



ENERGY HEALING INSTITUTE  
Education for The Consciously Curious

## Conscious Channeling Protocol

### ***Prepare Your Energy for Channeling***

Hunker down...Grounding loop

Lightening up...Gold energy shifting to release from crown instead of 3<sup>rd</sup> chakra

### ***Set the Space for Channeling***

Create the cylinder from crown to 12' above crown

Cyclone gold energy into cylinder clockwise and counterclockwise

### ***Release Guides, Beings & Entities***

'Fire them'

Release symbols from crown chakra

Note: This can be done as a standalone meditation practice, as well as prior to Preparing Your Energy for Channeling.

### ***Engage the Channeling System***

Release grounding

Shift from gold to silver or white

### ***Connect with your Lifetime or Healing Guide, SME***

Clear energy between you and your guides: Emotional Energy, Cords, Programming, Karma, Contracts, Agreement

### ***Channel***

### ***Reset your Energy Following Channeling***

Release guides from cylinder

Ground

Clear and release cylinder

Run energy

Set chakras

Set auric boundaries

Ground

Reverse polarities