

## Deepening Your Channeling Abilities: Practices and Exercises



In our journey toward understanding the nuances of perception and channeling, we begin to recognize that each person has their own unique mode of receiving intuitive guidance and information. This is based on how they perceive the world around them, which is often tied to their primary sensory processing system. This concept is commonly referred to in Neurolinguistic Programming (NLP) as "**perception modes**" or "**representational systems.**"

In NLP, these perception modes refer to the different ways people process and understand information. There are three main modes: auditory (sound-based), visual (sight-based), and Kinesthetic (feeling-based). Some individuals may also have a combination of these modes. These primary modes influence how a person experiences life, communicates, and even receives messages from the Akashic Records or intuitive guidance.

### **Auditory Perception Mode:**

People with an auditory perception mode experience the world primarily through sound. These individuals often pay close attention to words, tone, pitch, and rhythm in speech. They are good listeners, and their minds are attuned to processing sounds, music, or verbal cues.

### **Key Characteristics:**

- Frequently use phrases like: "It sounds like," "I hear you," "That rings a bell," or "That speaks to me."
- They may recall conversations or information through verbal repetition and often express themselves verbally.
- These individuals tend to speak rhythmically, with careful attention to sound and tone.
- They may be sensitive to noise in their environment, and distractions from loud sounds can affect their concentration.

### **In Akashic Channeling:**

For individuals with an auditory perception mode, they are likely to receive messages from the Akashic Records through hearing. They might hear voices, sounds, or even music. These auditory messages could come in the form of words, sentences, or auditory cues that guide them toward the information they need to access.

### **Visual Perception Mode:**

Visual perceivers experience the world primarily through sight. These individuals process information by visualizing or seeing images, colors, symbols, or patterns in their mind's eye. They are often good at remembering faces, landmarks, or any visual details with ease.

### **Key Characteristics:**

- Common phrases include: "I see," "It looks like," "That's clear to me," or "I picture it this way."
- They often think in images and have a vivid imagination, sometimes describing situations as if they are watching a movie in their mind.
- They may be detail-oriented, focusing on visual aesthetics, colors, and the overall appearance of things.
- Visual individuals tend to organize their thoughts and surroundings based on visual order and patterns.

### **In Akashic Channeling:**

For people with a visual perception mode, messages from the Akashic Records often appear as images, visions, colors, or symbolic patterns. They may "see" specific past lives or symbolic representations of events in their mind's eye. These visuals could be clear pictures, abstract forms, or even dream-like imagery, offering insights into their spiritual path.

### **Kinesthetic Perception Mode:**

Kinesthetic individuals experience the world primarily through touch and feelings. They are deeply in tune with their physical and emotional sensations, and they often use their body as a compass for understanding their environment and emotions.

### **Key Characteristics:**

- Common phrases include: "I feel," "It feels right," "That touched me," or "I can sense it."
- They are sensitive to the physical sensations of their body and can be very empathetic toward others' emotions.
- Kinesthetic individuals are often drawn to activities that involve movement, such as sports, dance, or activities that require tactile engagement.
- They might make decisions based on their "gut feelings" and rely heavily on intuition, driven by their physical responses.

### **In Akashic Channeling:**

Kinesthetic individuals are likely to receive messages from the Akashic Records in the form of sensations, feelings, or even a deep "knowing" that resonates in their body. They might feel a sense of peace, warmth, or lightness during channeling. These sensations serve as confirmations or insights that guide them through the records and help them understand the energy of certain events, situations, or past lives.

### **Other Perception Modes:**

- **Olfactory (Smell):** Some people process information through their sense of smell. They might be triggered by specific scents that remind them of certain places, events, or even past lives. During Akashic sessions, they may experience distinct smells that hold significance.
- **Gustatory (Taste):** This mode involves the sense of taste. Though rare, some individuals might recall specific tastes that are tied to their intuitive experiences, perhaps associating a certain taste with a past memory or life.

### **Connecting Perception Modes to Akashic Channeling:**

After initiation into the Akashic Records, your natural perception mode will often become the dominant way you receive intuitive guidance. Understanding your primary perception mode helps you deepen your channeling abilities, as you can consciously develop the way you receive information.

