



Marina Kirk

The Heart of Channelling

An insight into Channelling



May you always know you are love and may
you always know that you are forever
graced with light; you are the light
becoming conscious of itself through
the alchemy of love.



The Heart of Channelling

GREETINGS FROM WHISPERING SPIRIT

Soul Immersion

Welcome to the Heart of Channelling, a new world of insight where anything is possible! This channelling manual will enable you, with the confidence, to fully participate in your creative process, whilst discovering the deep inner wisdom that resides in your inner being. The Guides will be present with you, to help you light the way on your soul path so that you may know the truth of who you are and what you are becoming. We are not asking for you to change, we are supporting your expansion into being more of who you are.

‘We are supporting your expansion into being more of who you are’.

As we journey through this manual, I will ask you to remain open to the notion that your soul is multidimensional; you are a fractal of your greater light. Your greater expansive light exists in the higher planes of reality, one with life and one with your soul family. Your greater light is Angelic and it is working in unison with life and your guides. We are always here to love you through your journey, to remind you of your purpose and to hold your hand and bring you home. Most importantly know that our presence is always born out of love, always has, always will be. Love is your evolution; love is the true nature of all beings and the nature of our universe.

‘Your soul is multidimensional; you are a fractal of your greater light’.

Your awakening begins with the notion of self-worth. Your soul in this lifetime can be discovered through your self-worth. Your self-worth is intrinsic to your true nature. It is not built on material success nor does it require the light of others to fill your heart. Your self-worth is point of reference from where you act in accordance with you higher purpose. It is what provides you with, trust, joy, self-respect, self-love and makes meaning through your experiences.

‘Your self-worth is point of reference from where you act in accordance with you higher purpose’.

Self-worth is given through acts of kindness that you cultivate in your own life, when you do what you love. When you surround yourself in the company of those who honour and respect you, and when you honour and respect your own life, you are in your self-worth. It is the motivating force that drives your soul path. It is the faith that you have in your heart song.



Soul is your self-worth and it knows you are enough, there is a feeling of self-acceptance for who you are and you take great pleasure in feeding your soul through acts of self-love and kindness. When you feel your unique heart song harmonise, it sounds out a call to all your soul family and together we amplify your heart's true melody to align you with your soul path.

'You are harmonic light frequencies, you heart is in melodic motion, beating in harmony with the heart of your planet and the heart of your miraculous universe'.

Your heart is the portal; it is the portal to the higher planes of reality. Your mind is the navigational tool, it is like a radio station, where you are able to tune into different frequencies of light. Your heart maintains the connection to the station you're tuning into. Your tuning station for this journey is your soul love; it is the safe place that you return to, to honour your innermost self.

'Your heart is the portal'.

Your imagination is the doorway that we would like you to step through, to lift the veil and walk through your soul plane with ease and clarity. It always starts with deliberate action and it may even feel like you are making it up. It will feel that way in the beginning; any confident channel, medium or shaman knows that there is summoning of experience a tuning in and creating the experience before it can take you on your unique journey, into the higher planes of reality. We ask that you give your imagination credence, let it come alive.

'We ask that you give your imagination credence, let it come alive'.

As you awaken to the light of your true nature, we ask that you securely plant your roots into the earth. You are crystalline and crystalline energies exist in your magical planet that will amplify your healing and your light. Your planet Gaia is providing you with gateways to the higher realms and she will hold you steady in your knowing as you stay centred in your place of belonging. As you reconnect with Gaia, you are aiding global evolution. She is key to your ascension and the awakening of humanity. As you awaken to the unity and grace buried deep within her body, you will be capable to navigate through the multidimensional worlds safely and with clarity,



Soul Bathing

We ask that you spend a moment now, closing your eyes as we send through our light. Trust and spend a few moments now tuning into the centre of your heart and stay there until you can feel it open to soul love, through your soul worth – you are worthy the blessings from your Guides. Spend at least five minutes resting inside your heart, focusing your awareness on your heart before you read on. Utilise the gentleness of your breath to imagine that you are breathing in through your heart and up into your crown, then down and out through your heart chakra; creating a cyclic harmony of soul frequency.

