Young phrase on p. 117, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 116, **“ecstasy,”** is notably similar to the 2nd red circled Young phrase on p. 117, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 116, **“experience,”** is notably similar to the 3rd red circled Young phrase on p. 117, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 116, **“doors of heaven are swung wide open,”** is notably similar to the 4th red circled Young phrase on p. 117, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 116, **“eternity,”** is notably similar to the 5th red circled Young phrase on p. 117, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 116, shown side-by-side with similar Young quotes on p. 117, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Taste Heaven.” Furthermore, the entire list of similar Young quotes on p. 117, with similarities and patterns noted by

holding, suggests that the psychic channeling step labeled “Taste Heaven” is taught *repetitively* in the *Jesus Calling* series.

35. Ask Questions The 1st red circled psychic channeling phrase on p. 120, “**ask your teacher guides to reveal themselves to you,**” is notably similar to the 1st red circled Young phrase on p. 121, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 120, “**Ask your guide, ‘What am I learning,’**” is notably similar to the 2nd red circled Young phrase on p. 121, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 120, “**Wait for the answer,**” is notably similar to the 3rd red circled Young phrase on p. 121, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 120, shown side-by-side with similar Young quotes on p. 121, and with similarities highlighted via 3 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Ask Questions.” Furthermore, the entire list of similar Young quotes on p. 121, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Ask Questions” is taught *repetitively* in the *Jesus Calling* series.

36. Listen The 1st red circled psychic channeling phrase on p. 122, “**reveal to you,**” is notably similar to the 1st red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 122, “**ideas,**” is notably similar to the 2nd red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 122, “**messages,**” is notably similar to the 3rd red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 122, “**call your name,**” is notably similar to the 4th red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 122, “**saying to you, ‘Come,’**” is notably similar to the 5th red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 122, “**listen to what I have to say,**” is notably similar to the 6th red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 122, “**in your heart,**” is notably similar to the 7th red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 122, “**directly,**” is notably similar to the 8th red circled Young phrase on p. 123, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 122, shown side-by-side with similar Young quotes on p. 123, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Listen.” Furthermore, the entire list of similar Young quotes on p. 123, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Listen” is taught *repetitively* in the *Jesus Calling* series.

37. Hear Whispers The 1st red circled psychic channeling phrase on p. 124, “**hear,**” is notably similar to the 1st red circled Young phrase on p. 125, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 124, “**hearing someone whispering,**” is notably similar to the 2nd red circled Young phrase on p. 125, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 124, “**soft,**” is notably similar to the 3rd red circled Young phrase on p. 125, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 124, “**gentle whispers,**” is notably similar to the 4th red circled Young phrase on p. 125, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 124, “**whisperings in your heart,**” is notably similar to the 5th red circled Young phrase on p. 125, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 124, shown side-by-side with similar Young quotes on p. 125, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series

teaches the psychic channeling step labeled “Hear Whispers.” Furthermore, the entire list of similar Young quotes on p. 125, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Hear Whispers” is taught *repetitively* in the *Jesus Calling* series.

38. Hear Music The 1st red circled psychic channeling phrase on p. 126, “**music**,” is notably similar to the 1st red circled Young phrase on p. 127, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 126, “**my song**,” is notably similar to the 2nd red circled Young phrase on p. 127, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 126, “**Do you hear what I am singing**” is notably similar to the 3rd red circled Young phrase on p. 127, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 126, “**continuous**,” is notably similar to the 4th red circled Young phrase on p. 127, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 126, “**dance this dance with me**” is notably similar to the 5th red circled Young phrase on p. 127, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 126, shown side-by-side with similar Young quotes on p. 127, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Hear Music.” Furthermore, the entire list of similar Young quotes on p. 127, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Hear Music” is taught *repetitively* in the *Jesus Calling* series.