For example:

- Auditory individuals may hear their guides speaking to them and will likely find that sounds, words, or music become central to their channeling experience.

- Visual individuals may start receiving vivid imagery, symbols, or even see scenes play out in front of their inner eye.
- Kinesthetic individuals might feel a strong physical response during channeling, such as warmth, tingling, or deep emotional resonance.

### **Exercises to Deepen Channeling Based on Perception Modes:**

#### **1. Auditory Practice:**

- Sit in a quiet space and tune into the subtle sounds around you.
- Begin by reciting prayers or mantras to activate the auditory channel.
- Focus on hearing messages or sounds within your mind during meditation.
- You may record your sessions with a voice recorder, speaking out the messages you hear. As you replay the recordings, you might notice deeper layers of information unfold.

#### **2. Visual Practice:**

- Sit in a calm environment, close your eyes, and allow images, colors, or patterns to arise in your mind's eye.
- Keep a journal of the images you see during your channeling sessions, drawing them if possible.
- You can use visual aids like candles, sacred geometry symbols, or visualizations to help enhance your channeling ability.

#### **3. Kinesthetic Practice:**

- Pay attention to how your body feels during meditation or channeling sessions.
- Practice grounding exercises that allow you to feel connected to the earth and your body.
- Focus on the physical sensations that arise when you are asking for guidance and how your body responds to specific questions.
- Journaling about the feelings and sensations you experience will help you track patterns and develop a deeper understanding of how your body communicates during channeling.

By understanding and embracing your unique perception mode, you can strengthen your channeling connection and deepen your work with the Akashic Records. Whether you are auditory, visual, Kinesthetic, or a combination, the key is to trust the way you naturally receive information and to practice aligning with that mode as you explore deeper insights. As you continue your journey, your channeling abilities will become more refined, allowing for more profound guidance from the Akashic Records.

Channeling through the Akashic Records is a skill that deepens with time, practice, and dedication. Just as with any spiritual discipline, the more you commit to engaging with the

Akashic field, the more you will unlock within yourself. In this chapter, we will cover practical exercises and practices that will help you strengthen your Channeling abilities, refine your connection to the Records, and increase your confidence in receiving and interpreting divine guidance.

As you continue to work with the Akashic Records and deepen your practice, it's important to recognize that your primary perception mode is just the beginning of your channeling journey. Channeling is dynamic, and while you may start with one dominant perception mode—whether auditory, visual, or Kinesthetic—over time, as your vibration rises, you will naturally develop and enhance other perception modes. This is a natural progression as your connection with higher realms and the Akashic Records strengthens.

### ✦ **Opening to All Senses: Invocation for Multidimensional Perception**

*Beloved Source of Infinite Wisdom,  
I open my heart to the many ways You speak.  
Through sound, through vision, through feeling,  
through scent and taste of memory.  
May I release judgment of how guidance comes,  
and honor each whisper as sacred.  
Expand my senses beyond limitation,  
that I may hear, see, feel, and know  
Your truth in every breath.  
And so it is.”*

### **Expanding Your Channeling Abilities:**

As we explained, Initially, when you start working with the Akashic Records, your intuitive guidance will come through the perception mode that is most dominant in your life. For instance:

- Visual individuals may begin by seeing abstract colors, shapes, or subtle flashes of light.
- Auditory individuals might hear vague sounds, whispers, or rhythmic guidance.
- Kinesthetic individuals may feel subtle sensations, such as warmth or tingling.

However, as you continue to raise your vibration, your perception abilities will evolve. Over time, you will find that your visuals become sharper and clearer, like watching a movie unfold in your mind's eye. You might start by seeing glimpses of light, and later develop the ability to visualize entire scenes from past lives or future possibilities with vivid clarity. you can consciously develop the way you receive information

Similarly, if you're primarily auditory, you might begin with hearing fragmented words or faint sounds, but with consistent practice, these auditory messages will transform into clear,

coherent voices. The voices may sound like someone speaking directly to you or may take the form of guidance through tone or song.


