

Soul's inner voice - Channelling from the source



Channelling is an amazing way to receive guidance or share insights with the

Souls inner voice - channel led guidance for myself.

Today you find yourself in a quandary about what is real and what is not. Even doing spiritual work, one can be consumed by ego or the fear of not achieving. It is only when we touch upon the source does the illusion of lack disappear. It may seem like our minds are being helped but true guidance comes from within and often feels like voice from nowhere. By preparing your body, you can stay in the source and so limiting the illusion that it might not work out. Once surrender and let go, we open up to the true essence of what it is about. You cannot hold onto life without living it and so experience is important but flowing is also. Don't get lost in the past or the future, live and breathe life in the moment. In the last six months, have you done what you were born to do, have you channel led any insights that may be shared. Your book will be an inspiration but not until you let go of what it is meant for. You cannot let the source be your guidance and then create material wealth from it. Wealth comes from being wealthy, not from searching for something to make us wealthy. If you haven't got any money, then stop vibrating you haven't got any. It is as simple as that. Life is not complicated until you make it so, and this is the lesson. Your fears of letting people down is taking over your circumstance and creating. You're creating your reality. Start now, I am abundant. I flow in the perfect energy that is a part of everything, so I am everything and thus everything is me. You already know your orders, you already know your path, so just experience it. Live it and breathe it, enjoy it and see the beauty of being. It is then you will find true peace and feel alive in the moment. By the source

For years I have been channelling information from the source. First of all people thought I had an old head on young shoulders but now I know that I was sharing insights from the energy that is apart of everything. It was a natural way of life for me and only till now do I truly understand what it is they are saying. When you feel the connection, life seems perfect and full of joy, is the only way I can express it. Helping others, has given me so much information that I started to create audio's and notes for people to share in the experience. Mediumship helped me to become a vessel and now I understand that in sharing I became the pupil and the teacher, as insights I shared was also for me to learn. After spending a year or so looking for answers down the beach, listening to audios from great writers, I saw and heard a common thread. I could tell what insights came from the source. For it inspired me to do more in my life. I hope to share this with you, as I embark on a new journey. I will create a facebook page for everyone to share their writings and put on the insights I have channelled through. In this free e-book I will give you the tools and knowledge to prepare your vessel, channel using automatic writing and by sharing we all can learn from the experience.

When in the source or just being, then it is easy to get insights but often when we need insights is when we are separated from the source and so guidance is to teach us of the separating rather than the path we have already chosen. When we free ourselves of fear, we open up to what we have already chosen and allow it to take shape and be automatically experienced. This is the key to channelling, to be a vessel who has no attachment to the outcome and so flowing in the source. The first stage is to prepare the vessel.

Preparing the vessel

The hardest part is that we are absorbing lessons and negative thoughts all day long. To Quit en the mind can be sometimes too hard and is why created " 1. source daily routine". The audio brings the perfect balancing elements of nature to you, cleanses your body / chakras (energy wheels of the body), and brings your body and soul to be one once more. Gets you flowing in abundance, health and wealth to free you from negative energy and illusions trapped on the body. To get you channeling straight away we have to by pass the brain. When the brain knows something it doesn't add ideas and thoughts to solve the problem. "2. Automatic writing," is allowing the pen to flow in ideas from the source as you can see in my channelled writing that follows:

This can also be done on audio's as you allow the ideas to flow onto a recording device. I have often gone back to the audio's to find ideas and thoughts I didn't realise I had said. By getting into the source, or some may say merging, you open up a world of information to share. I enjoy when meet with like minded souls, because they trigger the soul to communicate and why I call it the "souls inner voice". By "3. Awakening" this connection you can after a period of practise learn to just channel. Another way is to just put ideas and information on a piece of paper. Leave it till you start to get insights or places to go or people to meet. You suddenly see the universe or source working for you because sometimes experiencing it helps us to see the big picture. Often we may not know why we have chosen a path to take in life but the experience is important part of our learning or taking us in a new direction.

One day I wanted to know how I was channelling or communicating with spirit / source. I wanted to teach others this natural way that I had no idea how it was being done. In one afternoon I had created a 5 hour audio's on everything to do with mediumship. It taught me so much as I saw the connections to how I do it. I even was guided on how to do a 1-2-1 session so people could actually experience communicating with spirit. I found that some people have blockages from past life, where they have vowed not to use their ability. So the body would reject using like your clairvoyance (clear seeing) from the third eye, incase you got injured again. This brought me onto past life vibration al healing. I found traumas in past life after being guided to areas of the body, using my psychometry skills I could trace to the situation and help the person let go of