39. Converse The 1st red circled psychic channeling phrase on p. 128, “**joy and excitement**,” is notably similar to the 1st red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 128, “**I commune**,” is notably similar to the 2nd red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 128, “**a conversation with your guides**,” is notably similar to the 3rd red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 128, “**Talk about your problems**,” is notably similar to the 4th red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 128, “**discuss**,” is notably similar to the 5th red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 128, “**Share everything**,” is notably similar to the 6th red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 128, “**a dialogue with them**,” is notably similar to the 7th red circled Young phrase on p. 129, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 128, shown side-by-side with similar Young quotes on p. 129, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Converse.” Furthermore, the entire list of similar Young quotes on p. 129, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Converse” is taught *repetitively* in the *Jesus Calling* series.

40. Surrender Control The 1st red circled psychic channeling phrase on p. 130, “**surrender**,” is notably similar to the 1st red circled Young phrase on p. 131, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 130, “**control your thoughts**,” is notably similar to the 2nd red circled Young phrase on p. 131, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 130, “**allow your spirit guides to take control**,” is notably similar to the 3rd red circled Young phrase on p. 131, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 130, “**relinquishing control**,” is notably similar to the 4th red circled Young phrase on p. 131, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 130, “**relinquish control over your life**,” is notably similar to the 5th red

circled Young phrase on p. 131, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 130, shown side-by-side with similar Young quotes on p. 131, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Surrender Control.” Furthermore, the entire list of similar Young quotes on p. 131, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Surrender Control” is taught *repetitively* in the *Jesus Calling* series.

41. Think God Thoughts The 1st red circled psychic channeling phrase on p. 132, “**their thoughts into our consciousness,**” is notably similar to the 1st red circled Young phrase on p. 133, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 132, “**thoughts being projected into your mind,**” is notably similar to the 2nd red circled Young phrase on p. 133, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 132, “**allowing their thoughts to become your thoughts,**” is notably similar to the 3rd red circled Young phrase on p. 133, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 132, shown side-by-side with similar Young quotes on p. 133, and with similarities highlighted via 3 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Think God Thoughts.” Furthermore, the entire list of similar Young quotes on p. 133, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Think God Thoughts” is taught *repetitively* in the *Jesus Calling* series.

42. Write Down Messages The 1st red circled psychic channeling phrase on p. 134, “**messages,**” is notably similar to the 1st red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 134, “**write down any words or insights that your guide gives to you,**” is notably similar to the 2nd red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 134, “**Don’t think about what you are writing,**” is notably similar to the 3rd red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 134, “**listen, and write,**” is notably similar to the 4th red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 134, “**journal,**” is notably similar to the 5th red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 134, “**impressions,**” is notably similar to the 6th red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 134, “**anything that your guide shared with you,**” is notably similar to the 7th red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 8th red circled psychic channeling phrase on p. 134, “**writing will start to flow,**” is notably similar to the 8th red circled Young phrase on p. 135, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 134, shown side-by-side with similar Young quotes on p. 135, and with similarities highlighted via 8 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Write Down Messages.” Furthermore, the entire list of similar Young quotes on p. 135, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Write Down Messages” is taught *repetitively* in the *Jesus Calling* series.

43. Transition/Thank Your Guide/Thank “Jesus” The 1st red circled psychic channeling phrase on p. 136, “**return,**” is notably similar to the 1st red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 136, “**back,**” is notably similar to the 2nd red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 136, “**it is time to return,**” is notably similar to the 3rd red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled

psychic channeling phrase on p. 136, “**ready to come back**,” is notably similar to the 4th red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 136, “**down the mountain**,” is notably similar to the 5th red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 136, “**guidance**,” is notably similar to the 6th red circled Young phrase on p. 137, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 136, shown side-by-side with similar Young quotes on p. 137, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Transition/Thank Your Guide.” Furthermore, the entire list of similar Young quotes on p. 137, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Transition/Thank Your Guide” is taught *repetitively* in the *Jesus Calling* series.