If you're Kinesthetic, you might start by simply feeling subtle shifts in energy, but as your abilities grow, you will develop a strong sense of "knowing" or a deep bodily resonance that acts as a clear indicator of truth and guidance. This deep "feeling" becomes an undeniable confirmation of the messages you're receiving from the Akashic Records.

### **Developing All Perception Modes:**

With time, practice, and heightened vibration, it's possible to develop all of the perception modes. For example:

- A visual channeler may start to hear guidance or feel the presence of divine beings, developing auditory and Kinesthetic abilities alongside their visual prowess.
- An auditory channeler may also start seeing symbols, rays of light, or colors while continuing to strengthen their auditory connection.
- A Kinesthetic channeler may develop the ability to visualize past lives or receive auditory guidance in addition to their strong sense of feeling.

**This expansion is a natural result of raising your vibration, staying dedicated to your practice, and remaining open to receiving in new ways. As your vibration rises, your connection with the Akashic Records strengthens, and your ability to channel through multiple modes increases.**

 Akashic Wisper: *Remember that Raising your vibration is not about perfection, but resonance. Each act of love—toward the self, the body, the Earth—raises the frequency. Honor your progress, however small, as sacred.*"

### **Steps to Raise Your Vibration:**

Raising your vibration is essential for enhancing your channeling abilities and improving your connection to the Akashic Records. Here are some effective practices that can help you raise and maintain a higher vibration:

#### **1. Pay Attention to Your Food:**

- High-vibrational food is essential for keeping your energy aligned with the frequencies of the Akashic Records. Focus on eating organic, whole foods—especially fruits, vegetables, and grains that are alive with natural energy. Avoid processed and dense foods that can lower your vibration.

- Drink plenty of water to keep your body hydrated and your energy flow smooth. Water helps purify the system and allows energy to flow more freely.

## **2. Ground Yourself in Nature:**

- Grounding is a practice that helps align your physical and energetic bodies with the energy of the Earth. Spend time walking barefoot on grass, soil, or sand to connect with the Earth's natural vibrations. This helps discharge any negative energy and keeps your vibration aligned with nature.

- Spend time in the sun: **The sun is a natural source of high-vibrational energy.** Allowing the sun's rays to bathe your skin for a few minutes each day helps raise your frequency, fills you with energy, and activates your body's natural healing abilities. **Sunlight is especially powerful for activating the pineal gland (Third Eye) and improving your connection with higher realms.**

## **3. Daily Meditation and Breathwork:**

- Meditation is an important tool to maintain and raise your vibration. Through meditation, you clear your mind, align your energy, and connect with higher frequencies. Focus on heart-centered meditations<sup>1</sup> or visualizations that fill your body with light and love.

- Breathwork is also crucial for raising your vibration. Conscious, deep breathing allows energy to flow through your body and purifies your energetic field. Practicing deep belly breathing or rhythmic breath techniques helps you release stagnant energy and raise your frequency. Focus on breathing in light and exhaling anything that no longer serves you.

## **4. Mind Your Thoughts:**

- Our thoughts are vibrational waves that influence our overall energy. To raise your vibration, it's important to stay mindful of your thoughts. Positive, loving thoughts have a high vibration, while negative, fearful, or judgmental thoughts can lower your energy. Practice gratitude and positive affirmations to keep your mind in a high vibrational state.

- Whenever you catch yourself thinking negatively, pause and consciously shift your focus. Replace fear-based thoughts with thoughts of love, abundance, and joy. This helps align you with higher frequencies.

## **5. Practice Gratitude:**

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<sup>1</sup> You can read more about Heart-centeredness practice and meditation in "Infinite Love Book": <https://shimashadrouh.com/infinite-love-book-new-edition/>

- Gratitude is a powerful way to raise your vibration and stay aligned with higher energies. Spend a few moments every day reflecting on what you are grateful for. Gratitude shifts your perspective and aligns you with the energy of abundance, helping you to receive more guidance from the Akashic Records.

- You can practice gratitude through journaling, speaking it out loud, or simply holding it in your heart.

