



Channeling - 3rd Party Channeling vs 1st Party Channeling and – How to Begin to 1st Party Channel in your own environment

The term 'channeling' is thrown around to mean different things to everyone. As its base – yes channeling is the process of gleaning a message from spirit/the unseen.

Third Party channeling is what we are doing in the development circles.

When you are dialoguing with a guide, energy, message during your process – you are third party channeling. You are recounting what the energy is communicating to you. You are not welcoming them into your body to speak through you. You are either repeating what you are being told/shown/hearing or you are synthesizing through your process – to then deliver.

A critical, first step upon dialoguing with a guide, energy, image or message – would be to vet it/them. Ask: what dimension are you from? Even if it isn't a guide showing themselves, if it is simply a voice – get in the habit now of vetting what dimension your hits and messages are from. This will ensure that you're creating those new, neural pathways of habit to work

from. If the guide/message/energy/image/etc. Doesn't respond with 5d or above (6d, 7d, 8d, etc) then:

- A) Dismiss them
- B) Ask them/it to come through at 5D or above
- C) Accept the message, dismiss the guide/energy/vision and thank it, then deliver the message to your peer citing an attempt to vet but having not received an answer you are simply delivering the message as is.
- D) An exception to this would be if you are talking to a passed on loved one – mediumship with passed on humans. They will likely cite 3D and 4D and in this case ask them who they are here for and what the message is and feel free to deliver it. I do not advise that you allow passed-on humans to trance channel through you, in any capacity.

The only person to trance channel/first party channel will be Angela in circles. There are many reasons for this - integrity of the circles & this container, how much energy that it can pull from others along with effects to the channeler's system. Furthermore, many new, trance channelers may not be aware of the energetic effects and residue and what else could be riding in with the energy.

Spirit has guided me to instruct students here in the CPP accordingly, if they would like to Trance Channel independently at home.

Trance Channeling, vocal channeling, First Party Channeling – all of these describe the process of allowing a spirit to speak through you. Trance Channeling got its name due to humans needing to go into a deep trance to connect to spirit. The consciousness was much lower then and the density of this dimension was less light-filled. In the late 1800's and early 20th Century - the Spiritualist Movement which included the history of the Fox Sisters – brought a lot of pageantry, drama and theatrics to Spiritualism as it was believed 'necessary' for people to 'believe' in life after death. Table

tipping, cabinet rapping, ectoplasm, transfiguration and trance channeling were all a part of this.

In the early versions of Trance Channeling, and honestly some people still do go this deep - most don't recall what they said during the channeling. In this 21st century consciousness - the trance states are variable.

Benefits of Trance Channeling:

- Increased Connection to Spirit
- Assistance with healing/clearing
- Amplification & Activation potential
- Welcoming in knowledge from a new guide
- Support & potential solutions from the channeling
 - Strengthens your subtle energy body
 - Increases frequency with each session
- Helps us to abandon fears, overcome lower frequency states

Reminders & Cautions that come with Trance Channeling:

- You may feel very elated for some time afterwards, re-grounding into the 3D is very important.
- You will likely feel ravenous and/or exhausted after your session
- Have clear opening and closing practices – particularly closing practices to take yourself completely out of the session and disconnect
- You may have an increase of 'Ascension Symptoms' as you are fast-tracking your development with spirit.
 - Hydration is key to ensure for yourself with this practice
- You may experience sleep disturbances as you are working in powerful ways with your pineal gland and your nervous system
- I discourage trance channeling if you are sick or recovering from something
- I strongly advise that you do this practice alone, as a personal practice for a number of sessions over a multi-month period, before

trance channeling for someone else. The energies of other people will come into this process and your becoming accustomed to how this affects you is important to know, before you begin to manage energies of another person or a group in this format.

- Be comfortable and well-versed in being able to read your own energy. Trance channeling *can* usher in other energies and being able to read your fields and clear them will assist you in cleaning up if something like this occurs.

Beginning an Independent, Trance Channeling Practice:

I advise that you work with one guide and one guide only, to begin with. You want to be sure that you are working with a minimum of a 5D guide. Do NOT trance channel passed-on loved ones nor beings that when you vet them identify as from the 1D, 2D (this is ok later on, after you've gained experience as much is constructed from the 2D that that exists across multiple dimensions), 3D, 4D or one that identifies as either InterDimensional or IntraDimensional.

