

Preparation for Channeling

Question: Can you give suggestions of types of protection for my body when I am open in channeling or at any other times?

Answer: Now those as spoken, to be sure. Then for the raising of energy, well that there be large jugs of water here about this place., not only in those times of channeling, but as well for the meditation. And if there should be such large jugs that one might lean up there against or placing that of the spine against, would do well for all about you to raise such energy for the channeling or for the improving of the understanding within the meditation or using this then as receptor or as antenna, as might be described, for the meditation.

Yet see that you protect the self in those times, in such purposes, and you affirm that being invited to speak or communicate in those times. Then address the Master, the Father. Use that perfect prayer, that model prayer of the Master, and affirm in these ways and in those times. Using the hands, then, circumscribe that circle of Light that would include that portion of water about the seven.

Then for those periods of channeling or speaking these things, have some four of such jugs set about, opened to be sure, not capped. That those may begin to evaporate and fill the room with such as might be used for communication.

Then as well, prepare the self a robe that might be used, and this of the cobalt blue or azure blue and of a fabric that would be reflective in nature, you see, or that similar to satin or silk here. These of close weave would tend to reject that of denser vibration or denser spirit. And yet that of the color would invite those relating to those colors of spirit.

Now these robes are not given for pretentious purposes or to impress one or another, but rather that the clothing about the self be loose and not binding, particularly about the waist, about the middle, and about the wrists and so on. But the body be free, that there might be a further relaxation and the opening of self to that invited to come in. In such manners then, enclose the light about the self, affirming with those words and the motions. And set about then, anointing this place with water that has been blessed. All these things, then, for the reinforcement of that seen or envisioned with the self, the mind.

Now understand, that according to those laws of your plane, that set in motion through movement, the activity, the motions of the arms or the hands or speaking aloud, would protect the self some three to four hours at a time, and should be reinforced. This is for the inability of the self or the body to maintain those vibrations about the self, as there are thoughts concerning other things. And should be then reinforced.

Now these periods grow longer with each repetition. Or that is, if one were to circumscribe about himself a circle each three to four hours within the first week, then that second week may be extended to some six, and the third to ten or twelve. And in

that fourth week, one time daily, and so on, you see. For these effects are cumulative, and the mind begins to relate to that which has become habit within the self and that protection becomes consistent, then, through the daily prayer.

Yet not given self unto prayer once daily, but abiding in prayer or surrounding the self with those Presences, so then would you be protected.

And know that that mind, those thoughts, that body, that spirit, always will raise itself in traveling to that pointed to, or that that has been the portion of the consciousness in the waking state. And that mind that is upon God and the things of God ever protects itself by that Presence, for that it has attracted to self. That greatest protection comes from the Law, as written by Hermes on the Smaragdine Tablets, stating simply, "Like attracts like."

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