traumas or lessons that stopped them in this life. Quite amazing what the body can do and some who I have shared in the experience with, have found old traumas recreating themselves in this. One of the funniest was a lady who had an arrow lodged in her chest. It was certainly a delicate one to talk about but came to light she had surgery and one of her boobs had exploded. I now teach how to do vibrational healing, as it has helped me so much to have a clear vessel to channel. Many who have had the treatment have become clearer channellers for spirit and themselves. All the techniques and even how to clear childhood programming that we put in place to learn in this life have been channelled. I think also experience plays in a factor, so being an empath and feeling others pain, has given me insights into helping people help themselves. Where as once I was looking to heal the world and help people clear out emotional blockages from losing loved ones and giving them spiritual guidance, to realising that by igniting the source within themselves, they can find their own answers and ignite the body to heal itself. There is an amazing world out there full of peace and beauty, just waiting for you to access when you become once more the source. The realisation that we are a spirit with a body, just shows we were born with a pure connection, until separated. So get back to "4. Moment of peace" where illusions of past and future are not present. Make sure you are flowing to allow the source to flow in you with "5. Vibrational flow". Our body needs love, and is why often we crave certain foods and situations. When the body is loved or free from lack of love, we flow "6. unconditional love" and connect once more to the soul.

I did notice that when channelling that there were aspects of my soul still attached to situations of the past and especially people. They showed me how to "7. Take my power back" that brought my soul as one once more and cleansed all the connection that I was still receiving vibrations from. Being an empath, I was feeling down about situations that I wasn't even involved in and once I found out who was feeling that way, it would go. Too much negativity brought about illness for me and the realisation that we take our protection down when helping others brought about a "8. Cutting ties" audio to let go of thousands still attached. To stay connected to the source, brought about a lot of peace and why created "9. Pure vibration". Being a new energy, meant that I didn't absorb so much. So the realisation that if I thought I was a new energy created a new me. Because negativity couldn't attach and is why created "10. New energy, new you". This included cutting of ties and new techniques to be a new energy that would cleanse the past automatically. The pure vibration was good and gets you flowing the source but for channelling, needed a quicker way to prepare and why created "11. source merge". Gets you to be one with your self and merge with the source. It is there that when we channel, we have no blockages or mind stopping us from connecting.

Some of my audio's from 1-11 are free on my website, as felt this should be free but if would like all on a cd I will post for free for a special price of £6 to cover for my time. Just got to www.eternalflow.org donate page and donate the amount above with product channelled cd.

I also do a six week course, that combines channelling and mediumship awakening to prepare the vessel. Hopefully if some are interested, may even do an online course for those who can't make the course.

Creating a vessel to receive the source - top ten tips

1. First get rid of blockages / problems and programs that your vessel holds onto (past life vibrational healing)
2. Create balance by merging with nature (*source daily routine)
3. Cut emotional ties to people and places (*source daily routine)
4. Create in the moment (*moment of peace)
5. Just be what you want to attract (*vibration al flow)
6. Love yourself and give unconditional love to every situation (unconditional love audio)
7. Soul awakening (*soul awakening audios)
8. Enjoy the moment (find ways to enjoy all that you do)
9. Don't feed the negative, send it love (life flow coaching)
10. Surrender and release to the souls inner voice. (life flow coaching). Understand that to forgive the experience will allow the source to flow through you, so you can let go of that which is stopping the flow.

Automatic writing

I have put this in for I always hear from other psychics and mediums that they cannot receive messages. The reason for this is because they also hold onto their emotions and so when guides talk to them like in dreams for instance, they can't listen. Automatic writing is like connecting, you have to be open, not concentrate, accept information and let the information flow freely and not put thought to it. The problem some people have is that some words have emotions attached and so they find it hard just to accept information on paper and let it flow. Love will mean different things to different people depending on what they have experienced. Words can affect you and is why many people use words to meditate (chants) and clear emotions. You must just go to the place where you feel connected, this you can imagine / visualise to accept information. If the information coming through seems to help you with your situation around you then it is from your higher self, if profound it is from your guides. Get pen and paper, just let the words flow and don't concentrate, otherwise you will stop the flow. Put a question down, leave for couple of days and go back and you will write the answer. This may take a few attempts, but the benefits are great to understanding life situations. Don't try and change the words just accept them, put the message to one side and read it in a couple of days, which means you are just accepting information and not concentrating on it.

List of audios

Preparing your vessel for channelling

- 1.Source daily routine
 - 2Automatic writing
 - 3.awakening
 - 4.Moment Of peace
- Gets you into the moment, stops the illusions
- 5.Vibrational Flow
 - 6.Unconditional Love
 - 7.Take your power back
 - 8.Cutting ties
 - 9.Pure vibration
 10. New energy new you
 11. Source merge

If want all these to download or on cd then contact me...

For more information or help then [email me](#)



Guided to take picture