Becoming a clear and concise channel requires effort on your behalf in learning how to navigate and co-create with energies that are manifesting in your life. Life has always intended more for you than your ego will ever truly know or ever think it needs. Your soul on the other hand, has a profound connection with life, through the consistency of calling in to your heart and up into your crown for your higher purpose. Your soul can see a greater perspective; trust soul, soul knows the truth.

‘Trust your soul, and the frequency of your heart’

Life, your soul and the guides, have sacred plans for you that your soul has already agreed to, long before you incarnated into this life time. You are actually not separate from your guides; we are not separate from you. We are born from the same light, we birthed your light; you are ray of an enormous deeply profound light - the ineffable. Your soul and the guides are a ray of that immense light, a fractal of the light. We the guides are nearer to the centre of this vast light and the depth of our light is a little brighter than that of your soul.

‘Your soul is on a karmic mission’.

Karma is kind. Karma is evolution through the heart. Your heart is your portal to the multidimensional being that you are. During your lifetime, your relationship with life is karmic, that is, life is teaching you how to evolve the universe through your heart.

Evolution is a universal law and it is an abundant teacher and it always provides for your highest good. You are a conduit and a channel for life to create evolution through you. You are a channel for life to realize more, to become more through you. The universe is expanding through your creative process. The universe is consciously creating through you. You do have free will and you consciously choose to participate in your creative process. We



recommend that you begin to trust in the inclinations of your heart and the loving presence of your soul; truly participating in conscious evolution.

'You are a conduit and a channel for life to create evolution through you'.

As your Guides, we have a shared destiny with you. Through your creative process we are discovering more about who we are. Your guides specifically sent a fractal of your light into this denser 3d dimension and this earth realm, for your soul, over-soul and the guide to gain new knowledge, perspective and experience, which provides an abundance of wisdom for all.

Your soul is a fractal of your Guides light.

We are all deeply connected and this can be felt through the heart and the song of the universe which is LOVE. We are your soul family and we love you so effortlessly, like a mother loves her child, unconditionally and compassionately.

'We are one, we are not separate, you are not separate from life and you are co-creating in evolution with life'.

We cannot take away your lessons but we can help you move through your lessons with more ease and we do this particularly well when you choose to trust in the ebb and flow of life; to uncover your creative destiny, and the natural expansion and contractions of evolving your heart. You have been directed here into this lifetime, to evolve the universe that you exist in. Your journey in this life time is evolution, through love, love is evolution. Life is seeking to expand the universe through YOU, gifted by LOVE.

May you find the elation that naturally occurs as you open your heart to the higher consciousness. May happiness find you as you engage in creating the life you seek through the whispers of your heart and soul. May you know the light of your true nature so that you can participate in life and receive all its wonderful kind offerings; ***do what you love, do what brings you joy, do what makes you feel happy and most of all do what feels free and spacious.***

Your path will undoubtedly open up as you begin to trust in life; miracles happen, doors open as you experience expansion – ***YOUR SOUL IS SPACIOUS.***



Flowing with Life

*"True manifesting moves naturally at its own pace as you surrender
~authentically~ to your path.
You let go and become the instrument for life to create through you as it
was always intended to."*

~ Marina Kirk ~

- We are learning to navigate the currents of life as it moves through our experience, we are not separate from life, life is not separate from us.
- True manifestation is experiential, like riding a bike; you've got to get the feel of it, to feel the balance.
- Fear and ego is the same thing, fear drives the ego. It's hard to find balance when we are in fear, fear will create blocks in a fear-based existence. It causes contraction and so we can't feel the flow.
- "The Secret" book, is an ego manifesting system, it is tempting; it's a tool to exercise our ego. Ego hears, "I can have anything I want!" and you end up let down. You end up feeling like there is something wrong with you by the end of these processes. It provides no explanation about the relationship that we have with life.
- In ego, we see ourselves separate from life. We want a better job, better relationships, better lives. Ego says, the universe better support me, if I trust the universe, I better get what I want. It never works, it damns the flow and what life actually has intended for you, which is so much better than what ego wants.
- We are all at the very beginning of how to negotiate and move through and with life; all of us. When in fear, we find it difficult to feel the patterns of our life. Fear narrows our focus; the more open we are the more open our focus is, our perspective broadens. When you are not afraid you emotionally open up on all levels, when in fear you close down on many levels. When in fear we struggle to sense the current of your existence, and how to move within that.
- Even if you are not in harmony, existence will find a way to have its way regardless. It will accomplish what it needs to do, regardless. Life will give you the scenario to let go. Life is not harsh, only harsh if we see it separate from us. It is us, it is inside of us, and life always has your best interest in hand. Sometimes the severest things are the kindest things that life has done for me.



