

Channeling Development Questionnaire

I am writing to people who have received messages from or who are in communication with non-physical beings. Commonly people call these entities of good intention Angels, Archangels, Guides, transitioned loved ones, and ETs. Some people have been influenced by negative entities and give them the name Demons. For purpose of this discussion I will simply lump the good ones together and describe them as Heavenly Helpers. Please answer the following questions to help me understand the onset and development of your communication and/or guidance.

Please describe your contact or communication with any beings beyond the physical. Was it positive or negative? Was it audible outside of your head or did you hear it inside your head such as by telepathy? Did you see any visual images or light(s) associated with the communication?

1. At what age did your ability to communicate with Heavenly Helpers start?
2. Did you have the ability from birth?
3. Did members of your family of previous generations have this ability?
4. If the ability started later in life than birth, was there an event that triggered or caused it?
5. Did you gain this ability because it was something that you sought to experience, or was it given to you?
6. Has the ability changed since it began? If so, how has it changed?
7. Would you recommend to others that they seek to develop the ability to communicate with the Heavenly Helpers? What advice would you give to them?

Channeling Development Worksheet

This worksheet is for those who intend to develop their conscious connection with Heavenly Helpers in order to receive messages and energy for the evolution of humankind and the expansion of the universe.

☐ I have such an intention.

☐ I am ready to engage in practices that will open such channels of communication.

☐ I am willing to share the messages I receive to appropriate audiences.

Weekly Practices Table:

PRACTICE	MON	TUES	WED	THUR	FRI	SAT	SUN
Ask for help to make progress	☐	☐	☐	☐	☐	☐	☐
Meditation	☐	☐	☐	☐	☐	☐	☐
Sitting/tub soak/foot soak	☐	☐	☐	☐	☐	☐	☐
Visualize being in God's Presence	☐	☐	☐	☐	☐	☐	☐
Walk in Nature to observe	☐	☐	☐	☐	☐	☐	☐
Talk to the Earth	☐	☐	☐	☐	☐	☐	☐
Engage a flower	☐	☐	☐	☐	☐	☐	☐
Talk to a tree	☐	☐	☐	☐	☐	☐	☐
Automatic writing	☐	☐	☐	☐	☐	☐	☐
Spiritual reading or viewing	☐	☐	☐	☐	☐	☐	☐
Access Universal Knowledge	☐	☐	☐	☐	☐	☐	☐
Pray for others	☐	☐	☐	☐	☐	☐	☐
Gaze at the sun when low	☐	☐	☐	☐	☐	☐	☐
Wade in the salt surf	☐	☐	☐	☐	☐	☐	☐
Drink blessed water	☐	☐	☐	☐	☐	☐	☐
Sit under the pyramid	☐	☐	☐	☐	☐	☐	☐
Journaling	☐	☐	☐	☐	☐	☐	☐
Dream recording	☐	☐	☐	☐	☐	☐	☐
Creative writing	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Reflections

Describe your experiences, insights, messages, or guidance received:

Commentary:

ASK. If you ask for nothing, nothing will be given.

MEDITATION. Quiet the mind to hear God's whispers.

VISUALIZE. Be consciously present with God.

AUTOMATIC WRITING. Ask a question and write what comes to mind

PRAY. "Abba, _____name_____."

PYRAMID. The pyramid amplifies energies.

WALK

TALK/ENGAGE. Earth, Flower, Tree. Everything has consciousness.

GAZE to reconnect strands of DNA.

WADE to connect with energy.

TUB to facilitate energy throughout the body.

DRINK to receive the energy held by water.

READING to resonate with new concepts.

WRITE to clarify and communicate truths.

EXTEND LOVE. The goal is for all to engage consciously in the Oneness of Love.