Clear and set your space as sacred for your practice. This means to empty your fields, reduce distractions, perhaps turn down the lights, light a candle, set a crystal grid - any approach to sacred space is fine and highly personal. No wrong answers nor approaches to this – move with your knowing and discernment for your process.

Create a list of 3-5 questions to serve as dialogue points or jumping off points with the guide. Have these ready before you hit record. Perhaps read them over slowly, allowing them to come into your being – and trust and intend that you'll remember them while in the channeling.

If you plan to record your channeling (I do recommend this) set up your tech and hit record. Drop into that sacred space - thanking spirit, welcoming your guide into this space with you, etc.

Begin with having the guide join you in your fields. This means it may sit on your cushion with you, next to you, in front of you, etc. First pose a question and then as the guide responds to you – begin with 3rd party channeling. Let's say your guide is Alf from the 8D – then this would look like - Alf is saying xyz, pdq. You want to state what you are understanding Alf to say – along with all of the other ways through your psychic pathways – that you are receiving knowledge.

One of the many ways that information can come in is as a whole packet or block of knowledge. So you may find yourself saying - Alf is saying that we have had desalination technology for eons and the fact that the world leaders treat it as finite is wrong. Alf is suggesting that there are solutions that are being kept from the humans, etc.

So if you hear something, see something, feel something, know something – all of the ways that psychic messages can come through for you – honor these and start by stating in the third party what these are.

This is where your questions are a bit of a map - and feel free to stray from them and simply be in psychic conversation with Alf - restating what he says.

A next step would be, to ask your guide to show you/give you/offer you sensations of how your body may feel when he actually speaks through you. You may get some of these, none of these, all of these or completely different sensations. Trust what you are feeling and discern as you navigate.

Potential sensations:

- Tingling sensations anywhere
- Pressure on chest, heart, back of neck, between shoulder blades, on your third eye, etc.
- You may feel called to open and close your jaw/mouth.

- You may feel called to start ‘toning’ and uttering sounds - ahhhh, ooo, eeeeeeh, etc.
- You may feel light-headed. Ground-in more lean into your roots.
- It may feel easier to breathe or harder to breathe.

Next Step that I recommend is Toning. Toning is a general term used to describe your vocalization of different sounds. Chanting Ommmm is a version of toning that is also chanting. Toning is more opening your mouth and allowing sounds to come out of you, in a primal and organic way.

When we Tone, Chant and honor different ways of allowing energy and sound to move through our vocal cords, we are augmenting this pathway that trance channeling works across. You can tone as a practice without channeling as well. Additionally, light is sound and sound is light – they are all frequencies. So if you experience a melding of light and sound through all of your senses

A next step or as a Next Session:

Sit and invite the guide to tone through you. This can feel very tricky for many. Our egos come into play a lot – which is why knowing how to usher out your ego is crucial to moving through this practice. This includes: self-criticism, self-judgment, any berating of self, etc. We must escort MORE of our ego or said another way a higher percentage of our ego gets to be put to sleep for this process to work. More as in: you’ll have to escort our more of your ego than you find that you need to do, say in our development circles.

Even if in this step – you feel as if you are hearing {“Alf - 8D” in this example throughout} your guide tone but it isn’t working through your voice - allow your vocal cords now to mimic what you are hearing. Encourage (telepathically) through your intention and invitation to Alf to speak through you.

What will ensue when you've made it past this difficult seal or stage – is that you will feel your voice and Alf's perhaps layering in resonance.

Next Step – now you will know what it feels like to have had Alf speak through you, resonate through you while also merging with your voice and vocal cords. The more that you channel in your individual practice, you will continue to evolve your discernment of what this feels like and what other guides may feel like as they speak through you.

There is a lot that can come up in the process of trance channeling. Remember that while you are here - Angela is always open to guiding you and answering your questions or weighing in on what may be coming up for you and with the offer of next approaches and tips for your practice.

If you are not sure if you are open to this sort of first-party channeling, no worries at all! It's a deeply personal decision and you needn't push for any new skill if it doesn't feel aligned to who you are. AND – you can safely tone and chant, and continue to work with guides in the third-party channeling way – to evolve your process and yourselves.