

Helané Wahbeh, ND - Best Channeling Practices 2024

During this practical channeling course, you'll discover:

- A **broader definition of channeling** as the receiving of information and energy not limited by our conventional senses — including intuition, gut hunches, mediumship, trance channeling, and more — and that **everyone can do it**
- Discover how common channeling experiences are, as well as data on the **traits of people who channel**
- **Gold-standard, best practices for channeling**, based on multiple traditions and sources
- **A variety of extended channeling methods — and have plenty of time to practice them** and determine the ones that work best for you
- How channeling can *truly* enable you to **make more easeful, less anxiety-provoking choices** because it supports your power of discernment
- **Techniques for clearing yourself and harmonizing your environment, and discerning the validity of the information** channeled through you
- A heightened capacity to **trust that your inner wisdom will guide your life in a direction that's aligned with your highest self**
- The importance of **grounding yourself before channeling and how to do it**
- How to **protect yourself from negative spirits and energies** while you channel — *if you feel it's necessary for you*
- Why it's important to **set intentions for your channeling so you can tap into the highest sources of wisdom** — and ways to do that most effectively
- **Exercises to connect with spirit guides or unseen helpers** to support you in your channeling — *if you choose to use them*
- The **ethics of channeling** and how to use it in a responsible, non-harming way to support the highest good for yourself and others
- And *much* more...

Dr. Helané doesn't spend a lot of time lecturing in this course. Instead, she's designed a **practice-based curriculum** that's deeply transformative, empowering, inspiring, nourishing, and **honoring of each individual's process**.

You'll have many opportunities to explore your own capacity to connect with information and energy that's beyond what your thinking mind and human senses can take in and integrate...

... and enhance that connection as you begin to **cultivate and engage in your own channeling signature and path**.

Whether you want to channel solely for yourself or for other people, as well, you'll walk away from this program with **elevated trust in your channeling** abilities and an understanding of the language of the unseen...

... enabling you to **generate more ease and flow in your life**, which ripples out to your relationships, families, communities, and beyond.

We also want to extend an extra special invitation. If your partner or children have had what seems like channeling experiences — *and they live in your household* — we want to encourage them to join you as you watch this course, at no additional cost.

Going through this process together can be highly transformative in building mutual intuitive understanding and compassion with your loved ones.

What You'll Discover in These 7 Modules

In this 7-part transformational course, Helané guides you through the fundamental skills and competencies you'll need to cultivate your own channeling practice, learning and practicing a variety of methods and techniques to enhance your connection to your inner wisdom.

Module 1: Take Your Channeling to the Next Level — Clear Disruptive Energy From Your Body & Harmonize Your Environment to Prepare for Channeling



Dr. Helané shares her professional work and personal experiences with the phenomenon of channeling. She reviews the format and overarching themes of each of the modules, and dives into the **best practices for empowering your body for channeling**.

For example, she illustrates how the state of your body influences the clearness of your channeling.

She guides you into a self-inquiry process to discover what's working (or not) in your body to support your practices and **helps clear your body for stronger channeling capacity**.

These factors include water intake, nutrition, and movement. Dr. Helané also shares how to deal with any physical side effects you may experience in the development of your channeling path.

In this module, you'll:

- Review the basic content of this course and how to engage with it most effectively
- Explore **ways your physical body may block your channeling abilities**, including diet and nutrition
- Discover **gentle cleansing techniques to help you resolve those physical blocks**
- Gain insight into **how your environment can affect your channeling**
- Experience a guided **meditation practice** to tune into the sensations of your body and **understand what your body needs to support your channeling path**

Module 2: Clear Your Mind & Ego Layers to Become a Clear Channel for Receiving Information



Explore how an essential part of being a functional human in our world is the establishment of an ego personality at a very young age, which helps us cope with the experiences we encounter.

The development of that ego construct is dependent on our individual experiences, both those that are perceived positively and those perceived negatively.

If we're unaware of what makes up our ego, it can be an unconscious motivator for our behaviors and actions, filtering our channeling.