- The creative process is contained true manifesting; we learn to read into the currents flowing with the currents, recognising the ebb and flow; the rest and wakefulness.
- There is no separation between us and life, it's a relationship, you are the whole, it can have a relationship with itself, seeing its self, feeling itself, talking about itself. There is also a relationship with your own existence. Ebb and flow of your own life. In fear people want certainty, we can't feel life and the currents easily when looking for certainty, we learn to move with the uncertainty of the current and how it moves within our existence.
- It's not about knowing everything now, but when you relax, you feel it and you let go and trust the flow, when you can relax, you can't muddle it up. When you trust the flow you are open to your creative process, you trust the inclinations of your heart. You can slow this process down through fear, but if you let go, you become the instrument for life to create through you as it always intended. You stay present with where the energies are moving and you flow within that.
- Life is desiring through you.
- You need to become quiet enough to sense the currents of life and in the way it is moving through our bodies and experience. All the resistance we have to the current, will make manifesting with life a little slower, life has to work harder to get through your resistance.
- What does life desire now? Where is life moving right now? Put yourself in harmony with it. Life becomes magical, things line up in ways you couldn't imagine. The more in alignment you are, life starts to speak to you, constantly, because you're not afraid, things start to line up.

When have you trusted the ebbs and flow? Recall a time?
Can you think of time when you've been whimsical, imaginative?



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Soul Family

As we enter into the realm of the Guides and the Ascended Masters. Your personal guide will be ready and willing to assist you in your opening to channel in whatever way is relevant for your current experience. They are the wayshower for you in life and on this channelling journey. They will assist you and mentor you throughout your life time. They will guide teachers to you.

'Your personal guide will be ready and willing to assist you in your opening to channel in whatever way is relevant for your current experience.'

You have channelled at some point and many times in your life time whether it be consciously or unconsciously. You will recognise when you channel as there is a distinct feeling of be in the company of someone who loves you and who cares about your path. Time is irrelevant and you feel inside of the frequency of love, and you feel inspired with new ideas and vitality.

Being guided is a feeling like having your best friend, soul mate, companion, soul family present as your cheer squad as you participate in your creative processes and life journey. It is a knowing that as you perform a specific task there is life giving and faithful energy participating a long side you. You know when your guide is present, because you feel divinely inspired, like the inspiration fairy has come to visit. Or you may feel sense of empowerment and confidence that life has your back, that you're being taken care of. When you decided to participate in the longings of your heart, you naturally level up into your higher frequency where it easiest for you to sense the life-giving light of your guides.

You know when your guide is present, because you feel divinely inspired, like the inspiration fairy has come to visit. Or you may feel sense of empowerment and confidence that life has your back, that you're being taken care of.

The guides do not wish to interfere with your current life path and you always have free will. Your guide will provide you with insight that you may find supportive that will help you evolve your experience with greater ease and alignment with your soul. Your guide is learning a long side you and will practice their talents by sending you what you need to help you be of service in the best way possible. It's up to you to trust these prompts. The Guides are able to read your energy and where life is directing your energies. We don't have all the answers, we are unable to take away your lessons, but we are skilled at navigating life and want to share this with you. We have a shared destiny; we are invested in your growth and evolution.



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'The Guides are able to read your energy and where life is directing your energies'.

Your personal guide birthed your light and your personal guide is a high-level master guide. You are a fractal of their light. Your personal guide has been with you from the moment you were conceived, when you chose to incarnate. Your personal guide has been assisting you in this life time from the moment you were birthed earth side. Your personal guide will make contact with you often. Think of your personal guide as your soul family, you share the same light. You are deeply connected with your personal guide and they are always ready to assist you as you need, when you call.

'Your personal guide birthed your light and your personal guide is a high-level master guide'.