44. Let Your Guide Live Through You/Let “Jesus” Live Through You The 1st red circled psychic channeling phrase on p. 140, “**letting Him live through you**,” is notably similar to the 1st red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 140, “**think through you**,” is notably similar to the 2nd red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 140, “**speak through you**,” is notably similar to the 3rd red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 140, “**work in and through you**,” is notably similar to the 4th red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 140, “**act through you**,” is notably similar to the 5th red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 140, “**God is able**,” is notably similar to the 6th red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 140, “**become My hands**,” is notably similar to the 7th red circled Young phrase on p. 141, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 140, shown side-by-side with similar Young quotes on p. 141, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Let Your Guide Live Through You.” Furthermore, the entire list of similar Young quotes on p. 141, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Let Your Guide Live Through You” is taught *repetitively* in the *Jesus Calling* series.

45. Channel to Help Others The 1st red circled psychic channeling phrase on p. 142, “**allow Me to use you**,” is notably similar to the 1st red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 142, “**channel My divine love**,” is notably similar to the 2nd red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 142, “**I can use you as channels . . . to help many**,” is notably similar to the 3rd red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 142, “**Let My love flow through you**,” is notably similar to the 4th red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 142, “**love of God glow through them**,” is notably similar to the 5th red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 142, “**joy pour through you**,” is notably similar to the 6th red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 142, “**energies to flow through you**,” is notably similar to the 7th red circled Young phrase on p. 143, suggesting that the Young phrase and/or the entire Young

quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 142, shown side-by-side with similar Young quotes on p. 143, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Channel to Help Others.” Furthermore, the entire list of similar Young quotes on p. 143, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Channel to Help Others” is taught *repetitively* in the *Jesus Calling* series.

46. Maintain Conscious Awareness The 1st red circled psychic channeling phrase on p. 144, **“awareness is vitally,”** is notably similar to the 1st red circled Young phrase on p. 145, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 144, **“Train yourself to become constantly aware,”** is notably similar to the 2nd red circled Young phrase on p. 145, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 144, **“conscious awareness of the Presence,”** is notably similar to the 3rd red circled Young phrase on p. 145, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 144, **“aware of My presence,”** is notably similar to the 4th red circled Young phrase on p. 145, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 144, **“Increased awareness,”** is notably similar to the 5th red circled Young phrase on p. 145, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 144, shown side-by-side with similar Young quotes on p. 145, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Maintain Conscious Awareness.” Furthermore, the entire list of similar Young quotes on p. 145, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Maintain Conscious Awareness” is taught *repetitively* in the *Jesus Calling* series.

47. Live in the Now The 1st red circled psychic channeling phrase on p. 146, **“Now,”** is notably similar to the 1st red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 146, **“awareness of time is absent,”** is notably similar to the 2nd red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 146, **“Live in the now,”** is notably similar to the 3rd red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 146, **“living in the moment,”** is notably similar to the 4th red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 146, **“The present moment is ultimately where,”** is notably similar to the 5th red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 146, **“change,”** is notably similar to the 6th red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 146, **“Presence,”** is notably similar to the 7th red circled Young phrase on p. 147, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 146, shown side-by-side with similar Young quotes on p. 147, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Live in the Now.” Furthermore, the entire list of similar Young quotes on p. 147, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Live in the Now” is taught *repetitively* in the *Jesus Calling* series.

48. Repeat Affirmations The 1st red circled psychic channeling phrase on p. 148, **“Affirmations are good protection,”** is notably similar to the 1st red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 148, **“mirror,”** is notably similar to the 2nd red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 148, **“before getting out of bed in the morning,”** is notably similar to the 3rd red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic

channeling concept. The 4th red circled psychic channeling phrase on p. 148, “**before going to sleep**,” is notably similar to the 4th red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 148, “**Affirm that you have absolute . . . trust in Me**,” is notably similar to the 5th red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 148, “**I am safe**,” is notably similar to the 6th red circled Young phrase on p. 149, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 148, shown side-by-side with similar Young quotes on p. 149, and with similarities highlighted via 6 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Repeat Affirmations.” Furthermore, the entire list of similar Young quotes on p. 149, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Repeat Affirmations” is taught *repetitively* in the *Jesus Calling* series.

