



## **Conscious Channelling/Mediumship with Karin Christensen**

A one on one session where I create a safe space to connect and communicate with loved ones passed over, and to gain guidance and insight from your higher self and spiritual guides.

In session I allow myself to be utilized as a channel/medium for information about loved ones passed over, often in relation to physical characteristics, health issues and whatever else my sources wish to convey. I can also convey spiritual guidance and insight from your higher self and spiritual guides. I am NOT in any way possessed, I remain in control and conscious, albeit in a slightly altered state of consciousness (further reading below):

"Conscious channeling allows the channel to be an observer of the process. The channel remains somewhat detached, but still aware of what is happening around her. A conscious channel moves his awareness into the background, and allows higher wisdom an opportunity to access and engage a wide spectrum of infinite potential. This method employs the channel's body as a temporary vessel of knowledge and healing, and because energy does not discriminate, the channel also benefits. Conscious channels do not surrender the authority or ownership of their body." Reference:

<http://pepperlewis.com/faqs/channeling-mediumship-faqs#signup5>

Currently I receive most of the channelled information via clairsentience, a "knowing", and kinesthetic insight where I am shown, or feel, physical sensations in my own body which relate specifically to the source I am channelling. With my enquiring analytical mind and as a working Clinical Hypnotherapist and healing channel, I recognize the movements as a form of ideomotor response (an involuntary and unconscious motor behaviour). As the session progresses I will describe what is being shown and where my hands are being led. It is important for you to take notes and closely follow what my hands are doing as you may have your own interpretation of certain movements.

**To help ensure a focused session and to help you get the most out of the experience, please bring the following:**

- One or more items related to, passed down or previously owned by a loved one passed over with whom you would like to make contact - please ensure this is wrapped so I can't identify the item. This could be a picture/photo, jewellery item, etc - I have accurately channelled information from an item of clothing so it really doesn't matter what you bring.
- For guidance for yourself, please bring a personal item that belongs to you, otherwise simply linking with your energy and asking for guidance and insight from your higher self and spiritual guides will be sufficient.

**Don't worry if you don't have anything you can bring, it will simply be more of an "open" communication and a number of energies may come through and identify themselves and I will ask for distinguishing factors to be clearly conveyed.**

Please note I always ask that NO verification or discussion of the information is given until I have finished channelling information from a given item so that my mind doesn't get involved in any kind of guesswork and to ensure the information comes only from source. I keep my eyes closed throughout to help me cut out distractions and to avoid me possibly "reading" your body language and facial expression.

**Cost: \$70.00, sessions typically take up to an hour.**