When your guide makes contact with you, it comes through as a transmission; a frequency of harmonic light. As you practice channeling with your personal guide you will begin to recognise this frequency by the way it feels, through your senses. Each time you channel your guide, you lift your frequency to blend with ours and we lower our frequency to blend with yours. We then we lift you higher, into the higher dimensions of your soul plane and into the dimensions of the guides. It takes practice for your guide to adjust his or her frequency to yours - be patient and give your guides a lot of practice by opening to consciously channel regularly. We recommend that you spend 5 minutes a day, practicing to channel. You can do this right before you rest or sleep in the evenings. We always enjoy assisting you to sleep as well as providing you deep levels of healing and light activations. As you evolve we evolve.

'We recommend that you spend 5 minutes resting in quiet meditation a day, practicing to channel'.

For some of you this may be a new experience and we prefer not to impose too much of our energy into your experience, we like to level our energy with yours like a gradual process; we don't want to scare you and we respect your space. As we channel together you are learning to hold and radiate an immense amount of light. Some of you may experience strong physical sensations. Please do not be afraid, these will pass as quickly as they have arrived and it is your denser bodies learning how to hold our combined light; soul, oversoul and your Guide.

'As we channel together you are learning to hold and radiate an immense amount of light'.

As you being to absorb and hold this energy, we ask that you adjust your posture in ways that will provide you with the easiest connection. We advise that you open your body, rather



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than closing your arms and legs. We advise that you open your throat, by lifting your chin slightly and comfortably adjust your head so that your neck and throat are balanced and open. We ask that you relax your shoulders and keep your chest open and expanded to receive. Please choose moments where you will be undisturbed.

I would like to recommend that you spend time practicing your channeling posture so that you may discover the ways in which you can embrace more of our light and gain more clarity in your innate ability to channel.

Be open to receive - you are worthy of our love, our love for you is as deeply connected and profound as life itself. Most importantly trust your worth, as you open to your worth and the light of your soul our connection becomes clearer and your ability to traverse the higher dimensions is heightened. Your self-worth is integral on our journey. As you believe in your worth and become your worth, you open to receive.

Discovering your worth, meeting the Master Guides

- They are light beings, master guides, ascended masters, teaching your soul unity of body, heart, mind and spirit
- They are deeply connected with our soul, they birthed our light, and we are the soul children of their light. They evolve as we evolve, as they evolve.
- The guides are skilled at transmitting light, particularly when you merge in the soul dimension.
- The guides transmit messages to your soul and you translate the messages bringing it to conscious awareness through the use of your heart, senses and your mind.
- We have a shared destiny; the guides are working to be of service in humanity and you have shared goals. You are their child, you were born through their light they are absolutely invested in your evolution, as you evolve they evolve.
- They love you deeply and honestly, an unwavering love even in your darkest moments
- Master guides light your path; they are present for your higher good
- All guides have their own particular talent just as you do and quite often you will share a similar gift
- You and your guides are aligned; they don't pick you, you were born through their light.
- They encourage you to use your wisdom, lived experiences and the wisdom of your soul; they are teachers and mentors, mentoring you to follow your heart, developing trust



- The Guides help you to develop your soul path, your inner strengths, and your inner resources. They will empower you, to reach deep in to your spirit, to merge with heart mind and soul. They are teaching you unity and how to be in the flow of your destiny.
- When in communication with the guides, they leave you feeling uplifted and supported, cared for and loved. If you are not feeling that way, you've probably encountered "the voices" ego; it will feel like contraction in your body and fear. Your guides channel through your worth.
- High level guides do not speak cryptically, when the message comes through it's with precision and in its truth there is generally a wave of complete calm. Truth is calm.
- They will expand your understanding about your lessons, reveal your current lessons, and discuss them with you.
- How to know when to follow the information: Does it limit me, or does it expand me? How does it feel, does it incite fear, or does it feel loving and wise? Do I feel safe or unsafe? Is it useful?
- Only accept messages that ring true to the deepest part of your being
- How do they transmit information? Through your self-worth. You need to believe you are worthy of the relationship; your guides dearly love you with all their hearts as much as everything inside of the universe and everything outside of the universe – unconditionally!
- How worthy do you feel? The guides are gifted at teaching you self-worth. Knowing your worth is not the same as feeling it. Soul energy is the worth energy.
- The guides send the transmission to your soul, and then your soul brings this into your conscious awareness. This will come through all your senses, whatever is the easiest way for you to receive the transmission.
- When you channel you move into your soul energy, your soul is like music, it changes its tone and frequency and steps up into a higher frequency to match that of the guides, the guides will lower their unique tone and frequency to blend with yours and then they pull your soul high into their light.
- The more you practice the "merging" the greater quicker the easier the transmissions become as they are sent through.
- They perceive us as patterns, moving light harmonies.
- Clairsentient – knowing
- Clairvoyant – visionary
- Clairaudient – hear