## **6. Energy Healing and Chakra Balancing:**

- Energy healing practices such as Reiki, sound healing, or crystal healing can help you clear blocked energy and restore balance in your energy field. These practices raise your vibration and improve your connection to the Akashic Records.

- Chakra balancing is particularly important when working with the Akashic Records. Focus on keeping your Third Eye (Ajna), Crown Chakra (Sahasrara), and Heart Chakra (Anahata) open and aligned. These chakras are gateways for receiving intuitive guidance and channeling information. You can use visualization techniques, meditations, or energy work to ensure these chakras remain in balance.

## **7. Surround Yourself with High-Vibrational People and Environments:**

- The people and environments around you also influence your vibration. Spend time with individuals who uplift and inspire you. Avoid people or situations that drain your energy or bring negativity into your life.

- Create a sacred space for yourself, filled with items that have high vibrations—such as crystals, sacred geometry symbols, plants, and candles. Keeping your surroundings positive and clean helps you maintain a high vibration.

## **8. Use Sacred Geometry and Symbols:**

- Sacred geometry symbols, such as the Flower of Life or the Sacred Geometry of Infinite Love<sup>2</sup>, can assist in raising your vibration. Visualize yourself within the symbol during meditation or while channeling. These geometric patterns help align your energy with universal frequencies, creating a stronger connection with the Akashic Records.

## **9. Music and Sound Frequencies:**

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<sup>2</sup>The Sacred Geometry of Infinite Love, which we introduced earlier, is particularly powerful for harmonizing your field and keeping you attuned to Source frequencies. Read more in “Infinite Love book”: <https://shimashadrouh.com/infinite-love-book-new-edition/>

- Certain types of music, such as binaural beats, Solfeggio frequencies, or meditative chants, can significantly raise your vibration. These sound waves help harmonize your energy and create a peaceful state that's conducive to channeling.

- Play high-frequency music during your channeling sessions to create a sacred space and stay aligned with higher energies.

## **Interpreting the Messages You Receive**

One of the most important aspects of deepening your channeling practice is learning how to interpret the messages you receive from the Akashic Records. Guidance can come through in many forms—symbols, words, feelings, or flashes of knowing—and each requires discernment to understand.

### **1. Trust Your First Impression**

The first message, image, or feeling you receive is often the purest. Your rational mind may try to analyze or question it, but the Akashic field speaks through subtle impressions. Honor that first whisper before your thoughts interfere.

### **2. Ask Clarifying Questions**

The Records respond to clear, intentional questions. If something feels vague, ask for clarification. For example:

*"What does this symbol represent for me right now?"*

*"How can I apply this message in my life today?"*

### **3. Decode Symbols Personally**

Symbols carry personal and universal meaning. A rose might symbolize love for one person and grief for another. Always ask your Records what a symbol means in the current context rather than relying solely on generalized interpretations.

### **4. Tune into Your Body**

Your body is a truth compass. Notice how your chest, gut, or womb feels as messages come through. Expansion usually signals truth; contraction may indicate fear, resistance, or misalignment.

### **5. Record & Reflect**

Keep a journal of your sessions. Writing down what you receive helps you spot patterns over time. Often, the deeper meaning of a message unfolds days or weeks later.


### **6. Discern Ego vs. Higher Guidance**

Higher guidance feels calm, clear, and loving—even when it's firm. Ego-based messages feel urgent, fear-based, or self-serving. When in doubt, pause, breathe, and ask:

*"Does this message resonate with love and my highest good?"*

## 7. Be Patient with Integration

Not every message makes sense immediately. Some are seeds meant to bloom later. Trust the process and allow wisdom to unfold naturally.

