



THE LIFE OF A CHANNEL

This month: Selacia

For much of my earlier life, I avoided spirituality and focused on my work as a professional journalist. The words God, angels and higher consciousness were not a part of my vocabulary. I kept Spirit at a distance, partly because of my early upbringing in a family setting that was filled with judgment, punishment and rigid beliefs about religion and God.



MY JOURNEY WITH SPIRIT, OR HOW A FORMER WALL STREET JOURNAL REPORTER BECAME A CHANNEL

An innate love of writing and a curiosity about the world led me to study journalism in college. After graduation, I left my native California and spent ten years reporting on world events and notable public figures like Britain's Margaret Thatcher and U.S. President Jimmy Carter. Working for five years in Washington, D.C., writing about Congress, the White House and international economic policy, I felt professionally fulfilled. I progressed quickly in my career and often was commended by my colleagues for knowing just what questions to ask at press conferences. (I realized many years later that my personal connection with the masters in spirit realms had at least something to do with my gifted questioning and journalistic abilities!)

Just when it was really good, it got even better with my transfer to London to work as a foreign correspondent for *Knight-Ridder Newspapers*. After being there a couple of years, I had the offer of my dreams to work in London as a foreign correspondent on staff with the *Wall Street Journal*. With a very full life and all of my needs seemingly met, it did not even occur to me that another aspect of my self—my spirituality—was completely missing from my conscious awareness.

It was during my work with the *Wall Street Journal* that I got my first wake-up call, although I did not see it that way back then. During my tenth year away from California, I lost my job at the newspaper. It was devastating for me because I had no real foundation in my life other than my work and the circle of friends I had developed in Europe. In connection with the job loss, I judged myself harshly. I also judged others harshly. After a brief attempt to find other suitable work in Europe—including a period of freelance writing for *The New York Times* and *London Observer*—I felt compelled to return to America. I could not explain the feeling I had inside, but somehow I simply knew that I must return to my native California.

But thinking back on it, I was drawn to the spiritual mysteries of life, even though for many years I was very much a mainstream journalist. For example, even as a young reporter with UPI back in the '70s, I wrote about Kirlian photography, the practice of photographing people's auras. At the time, it was so new as to be almost shocking to the average human—not only did it demonstrate that auras existed, but they could actually be photographed. Then, in the early '80s, I began getting seriously interested in exploring the mind-body connection, or what was called at the time "the human potential movement." So I would have to say that my conscious awakening to Spirit began nearly twenty years ago. And it coincided with my

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move back to California after a decade in Europe.

There's no question that I was really searching for some meaning in life and that I had an inner yearning for Spirit, even though at the time I didn't know to call it that. I really just felt a need to go inside and start what I describe now as a healing journey. Luckily, I was guided to one of the first Louise Hay support groups. At that time she was still meeting in her home in Santa Monica, and that group was really my initial beginning into all of this.

Following that, in the early '90s, I was guided by Spirit to consider a series of channeling classes. That's really how it began for me.

It took me a year to actually sign up for the class because resistance and doubt got in the way. Looking back on it, I'm sure that the delay was a result of my journalist's training and point of view that if something isn't a provable fact, "on the record," it isn't real, it hasn't happened. I went through a lot of questioning and a lot of doubt; I wanted to be really sure I wasn't getting into something that was going to be "questionable," something unsupported by facts. The channeling class was with a woman named Shawn Ramble, who was well respected in the Los Angeles area, but still I wrestled with my doubts.

At the start of the channeling experiences, I didn't immediately see the Council of 12, nor was I aware from the beginning that there *were* twelve. The best way to explain it is that I would see in my mind's eye the outline of a figure, and I called him my guide in blue. And at first, this was all I saw or experienced.