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- Kinesthetic – feel
- The guides use your words and concepts to express their information
- Guides will choose the easiest way to get their messages through and usually in whatever way feels most natural to you. Trust the flow of the energy.



Trance States

Stage 1:

You relax your body, you might feel a little drowsy, but you're still awake, all your limbs are relaxed and feeling heavy, your breathing is more relaxed, it slows down a bit, you breathe without tension, your heart rate slows. This is the very beginning of entering into trance.

Stage 2:

Light trance, you are now relaxed that there is no need to adjust your posture, you might twitch a bit, your body may feel particularly heavy now. Your whole body is comfortable, heavy and grounded and you start to detach a bit from the outer world, you become more sensitive to impressions now, your intuition is heightened, feeling the soul plane, the veil is beginning to lift.

Stage 3:

Medium trance, you know you're in a trance state now as you're bordering on that feeling before you are just about to fall asleep but you are lucid still awake, between worlds feeling. Your sensitivity has increased and if you imagine something you actually can experience it in its wholeness. Your body temperature has shifted slightly, you're more sensitive to cold and heat; you can feel changes in the atmosphere in the room. You are in between worlds now; from this world to the invisible world. There is a very little sense of time.

Stage 4:

Deep trance, you can open your eyes and still be in deep trance, you can fasten and slow your heart beat, this is a deep experience where your impressions are vivid, you can easily receive lucid dreams, you might have a feeling of floating or flying, you are in a deep state of awareness, you've crossed the veil now, the connection with your guides in this state is clear, concise you experience a feeling of oneness and an acute sensitivity to the emotional states of others. There is feeling of love and (lack of anxiety and fear), it feels high, and channelling your guide is like being on auto pilot, it's there and you're in the flow.

You might experience these stages in different order – we often move in and out of these experiences during meditation.



Heart Consciousness

As you learn to develop your verbal channelling skills you will encounter the voices of doubt. These voices are not your truth. Any voice that contracts your experience by limiting what you are or what you are here to do is separating you from your heart; this is not your soul, it is your ego. It is reacting from a place of fear in context with your beliefs mostly based in your past experiences, how you made meaning from those experiences and how you “think” that will affect you in the future.

‘Any voice that contracts your experience by limiting what you are or what you are here to do is separating you from your heart; this is not your soul, it is your ego’.

Fear arises in many different ways and contexts. Your own personal journey of injustice and victimization will give you a clue of where and how your fears will arise and speak to you, they are messengers of the places that you require your loving attention, love and compassion.

Your guides want you to know and recognise, that if you feel at any point during your channelling a feeling of unworthiness, feelings of limitation or feelings of self-doubt, know that is not your soul energy or that of your guides. The message is being contracted by your fears. We ask at that point you stop and feel into the contraction. As you feel into this space, you may feel emotional and emotions that you are avoiding; you may express feelings of discomfort spontaneously and tears of energy will spill. This a process of illumination. Please do not make this wrong; no emotion is wrong, and every emotion is worthy of your loving attention.

‘No emotion is wrong, and every emotion is worthy of your loving attention’.

Give yourself loving kindness and compassion and we ask that you do not judge your emotions. We will hold you in all our compassion and shine our loving light deep into your being, so that you are held as you release and expand into your true nature, which is soul love. As your heart cracks wide open, liberating your emotions, the channels begin to clear and expand, so that you may open to feel our energy and presence, the light of your soul and most importantly the wisdom that resides in your heart.



'As your heart cracks wide open, liberating your emotions, the channels begin to clear and expand'.

