



The Art of Channeling

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Table of Contents

Chapter One	5
Channeling, Ancient Origins	5
Modern Channeling	7
The Purpose of Channeling	9
Channels, Mediums, and Psychics	9
Chapter Two	11
Finding a Genuine Channel	11
A Question of Fees	12
Does it make sense?	12
What should you expect?	13
What to Beware of with Channeled Guides (masters, teachers, guides, higher sources)	14
Chapter Three	17
Developing Channeling Skills	17
Unrecognized Forms of Channeling	18
Recognized Forms of Channeling	19
Chapter Four	24
Channeled Sources	24
Emotions	27
Like attracts Like	27

Physical Health	27	
Where do Channeled Sources Come From?	28	
Chapter Five		33
Learning to Channel	33	
Distinguishing a Guide's Message from Your Own Mind Chatter?	36	

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Since the 1970's, channeling has blossomed in the spiritual/metaphysical community. More people are opening to the channeling experience than ever before. But what is channeling? You won't find a definition of it in your Webster's, or Britannica. Channeling is not easily described. Perhaps this is because each channel's experience is unique.

To experience channeling, the mind must be quiet and still. You must open a part of yourself normally closed to direct communication with the invisible worlds. This allows thoughts, ideas, wisdom, and knowledge to pass from the realm of expanded consciousness to the channel. The messages move through the channels brain and translate into language and symbols. Channeling can be done solely for personal growth, for the benefit of others, or both.

This is a simple, straightforward text. You will find guidance on how to find a good channel, how to get the most out of your experience, and how to open to your own channeling experience.

I originally wrote this book as a supplemental guide for my channeling students, to answer to the many questions I have received about how to find a good channel and how to develop one's own skills as a channeler.

I hope you enjoy this little book and find it useful.

Namaste,

Anita Lintner

Chapter One

Channeling, Ancient Origins

As with most new age practices, channeling is an ancient art with a new twist and a new name. Ancient records speak of prophets, seers, oracles, and priests who became filled with light and spirit, and spoke the words of the gods.

In ancient Greece, female oracles were revered for their ability to relay messages from the gods to the people. These women were so valuable to society that they were occasionally kidnapped by neighboring countries. In Pharaonic Egypt, the temple priests and priestesses were what we would now call *channels*. In the “Holy of Holies,” the inner sanctum of each temple, the oracles would speak to the leaders of Egypt.

The Pharaohs of Egypt were also expected to be channels for the gods. When Queen Hatchepsut, the only female Pharaoh in the history of Egypt, wanted to be accepted as Pharaoh of all Egypt, she retreated into to the temple’s Holy of Holies. When she emerged, she announced that Osiris had spoken to her and called her “son.” The queen said that Osiris had declared her King of upper and lower Egypt.

Nearly every ancient society included oracles of some kind in their religious practices. In these societies, religion and daily life were not as widely separated as they are in today's western societies. In the ancient days, the gods maintained a close contact with the people and spoke to them, through channels of home, family, government, war, and peace.

In early Christian traditions, channeling was called "*speaking in the ecstasy of tongues,*" and "*prophesying.*" Before the 4th century, many Christian groups were comprised of believers who met, meditated, became filled with "spirit," and channeled the wisdom of the Christ. Paul fought against the rising movement to organize Christians into a "church" with only a selected few able to communicate through spirit. Paul believed that spirit should work freely through all Christians. Being a Christian, to Paul and his contemporaries, meant allowing spirit to come through in prophecy, teaching, working miracles, healing, and speaking in tongues.

Tertullian, an influential Christian leader of the 2nd century, considered Christians to be supermen because spirit worked through them. Marcus Aurelius, persecuted Christians because they prophesied and spoke in tongues.

Early Christian women were gifted channels. So gifted, that Roman women left their homes and husbands in droves to become a part of the new Christian cult. When Roman men complained, women were barred from holding any position of responsibility within the Christian groups. By the 6th century, channeling had completely disappeared from the Christian Church under mountains of prohibitions, superstitions, and fear.

Modern Channeling

Modern channeling, however, is not direct descendant of the early Christians. It probably grew as an offshoot of the Spiritualist



Kate, Leah, and Margaret Fox

movement which began in 1848 with Kate, Leah, and Margaret Fox. The Fox sisters began communicating with the spirit of a murdered peddler through a code of raps and taps. They received a great deal of fame and, in spite of their own admission of fraud, inspired a wave of interest in communicating with the dead.

In 1854 the first Spiritualist organization was formed, *The Society for the Diffusion of Spiritual Knowledge*.

What we now identify as channeling differs somewhat from the still strong Spiritualist movement. The process we know today as channeling probably results from a combination of Spiritualism, Theosophical and Rosicrucian, ancient Mystery Schools, and Eastern philosophy.

There have always been channels who brought messages to humankind through the higher planes. No doubt some were more clearly received and expressed than others. But, in the late 1970's channeling exploded into the metaphysical scene. Some channels attained superstar status through TV and radio, video, cassettes, and best seller books. Jane Roberts, who channeled a guide named