 **Akashic Whisper:** *"Beloved one, the messages you receive are not tests to be passed or puzzles to be solved—they are love letters from your own soul. Trust what arrives, even if it feels incomplete. The Akashic Records speak in layers: what you understand today will deepen tomorrow. Be gentle with yourself. Walk with curiosity, not pressure, and allow wisdom to reveal itself in divine timing. The truth is never rushed—it unfolds like dawn."*

### Developing Your Channeling Abilities Over Time:

As you consistently raise your vibration and dedicate yourself to the practices above, you will notice that your channeling abilities deepen and expand. Initially, you will channel based on your current perception mode, but with time, you will start receiving guidance through multiple channels — visual, auditory, and Kinesthetic. You may even begin to experience Claircognizance, or clear knowing, where information flows directly into your awareness without a specific sensory perception.

As your vibration rises, the accuracy and clarity of the information you receive will also improve. You will be able to access deeper layers of wisdom and guidance from the Akashic Records, opening up to new levels of understanding about yourself and the universe.

***“As you journey deeper into the Akashic Records, your abilities will expand in ways you may not expect. At first, your mind might question, your body might doubt, and your heart may long for certainty. Trust the process. Each sense that awakens is a gift unfolding in divine timing. There is no rush to ‘see more’ or ‘hear perfectly.’ The Records speak to you as you are ready, in the language your soul understands. Honor where you are and let love guide the evolution of your gifts.”***

**-Shima Shad Rouh**

### Embrace the Journey:

Remember, channeling is a lifelong journey of growth and expansion. It requires patience, dedication, and openness to the process. As you continue to channel and work with the Akashic Records, your connection will become stronger, and your ability to receive divine guidance will deepen. The more you align with your soul's purpose and raise your vibration, the more profound your channeling experiences will become.

Stay consistent with your practices, keep raising your vibration, and allow yourself to explore new dimensions of consciousness. With time, you will find that the guidance you receive through the Akashic Records becomes an integral part of your daily life, helping you live in alignment with your highest self and your soul's plan.

This is an incredibly insightful point that emphasizes how our physical body and mental state directly impact our ability to channel and access higher realms of consciousness. Let me expand on this in a comprehensive manner.

***“Channeling is not about perfection—it’s about presence.***

***Every step you take to raise your vibration strengthens your connection, even if progress feels gradual.”***

***-Shima Shad Rouh***

After an Akashic Records initiation, you often become more aware of your body and its vibrations, particularly the vibration of food. Many people experience shifts in their dietary preferences as they grow more sensitive to the vibrational quality of the food they consume. This is because food carries not just physical nutrients but also energetic information that can either raise or lower your vibration.

### **Sensitivity to Food Post-Initiation:**

For instance, after an initiation, you might find that your body begins to reject certain foods that were once staples in your diet. For many people, alcohol becomes difficult to tolerate, even a single glass of beer may result in discomfort. The reason for this is that alcohol has a lower vibrational frequency and, when consumed, can cloud your energy field, making it more difficult to maintain clarity in your channeling. Your stomach, being closely tied to your solar plexus chakra, may physically show discomfort, signalling that alcohol disrupts your energy flow.

Similarly, meat consumption often becomes a challenge for many newly initiated individuals. Meat, especially from animals raised in suffering, carries the vibrational imprint of trauma, pain, and fear. As your vibration increases and your body becomes more attuned to lighter energies, it becomes harder to ingest food that carries dense, lower energies. This is not merely a physical response but an energetic one—your body intuitively rejects what does not align with your higher vibration.

As you become more selective with your food choices, you might gravitate towards foods that are in their most natural and high-vibrational state. Fresh fruits, vegetables, grains, and plant-based proteins are energetically lighter and align with higher consciousness. These foods nourish your body and support your channeling abilities because they fuel you with life-force energy or prana.

This is not about rigid rules or deprivation, but about attuning to what supports your energy best. Each body is unique, and part of the journey is listening deeply to yours.

### **Final Reflection: Becoming a Clear Channel**

“Channeling through the Akashic Records is not about perfection; it is about presence. The more you care for your body, mind, and energy—the more you honor your natural perception

modes—the clearer your connection becomes. With practice, patience, and love, your channel opens like a sacred instrument, harmonizing with the wisdom of the Records.

In the next chapter, we will explore how to build a consistent, sustainable practice—one that anchors this sacred connection into your daily life, ensuring your channel remains open, grounded, and vibrant.