Your soul is love and it understands light language, it is able to interpret the messages that are transmitting to you regularly throughout the day and night from your soul and your guides. When you are in your soul, your channeling contains a sense of hope. When you share your messages, they are high and loving and you perceive the brightest path. When you are in your soul space, your interpretation of light language is born out of faith. Even in the most challenging and painful times of your experience, your soul will be able to provide you with a greater more expanded view, so that you may move through your challenge with more ease. Your soul believes in your worth and knows that you are worthy of love and goodness, not matter what circumstances you are in. When we are transmitting harmonic light frequencies, these messages are streaming through your over- soul to your soul. Your soul is the translator of light language.

'Your soul is love and it understands light language'

Verbally channelling requires that you trust the loving vibration of your heart. You will receive impressions. As these impressions are filtering through to your soul, you will perceive these in many different ways. It will always be transmitted through the path of least resistance. We always ask that you remain in your heart space and be in you 'higher self' as you begin to share the light language of the guides.

The harmonic light impressions will come through in many different forms; through whatever sense you have that his highly developed. We ask that you trust in your natural inclination. Over time as you fine tune this receptor, you will begin to receive information in new ways as you develop your sensitivity to the transmissions.

Your soul will use the cognitive schema's, concepts, words and knowledge that you have in your awareness to interpret the messages. Trust this. If there is something that you need to learn or if your current knowledge is unable to interpret the transmissions we will send information to you in another form. That may come through a book, teacher, song, movie – we can do this in many ways. We always choose the path of least resistance and we will always find a way for you to receive what we need to share with you to help you on your path. We always find a way. You just need to remain open in your faith and your trust, by staying true to your heart.



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'We always choose the path of least resistance and we will always find a way for you to receive what we need to share with you to help you on your path'.

As you begin your verbal channeling, we ask that you remain focused like you would as you read the words on this page. This state of focused awareness is a trance state and it's a point of concentration and awareness. You will receive a transmission. As you do, we ask that you speak this first transmission you receive; it will open the gateway to the flow of light language that is filtering to your soul. Speak the first words that come to you. Let it be there without judging where it has come from. As you speak the first words, it will become easier to speak to the next. Sometimes we will not send through the next transmission until you speak the first. Trust this process.

We can see and feel your doubts. Trust that when send a message to you, you are translating and therefore the message will contain your light as well; we are working in unison. We encourage you to recognise this as it will provide you with the confidence to speak when you do receive, knowing that each interpretation of our light, when anchored into your heart space will be divine and a unique expression of our unified divine love and wisdom.

Practice makes perfect. Write as often as you can. Give us voice, so that we may give you voice and support you as you begin to unravel the soul journey and your own creative process. Trust in the nudges you receive, let them lead you from moment to moment, knowing that each time you open to our light you are activating your soul path.



Heart Consciousness

Flowing Inside Love – You Are the Channel for Life Verbal Channelling

- Master Guides make contact with your soul, through your heart centre.
- They use words and concepts that you have available.
- To gain the clarity in your verbal channelling, you need to be in a still calm space in soul space.
- The more you practice the clearer and easier it becomes for you both you and your guides to verbally channel through you, automatic writing is really helpful.
- Your intention to reach out to them is all you need for them to be aware of you, as you reach out your light through you soul begins to expand, and then they can match their frequency with yours, it's not an exact match but a complementary one and alignment.
- The guides will “impress” messages to you, it's like telepathy, I think of it like using our mind as a radio receiver, we learn how to tune in, first through our heart and soul and then we use our mind like a tuning into the station.
- Some of you will know, see it, hear it; sometimes the impressions are so rich, that it is hard to find words to describe it.
- Sometimes it's like receiving ideas, like cue words, getting specifics takes time and lots of practice of establishing that connection, through trust and alignment.
- Each of your guides will have their own way of communicating with the world, some through dance, writing, healing, art, cooking, the list is endless. You know they ways in which they enjoy to work through because it's tied in with the things that bring you joy. Remember that love you list? They make connection through your heart.
- Guides will use whatever is best suited to you and your soul path. They will come through in any way in which you best express yourself.
- They choose the path of least resistance the easiest way to get the message through.
- Truth is calm; if at any point you begin to feel uncomfortable, just stop, let go of what you were channelling start again when back in the space, let it arise naturally. There is no rush. If you've missed something or a bit of the mark, they'll let you know



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because it will feel a bit off. You'll get a sense you've missed the mark, that's ok, you say so and start again.