Dr. Helané describes how to strengthen your own internal witness to observe your ego construct. She **offers methods to help clear the layers of your ego.**

In this module, you'll:

- **Examine your thoughts, their content, and how they relate to your ego personality**
- **Discern how to witness your thoughts** and understand that *you* are not your *thoughts*
- Discover how **unconscious ego layers can block your channeling**
- Learn **methods to quiet your thoughts**

- Explore **techniques to clear layers of your ego**
- Experience a guided **meditation to quiet your mind and set intentions**

Module 3: Your Intention Matters — Clearly Set Your Intentions to Tap Into Your Highest Source of Wisdom



Research is demonstrating that our consciousness is not limited by our physical limitations, and that **our intention can affect the physical world — and *maybe* even create our reality.**

Studies have shown, for example, that positive intentions can support people with illnesses, increase the benefits of chocolate and tea plant growth, and impact how cells develop in a laboratory.

This growing body of research supports what wisdom keepers around the world have been telling us for millennia — **our intention matters.**

Setting an intention entails **directing your will and undivided attention toward a specific outcome. An essential part of channeling is to clearly set intentions** for your channeling practice and beyond.

Dr. Helané reviews **various ways to use intention during your channeling practice, and methods to help strengthen your intention.**

In this module, you'll:

- Learn about research illustrating that your intention matters
- Explore **how intentions can be used in your channeling process**
- Access your own motivations for channeling
- Receive examples of general and specific intention-setting processes
- Discover various ways to **engage altered states of consciousness**
- Experience a guided **meditation to activate your intention centers — strengthening your ability to tap into your highest and best source of wisdom**

Module 4: Stay Grounded & Protected During Channeling to Prevent the Absorption of Negative Energies



Channeling is an incredibly expansive experience. Learning how to ground yourself to the earth can support you having more **balanced and functional channeling paths**.

Grounding will also help you avoid disorientation and dissociative symptoms that may arise during your practice.

Many traditions believe that it's important to take adequate **protective measures from negative energies and spirits**.

Dr. Helané reviews various thoughts on this and share **practices to ground and protect yourself during channeling experiences**.

In this module, you'll:

- Learn **what grounding is** and the research on “Earthing”
- Discover **various tools for grounding yourself**
- Explore a variety of perspectives on the need for protection from negative energies and spirits
- Consider how to **engage grounding and protection practices in your daily life and during channeling sessions**
- **Experience a grounding and protection exercises** and discover the best way for you

Module 5: Calling on Helpers — Establish Connection With Your Spirit Guides to Support Your Protection & Channeling Practice



Explore the concept of **spiritual guides** — non-physical entities or beings that provide **guidance and support**.

Dr. Helané emphasizes that *you don't have to believe in spiritual guides to channel*, but building a relationship with a nonphysical helper team can **support your protection and channeling path**.

Spiritual guides can take various forms, such as angels, spirit animals, ancestors, ascended masters, and archetypes — and each guide may support you in different ways.

You'll also receive **examples of how to connect with spiritual guides** by setting an intention and being open and curious.

In this module, you'll:

- Define the concepts of **spiritual guides, their various forms and purposes, and how to connect with them**
- Identify different ways spiritual guides can help you
- **Experience a channeling session to establish a clear connection with your current guides**, with the intention of strengthening your relationship with them

Module 6: Best Practices for Revealing Information & Energy & Closing Your Sessions



Dr. Helané provides **guidance on the channeling phase of your planned sessions**, including motivation, framing questions, revealing information, and closing the session.

She suggests starting with specific yes-or-no questions, and building confidence before moving on to more complex information. She advises you to be willing and relaxed, holding the belief that **your consciousness expands beyond your physical body**.

Dr. Helané also shares the importance of being open to various channeling methods — including visualizations, music, or walking — if traditional sitting quietly is not working for you. And, she offers ways to **properly close your channeling sessions**.