In retrospect, part of my journey was the doubting and also the tests along the way. In addition, the Council much later revealed that there were a number of them. But if I had been told that there were twelve of them from the start, it might have been more challenging for me to get comfortable. In other words, it was easier for me in the beginning stages of my work to think there was *one* guide. The Council simply knew the perfect timing of how and when they would make themselves known to me.

What I loved right away about channeling was the feeling of unconditional love that I felt when I blended with my guides. That has been such a powerful tool for my growth . . . and also for others I've channeled for. It's a wonderful thing. Interestingly, when I began bringing in the whole Council of 12, the feelings of unconditional love increased almost exponentially.

And it was then that I learned what happens in the human body on the molecular level when you channel. When you invite in energies of high-level guides, you put your ego aside. The very fact that you are doing this sets up a change in your actual state of being. What you are doing is *agreeing* to accept the love. And it not only makes you feel very loved, but it also sets up a frequency alignment that includes changes in your brain. There is actual dimensional bridging. In fact, the serotonin in your brain is altered and endorphins are released, and it's accompanied by an incredibly wonderful feeling of joy.

In the early stages of this work, I was learning that it's all

about energetics. It's also about an *intent* that even though you are very much present, you are allowing these high-level guides to come in and connect with you, and you are allowing them to come through you. And you have to learn to not let yourself judge the information or the answers.

In the very, very beginning—though I don't think this happened for too long—I think I probably blocked some of the information. In other words, what came through was accurate, but there might have been more had I been more open, not blocking.

When I do my monthly public channelings in California, I tell people about my experiences and some of the things I've learned about the process over the past decade. I talk about how for the first eighteen months, most people often channel one of their own personalities or their higher self rather than a high-level being. Fortunately, that is not what happened with me, but I've seen it occur with a lot of people who are training to be channels. I was taught to connect from the very beginning with high-level guides, those who have moved beyond the limitations of the Earth plane and have gone beyond duality.

And they come only from love. There is no fear. That's another way you can tell what's really going on. If you start hearing information that sounds like it's doom and gloom and fear, it's an indication that you're not bringing through a high-level guide.

I also tell people that some channels go through a kind of "middle stage" of development where they give their power away to their guides, not realizing that even though the guides do have wisdom that goes beyond what the channel has learned, they are no closer to God than the channel is.

Some people get stuck in either the early or middle stages of channel development and continue to channel lower-level energies or give their power to the guides. It's really important we not give our power away.

But really the appropriate connection is not only with a high-level guide, but that it's a *two-way* connection and a *two-way* communication line. It's not about them telling us what to do. It's up to us to set the ground rules with Spirit and to question what we hear. So for example, I'll tell the Council of 12 what I'm willing to do and what I'm not willing to do.

Very quickly, in the first part of the channeling class, I started channeling not only through automatic writing, but through the voice. They started coming through me from the outset, and even though I had not identified then as a "they," it was definitely the Council of 12 coming through. That happened from the beginning, even though I was identifying it as my guide in blue. I see now that the Council of 12 knew that it would make me more comfortable in the early stages to think it was a single being.

When I'm asked to describe the Council of 12, I say that it is a group of ascended masters in the Spiritual Hierarchy who come from a place of unconditional love. You could think of them as entities who were once humans but have now gone beyond duality. You might say that they are what we could be, if we continue evolving.

In the '90s, the Council advised me that they were my

“spiritual family” and that we’d worked together throughout this lifetime even when I was a journalist. I learned that we have been connected many times before, even prior to coming to the Earth plane. I also learned that I had been a channel before, in earlier lifetimes, and that I was connected with them in those past lives as well. I’ve channeled the Council of 12’s energies in the past. They’ve commented that we’re in the family business together. And as a part of that, they’ve asked me to basically disseminate their wisdom and healing energies to individuals and groups. They gave me this term, “the family business,” a couple of years ago, and last year, the day before I was to address the United Nations, they told me that I have officially started working in the family business.