- Slow down; it's not a rush to get information out. Guides like to choose words or feelings from a place of compassion; they are really loving and kind in the way in which they share their insights.
- It takes practice time to nurture this relationship
- The most profound messages are usually the most obvious, they seem too simple. Simplicity is how they love to work; they don't want to make it complex for you to understand. Sometimes that can create some doubt; is it coming from my mind? Yes, it is partially as you are the translator, you are making sense of the impressions through your cognition as well as all of your senses, you, soul energy are translating the messages.
- If you receive information about something that you are both aware of, you and the client or the receiver, don't disregard it, it doesn't mean you're not tuning in!
- The guides work with your personality, your beliefs and ideas about the world and they send the messages through accordingly to try and translate their meaning through your concepts. Don't doubt because you can only explain something in your way of understanding, that's ok. Sometimes they'll use your past experiences, your learnings your wisdom, they'll trigger a memory and that information will be so beneficial and meaningful for the person who is receiving
- All the reading and exploring you do on your spiritual path and on your personal journey you do will add to your channeling. It will help you become a clearer channel. The guides expect you to grow and learn and they want you to explore other ways of learning.
- Messages come through in many ways in many forms.
- Your guide encourages the wisdom of your soul, for you to be open to the wisdom of your soul. Like me creating this list; some of it is my soul, my personal experiences and some of it is direct transmission from the guides.
- It's really valuable to record your channelling, as sometimes we miss the big picture and there is a greater reason that the message has come through and although we can't see it now it will become clearer later on. The guides recommend journaling to practice your channeling, as the more you nurture your gift the richer your channeling experiences will become.



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“Light Takes Form”

Now we direct this transmission to you specifically. We are in awe of your reverence for life, humanity and the immense compassion you have held within this space for your sacred journey. We have been honored to hold space for you as you have extended the understanding of your own inner light. We have held you even if you did not trust, we held you as you questioned your divinity and the love of your guides. Even in the discomfort, where you passed judgment upon your own exquisite heart, we held you and waited for you to come home, as the petals of your heart were unfolding and blossoming in the light of illumination. Every tear you shed, every discomfort, frustration or angst was a response to the light of illumination. It takes courage to be open – we are in awe of your passage through rebirth.

This journey was a rebirth, where you began to remember who you are, your divine nature and the divine path that has been calling for you loving attention. As you began, like any new journey, it began with some uncertainty but within this tension a willingness for friendship and then to be loved. We held you; we supported you and were present with you as you rested waiting in anticipation for our love, knowledge and connection. We are always there, present waiting for you to open your heart and to trust in our light, to give yourself the opportunity for what is your birth right. You are worthy of our light, we birthed your light; we adore you more than any words can truly convey.

As we contemplate now on this last session, we will reveal to you how the guides are in essence beings of light. We will transfigure into form so that you may recognise the different forms we can create. Transfiguration is the art in the alchemy of light work. We the guides are masterful at transmitting light energies and to create form through light. I am particularly gifted at manifesting form instantly through harmonic light frequency. I have chosen to incarnate and I have a physical body, like you. I have chosen this path as I have reached a level of evolution and know the alchemy of love. I create through love and my faith in love for all that is, is so deeply imbedded in my being, that I have an unwavering trust in the miraculous creative force of life. I love so completely and compassionately that any fears that I had endured during my early incarnations have completely dissipated, I have ascended. Each action I take is born from love; each transmission I provide is given from my heart in love. In my world, I can create instantly by imagining with my heart and as I do, I have complete trust. I hold not one moment of doubt, it is like breathing, it occurs of its own



The Heart of Channelling

accord without questioning, unconsciously and consciously. It is my true nature and it is your true nature. As you evolve you are expanding this knowledge of heart consciousness. As you evolve we evolve, as you evolve we can support you as you become more heart conscious within our energies.

Your guides' light is enormous and their energies are potent beyond measure. They are also alchemists, transforming the darkness into light. Some of your guides have chosen to incarnate and some have not; we are less concerned about these details and our preference is to teach love, but we understand your curiosity. Some guides are what others call "Galactic". They live in other constellations and have mastered the alchemy of love. They are also omnipresent and are able to transmit immense cosmic rays of harmonic light; also known as light language, some even refer to this as light activation. You are also becoming skilled at this, each time you connect with your guide; you are transmitting harmonic light frequencies; light language.