During this module, you'll:

- Discern **how to decide what to channel and how to frame questions for channeling**
- Discover the best mindset and attitude for channeling
- Explore **best practices for the successful reception of information**
- Learn the importance of gratitude and declaring the session closed after channeling — and how to do so in a way that's meaningful to you
- Understand **the importance of closing your channeling sessions**
- **Experience a channeling session from beginning to end, seeking answers to the personal questions you'll have created**

Module 7: Big Picture — Learn to Use Channeling in a Way That's Discerning & Beneficial to Yourself & Others



Dr. Helané emphasizes **the importance of discernment — evaluating whether channeled information is aligned with your personal values, actionable, and not harmful to others.**

She stresses the importance of **energy management** — controlling your channeling ability and managing the flow of information you receive. Dr. Helané also recommends grounding exercises, setting intentions, and finding a balance between openness and closure.

Finally, she shares ethical considerations, including respecting others' autonomy and asking for permission before sharing insights you receive through channeling.

Dr. Helané provides **guidance on how to approach channeling in a responsible and beneficial way** today and into the future on your channeling path.

In this module, you'll:

- Understand how to **exercise discernment around channeled information**
- Learn **techniques for controlling your channeling ability and managing energy flow**
- Gain insight into balancing openness to insights — managing your channeling abilities to **avoid overwhelm or distraction**
- Develop an understanding of **ethical channeling practices** that respect autonomy and avoid harm
- Explore how you can **integrate channeling as a daily practice**
- **Experience a channeling session to explore the highest and best purpose for your channeling capacity** in your life today

The Art & Science of Channeling Deep Inner Wisdom Introductory Training Is Included!



This intensive builds upon the core teachings from the 7-module course, *The Art & Science of Channeling Deep Inner Wisdom*. When you purchase the 7-module intensive, you get access to this powerful resource as well! You can complete the core teachings at your leisure, but it's better to begin the introductory course before starting the advanced intensive.

In this 7-module introductory course, Dr. Helané skillfully helps you establish a daily practice to help you further develop your channeling skills, so you can make wise decisions with greater trust and ease in any given moment. In seven sessions, you'll discover powerful scientific evidence that explains the psychic phenomena of channeling — and learn processes and techniques for enhancing your connection to your inner wisdom and co-creating your “best” reality.

Each training session builds harmoniously upon the previous ones, so you'll develop a complete, holistic understanding of the practices, tools, and principles you'll need to successfully receive information and energy from a place of deep inner wisdom.

Module 1: Demystify Channeling to Confirm Your Capacity for Inner Wisdom

Module 2: Discover How Common Channeling Is to Clear Any Doubts of Your Experience

Module 3: Evaluate the Scientific Evidence & Criteria to Validate Whether Channeling Abilities Are “Real”

Module 4: Learn How Channeling Works to Co-Create Your Reality

Module 5: Discover What Channelers Have in Common to Realize & Enhance Your Specific Abilities

Module 6: Explore the Sources & Types of Channeling to Identify & Connect With Your Own

Module 7: Build a Daily Channeling Practice to Continue Developing Your Abilities for Personal & Collective Good

PLUS, you'll get the *Channeling Deep Inner Wisdom Bonus Offering*

Bonus #1

Channeling: A Mental Health Issue?

Collection of Videos With PDF Companion

The original price of *The Art & Science of Channeling Deep Inner Wisdom* on its own was \$349, but it's INCLUDED in your registration for the advanced course!

The *Best Channeling Practices* Bonus Offering

In addition to Dr. Helané's introductory training and transformative 7-module on-demand course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.

Cleansing, Clearing & Protection for Channeling

Three PDF Guides From Dr. Helané Wahbeh



Marie Kondo — Swedish Death Cleaning: Releasing Attachment to the Physical

Dr. Helané shares the importance of cleansing your environment to ensure a clear, unobstructed channel and more easeful, intuitive access. This handout offers examples of methods for clearing the clutter from your spaces.

Cleansing: Castor Oil Pack

Dr. Helané explores the importance of clearing your physical body to support a clearer and more easeful channeling process. When the body isn't struggling with toxins or heavy digestion, you can channel more easily. This handout describes a simple technique, the castor oil pack, to support you in clearing out your primary detoxification pathways.

Protection While Channeling

Dr. Helané covers personal protection as a best practice for the channeling process. In this paper, she discusses various perspectives on whether or not it's important to protect ourselves from negative energies or apparent non-physical beings. She also shares the results from a survey in which people were asked about their best energetic/spiritual protection practices for channeling, and whether or not they believe protection is necessary.