My invitation to the United Nations was by an in-house group called the Society for Enlightenment and Transformation. Once a month, they have a speaker such as myself come in and address their committee. I was there in May 2000, and the Council of 12 presented an address on the topic of how to move into your divine power. It was very interesting for me, especially since as a journalist I covered UN-related organizations, international trade, the World Bank and so forth.

THE GROWTH OF MY CHANNELING WORK

Since I began this work, it has been a continual expansion of the energy, of the intimacy, of the knowingness about this spiritual family of mine, about our connection and what we’re here to do together. I have increasingly accepted more and more love from them, not only for myself, but I have learned how to extend it outward to others I work with. I feel that the channeling process is really about love. It’s really about receiving the love and wisdom available to us from the universe. And it’s really about learning to love ourselves more. In this way, that love energy from these other realms is continually expanding. It seems to me that we’re here on this planet to participate in the process of moving into greater and greater amounts of love, acceptance and trust. Love simply continues to expand; it doesn’t end. And there are always greater amounts of it that we can generate.

Another thing I’ve come to realize is that the Council of 12, even before I was aware of them, were really a direct part of the training I’ve had in this lifetime in any number of disciplines. My development has not come only from books or taking classes. Much of my training has been given directly by Spirit. This training is an ongoing, constant thing, occurring both when I’m awake and when I’m in the sleep state.

The entities prefer me to say that in reality they are indeed a Council of 12, but how they express and how they really come through me is more like a rotating council—in reality, they are more than twelve. The Council of 12 is the name they go by, and beyond that they don’t really get into the ego of who’s who, of individuated entities.

THINKING OF BECOMING A CHANNEL?

I would say that channeling is definitely a skill that is possible for anyone who has a sincere desire and intent, a will-

ingness to learn and to allow. It’s not for a select few. And I think that some years from now, it won’t even be called by the same name. It won’t even be thought of in the same way. Because you see, we’re moving into a time when it is really going to be imperative that the majority of people be connected to their own guidance, especially with the new generations of people.

If someone is thinking about getting into this work, as I mentioned earlier, there are different kinds of ways to test the waters in order to see if you are talking to Uncle Joe or Ascended Master Joe. If the being speaking to you is telling you something that’s coming from doom and gloom, then probably it’s Uncle Joe, perhaps still trapped in his negativity, the same way he was on Earth. Or if the being tells you what to do, that’s not a high-level guide.

I always say to people—and this is where my journalistic background comes in as well, because one of my gifts as a journalist is knowing what kinds of questions to ask—so much of our connection with Spirit and our spiritual growth is in what kind of questions we ask and how we phrase those questions.

For example, if people are present in a channeling session and say they’d like to know about moving to Arizona, I would tell them that instead of asking Spirit whether they should move to Arizona—and anyway a high-level guide is not going to tell you *what* to do—ask how a move to Arizona will impact your spiritual growth.

In other words, spend some time focusing on your question and try to hone it into something that will be empowering. Also, develop your question so that it is not something to be answered with a simple yes or no; develop a question that Spirit can elaborate on.

The channelings I do are not just about information, they are about energy. For example, the Council of Twelve provides healing energies along with their wisdom, and each person receives exactly what is needed at the time, even if they haven’t asked a question. When I am in a group setting, before I begin channeling I will tell the assembled that even if your particular question does not get answered by Spirit, even if you don’t get to ask your particular question, you are going to feel loved and supported. The Council of 12 is going to work with each person present. And in fact, they also work with people through my writing and recently through crystals that they energize.

I take what the Council tells me, universal truths, and I break them down into practical teachings that awaken both the novice and the experienced spiritual practitioner. My work also involves teaching others what I’ve learned about how to bring Spirit into all areas of life. And I’ve had first-hand experience because I came from that corporate background, from that questioning, that jaded, nonspiritual journalism. I guess you could say that it’s been a long journey with Spirit in a very short time. ✨

Portions of this article originally appeared in Selacia’s book, The Golden Way.

