3/12/2025

I have been thinking long and hard about what I wanted my first blog to be about. I asked myself questions about what would be an appropriate first impression and good information for clientele to be exposed to when it comes to channeling and as the vehicle for my group, a channeler’s perspective.

I think the biggest thing that would assist someone in understanding the perspective and tools Spirit offers and the benefits of them would be to discuss the language Spirit uses as well as different aspects of our mind. More specifically, how they interact with each other and how, depending on your focus, or what you give your attention to, can impede or advance our consciousness.

In this, it would be helpful to have a spiritual foundation to grasp these concepts from experience. However, this is not required to work with Spirit. They will always meet you at your level of perception and use that as the foundation for their information.

Let’s start with the mechanics. Spirit uses my body to channel through. They use my chakra system, my physical senses, and very importantly, the data stored in what we call the intellect to communicate. The energy dynamics between us and how that works is not in focus here so I will skip it for a different discussion.

What is in focus here is that Spirit can only use the information that is stored in my intellect to express themselves. It is something that my husband learned quickly working with them. He could tell the difference between our personalities not necessarily by different behaviors, although that is certainly there, but instead by the way they accessed and assembled the information I intellectually know and used it to express it in ways that I could never at this point and time do so.

Now, why is this important? Why write it? The importance of this information is that it is not the intellect that is important here. It is the energy and intentions behind them that are key. It is the same intellectual information and what Spirit does with it is way beyond what my mind can currently comprehend. This leads to a question. If it is not the intelligence that is the beginning and end of the energy expressed through it, then what comes before intelligence?

This question brings the reader to a remarkable possibility. Intelligence is a tool, a catalogue of possible physical forms and meanings, but they are not necessarily the truth. The next question would be: is it possible that the intention and energy behind what accesses the intellect to express is closer to who we truly are as energy in a body? This question branches into several possibilities. Are we really that different than Spirit who does the same thing when they access my body as a vehicle to express? What if we have our focus of what we are on the wrong part of our minds? Could this be the focus of what our trouble is in life and why it is so complicated?

While the questions posed would naturally lead the reader to more questions to consider, this is good, the point of them was to create enough space to talk about how Spirit communicates with us. Spirit will always communicate just outside of our perceived boundaries of the way life works, what we think we are, and what we consider to be true. They may begin well within our boundaries, but the end of the topic of conversation usually ends just beyond the imaginary line we consider to be reality. This can be from a small consideration to a much larger one.

The point of the conversation with Spirit is for us to question those boundaries. To poke holes in the logic, point out the fallacies, and to lead us to question if the universe really ends where we think it does or is there something beyond the boundary, we consider our physical life. If we can consider the possibility that there is something more to our awareness of our mind beyond what we consider the boundaries of the way we think we know it works, then this leaves us willing to consider something more, something deeper.

This open-mindedness is based on freewill. This fact is very important. We have to be willing to be shown something different, something more, to learn a new truth to exchange the one we currently hold. This space leads to communication. Not with Spirit, that conversation is not the point of the exchange. The space for communication is with your higher mind/ higher self because you are now willing to experience something different. Because you are using your freewill to become willing to change perceptions, it can now proceed to communicate with you.

Now, all of this perhaps makes perfect sense intellectually. You can understand and perceive the mechanics of what was discussed so therefore, you now understand this great truth. Actually, you do not. You only intellectualized it. This is not enough to create a change. To experience the born-again moment where you are no longer the same person you were.

Consider, do you really think that an addict or an alcoholic does not intellectually understand what their addiction is doing to them? Does the heart sick lover who is in a relationship where they are not seen, honored, or even properly acknowledged not intellectually understand why their relationship does not work. Each example intellectually understands that they must stop, must change, and yet, there they are doing the same self-destructive behaviors and feeling remorse the next day that despite their understanding, they did it again.

It takes a spiritual experience to accomplish this change. While in both situations they can use their willpower to stop the action, in time, a day, a week, a month, maybe even years, the problem resurfaces, and they are at it again. Willpower does not solve the issue, but spiritual experience does. In program talk, that time period is called a dry drunk, or in relationships, we find the new perfect mate and start the process all over again and end up with the same results.

My point with those descriptors is that one is run by the intellect and the other we call a spiritual experience. That term spiritual experience is way too vague for me. It leaves it into the unknown, something that happens to us, but we don’t know how. What we are really talking about here is the difference between which voice we listen to in our daily lives. Do we consider the intellect of personality to be our beginning and end of our expression or do we evolve to grasp the energy and intention moving through the intellect for expression. What we are talking about here is living our life as a state of being.

This brings me back to why I said, actually you don’t. Intellectually grasping a truth does not lead to the seeds blossoming so the lotus blossom can reach through the mud to reach the surface and unfold in the sun to reveal its true inner beauty. You have to experience it from a place of knowing. It is the experience of being that resistance which, in the moment, resists the offer of expanding boundaries of perception to understand that part of your mind. To experience it. Witnessing it after it travels through the intellect is not enough. That is the effect and not the cause. The cause is a state of being and what we are being is a choice. However, we cannot understand our choices if we are only aware of the aftermath of it coming through our intellect.

I will give a personal example here to make this more concrete. In my relationships I attracted wounded birds, I was going to save them. I went out of my way to show that they were lovable despite all the things they demonstrated to show I wasn’t. Why? What was the cause? It was not the intellectual grasping that I was doing it to prove I was worth loving. I knew this, but I couldn't stop it. The moment I experienced the gulf of self-worthlessness that I held within, the change occurred.

A brief explanation, but easy to grasp. My point with it is that Spirit communicated with me the outer physical manifestation of the issue, but quickly switched to the inner state of being, which was worthlessness. Well, wait a minute, I spent a lot of time hiding this from my view, keeping it subconscious by dressing it up, making excuses on who’s fault this was, certainly wasn’t mine, I mean why can’t these guys see what I was offering them, what the hell is wrong with them. So, what does this mean? It means that I wasn’t exactly open to Spirit pointing this crap out.

I feel that this is probably one of the most important points about working with Spirit. They are going to point out what we already know but spend a lot of energy hiding from. This doesn’t always leave us in the most open position and in fact, it can cause us to become uncomfortable.

There is a view that healing is a loving experience and that the sun is shining, and all the flowers are in bloom and butterflies are floating throughout the room. Healing is messy. Our egos do much to protect us. Its intentions are always good. Its methods, however, are highly questionable. So, in order to point out that which blocks us from our own mind expanding, it usually comes down to something we choose not to see and have set quite the complicated excuse system to deny. Well, that took work, we are proud of that work, and we don’t like someone, Spirit or otherwise, pointing out that it is really a house of cards waiting to fall down.

While any meeting is not going to make the person leave feeling devastated, it certainly won’t be a meeting where you necessarily feel like all is right as rain either. In my opinion, if you pay for a healing, reading, or something like working with Spirit and you walk out completely self-assured and that your perceptions of yourself and reality is exactly where they need to be over a course of several meetings, then wouldn’t this mean that the limited boundaries of what we think we are physically have been reinforced and affirmed? As a Cancer, when am I confident and secure in my home? When everything is where it should be, my husband has not misplaced the TV remote, and everything is proceeding to expected norms. But am I really growing then? To quote Spirit, “Oh, did that make you uncomfortable, good! Lean into it, you are about to learn something about yourself.”