49. Look for Signs The 1st red circled psychic channeling phrase on p. 150, “**Seek for the signs**,” is notably similar to the 1st red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 150, “**Signs from Spirit**,” is notably similar to the 2nd red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 150, “**subtle**,” is notably similar to the 3rd red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 150, “**look around**,” is notably similar to the 4th red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 150, “**setting sun**,” is notably similar to the 5th red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 6th red circled psychic channeling phrase on p. 150, “**chirping birds**,” is notably similar to the 6th red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 7th red circled psychic channeling phrase on p. 150, “**pouring rain**,” is notably similar to the 7th red circled Young phrase on p. 151, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 150, shown side-by-side with similar Young quotes on p. 151, and with similarities highlighted via 7 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Look for Signs.” Furthermore, the entire list of similar Young quotes on p. 151, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Look for Signs” is taught *repetitively* in the *Jesus Calling* series.

50. Raise Your Vibrations The 1st red circled psychic channeling phrase on p. 152, “**laugh**,” is notably similar to the 1st red circled Young phrase on p. 153, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 2nd red circled psychic channeling phrase on p. 152, “**lighthearted**,” is notably similar to the 2nd red circled Young phrase on p. 153, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 3rd red circled psychic channeling phrase on p. 152, “**Laughter**,” is notably similar to the 3rd red circled Young phrase on p. 153, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 4th red circled psychic channeling phrase on p. 152, “**gratitude**,” is notably similar to the 4th red circled Young phrase on p. 153, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. The 5th red circled psychic channeling phrase on p. 152, “**stop judging yourself**,” is notably similar to the 5th red circled Young phrase on p. 153, suggesting that the Young phrase and/or the entire Young quote teaches a psychic channeling concept. Also, the list of quotes from psychic channeling books on p. 152, shown side-by-side with similar Young quotes on p. 153, and with similarities highlighted via 5 pairs of red circled text, suggest that the *Jesus Calling* series teaches the psychic channeling step labeled “Raise Your Vibrations.” Furthermore, the entire list of similar Young quotes on p. 153, with similarities and patterns noted by bolding, suggests that the psychic channeling step labeled “Raise Your Vibrations” is taught *repetitively* in the *Jesus Calling* series.

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Writing As An Occult Tool

“Of all our means of communicating with spirits, manual writing is the simplest, most convenient, and most complete, for it enables us to establish regular and continuous relations with spirits, and thus to ascertain their nature and quality, to learn their thoughts, and to appreciate them at their true value.”

— Allan Kardec, *The Mediums' Book* (1861), p. 75

“You also need to utilize your imagination when planning to know more about your spirit guides. Buy a journal and pen, so you can begin writing and allow your imagination to flow freely. Just make sure that you are in a quiet and relaxing place when writing.”

— Tabitha Zalot, *Mediumship*, p. 35

“Writing is an excellent way to talk with your guides, especially in the beginning, because it allows you to listen and document your experience simultaneously. Sit at the computer or in a quiet place with pen and paper . . . ”

— Debra Engle, *Let Your Spirit Guides Speak*, p. 50

tingles . . . warmth . . .
a soft breeze across your
cheek . . . a gentle touch . . .
a quiet whisper . . . a caress
. . . a loving face . . . a kiss . . .
a presence hovering over
your shoulder . . . a figure
beckoning you to follow
(pp. 88-93, 125)

In the world of psychic channeling, these sensations are known as “calling cards” — physical, visual or audible signs of a spirit guide’s presence. So why are Sarah Young’s readers conditioned to welcome these sensations as genuine experiences of Jesus Christ?

With over 40 million copies sold as of 2022, *Jesus Calling* and its sequels are influencing multitudes around the world. But what do they really teach? This book reveals hundreds of quotations from Young’s books that closely match quotations from channeling/mediumship books, and invites readers to compare these messages against biblical Christianity.