Your master guide is not exactly your twin flame, your twin "flames" are the fractals of light that have burst into form from the light of your oversoul, that are existing in our multidimensional multiverse, some incarnated some not. They are also able to provide guidance, but they are not your master guide. Your master guide birthed your light; it is your ascension and the sum of you that exists in the highest forms and realms. We are one and unique. Each fractal of light is a unique expression of the divine and the light is conscious of you, just as you are of it.

As you contemplate on who your guides are, know your guide is an Ascended Master. You have descended from an Ascended Master. This is inclusive; all fractals of life/light have descended from ascension. You are one. At the very core of your light we exist together and in that very core you know transcendence. We are much like the family that birthed your physical body and soul into existence in this life time, however the distance that you perceive in your world between yourself and the other doesn't exist in this way in our world. You are light and a ray of light shimmering from our centre and there is no separation between our light and yours. We are your soul family.

As you ponder more deeply, know that your light is illuminating out into the world creating alchemy, whether you are in soul or ego. It is creating in each moment; you are creating life in each moment. Life is creating through you in each moment in each action, emotion, word through each breath you take. Light spreads outward through you, your energy, and your body everything that is you is light.

Your oversoul has a sacred contract that was prearranged by your guides. This sacred contract has been birthed in this life time. This sacred contract is simply to evolve your heart by doing and being what you love, to practice the alchemy of love often. We share the same



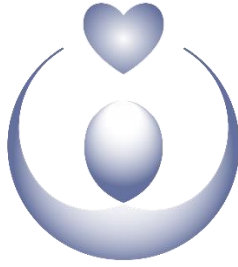
mission. We are evolving through learning about each perspective that life affords in all its generosity and grace.

For a moment now imagine you are standing on the top of a mountain and imagine this heightened expansive view which is all encompassing. Each perspective has its own unique lesson and wisdom. You are learning and we are learning through each unique perspective and there limitless perspectives to view. As you gain new insight and perspective of each situation you encounter, you are evolving and we are evolving together. There are many perspectives, and as you awaken in any given moment you realise that each perspective holds the fundamental energy, that is always an opportunity deepening more of who you are; life is karmic, karma is love evolving through you, through each perspective.

As you reach into your heart and upwards into your higher consciousness, you become aware of your oversoul. Your soul is your heart consciousness; your oversoul is the highest part of you that contains your soul, the spark of you in this lifetime. Your oversoul is present with you, in deep meditation, waiting to be conscious of itself through your consciousness. Within the light of your oversoul you remember each life time. It holds your greater purpose and becoming. You are multidimensional. That is your oversoul has shared fractals of light, rays of light into many life times that are all coexisting at once. The perspectives of the mountain can now be applied to the perspectives that are viewed from the soul plane. This perspective is once again vast and your oversoul is evolving through this vantage point, witnessing and experiencing each fractal of light in each lifetime.

Your oversoul is present with you through each experience and is often the soft voice in the background of the chaos or discomfort that is prompting you with wisdom, showing you wiser more loving ways to be in each moment. Your oversoul has all the knowledge that you need to understand your purpose in this life time. Your oversouls journey in the soul plane is to master the skill of guiding you through the alchemy of light work and the creative process. We are all evolving together as one. Your oversoul is significant and is witness to your journey and participating with you, alongside you inside and outside of your experience. Your oversoul is your awareness the deep stillness that you experience as you rest in meditation. As you tune into heart consciousness and awaken to your awareness and the light of your oversoul, you become a divine channel.

We are always optimistic and trust that this has provided you with what you are in quest of journeying through the heart of channelling and the grounding from which this soul work arises. We are immensely proud of this journey. We are forever present with you as you voyage through life. Your oversoul will forever provide you with the wisdom you seek and will continuously open the doorway to the higher planes of realities to know the light of your true nature and that of the guides.



Marina Kirk

The Heart of Channelling

May you always know you are love and may you always know that you are forever graced with light; you are the light becoming conscious of itself through the alchemy of love.

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