

# CHANNELING 101



**Anne Reith, Ph.D.**

Reiki Master/Teacher

Karuna Reiki® Master/Teacher

Director of the Institute for Mediumship, Psychic, Astrological, & Reiki Training (IMPART)

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## DEDICATION

**This book is dedicated to my first psychic development teacher, Suzan, who encouraged me to “just try” channeling, even when I was very apprehensive. And this book is also dedicated to each of my students who have sat in “the channeling chair” . . . thank you for having the courage to connect with Spirit in this amazing way.**

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### **Institute for Mediumship, Psychic, Astrological, & Reiki Training**

*im part* (v.): to bestow sacred knowledge upon

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A Division of Anne Reith, Ph.D., Inc.  
540 N. Golden Circle Drive, Suite 108  
Santa Ana, CA 92705 USA  
(714) 599-0017

Email: [Anne@AnneReith.com](mailto:Anne@AnneReith.com)

Website: [www.AnneReith.com](http://www.AnneReith.com)

## **Introduction to IMPART Educational Material**

*im part* (v.): *to bestow sacred knowledge upon*

Welcome to the IMPART family! Whether you are just starting out on your metaphysical journey or you would like to explore a specific topic or skill in more depth, the staff at IMPART is here to provide you with information, training, and support as you develop your abilities to connect with Spirit.

It is very likely you have questions, and we hope to provide you with the answers! Just a few of the questions you might be asking yourself include:

- How do I know if I'm psychic, a medium, and/or a healer?
- How do I learn how to connect with God/Source/Spirit, my guides, angels, archangels, ascended masters (e.g., Jesus, Mother Mary, Buddha), and/or deceased loved ones?
- How do I use a specific divination tool (e.g., cards, runes)?
- How do I learn how to be a healer?
- How can I use my abilities to help others?

To address your questions, we have created a series of educational products (e.g., ebooks, audio recordings) that are designed to meet the following standards:

- **Organized:** We always endeavor to provide a detailed Index and/or Table of Contents that will help you find the information that you need.
- **Clearly Communicated:** We always strive to make complex information as understandable as possible. Additionally, we do our best to stay away from obscure words or convoluted wording. We do not believe that a dictionary should be required when reading IMPART material.
- **Concise:** We, here at IMPART, understand that most of you are trying to fit your metaphysical studies around jobs, relationships, families, and various other responsibilities. Therefore, we do our best to provide you with information that is accurate, thorough, and concise.
- **Helpful to Beginners (as well as those who are more advanced):** We all were new to specific topics at one time, and we always strive to create educational materials that would have been helpful to us when we first started out. We want to provide you with a good foundation for each of the topics in our educational series.

IMPART's overall goal is to provide you with high quality training programs and educational material that will help you whether you are brand new to the field of metaphysics or you are more experienced but want to learn more about a specific topic. Through the use of these products and on-going support, our goal for you is to . . .

- Develop a wonderful new sense of confidence in your ability to connect with Spirit/Source/God through the development of a set of tools and skills that will allow you to have access to spiritual guidance and support on a daily basis.
- Connect with like-minded others that provide a support system through IMPART classes and workshops. You never need to feel alone on your spiritual journey. We are here for you!
- Feel exhilarated by your deepening connection with God/Source/Spirit.
- Feel significantly better about all areas of your life, including your health, relationships, work satisfaction, and emotional well-being.
- Experience a new sense of peace and well-being about your day-to-day life.

To learn more about IMPART training programs or educational material, be sure to join our on-line community at [www.AnneReith.com](http://www.AnneReith.com).

Again, welcome to the IMPART family, and many blessings on your journey toward enlightenment!

*IMPART Teachers, Authors, & Staff Members*

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## Channeling

I want to begin by recognizing that channeling, perhaps more than most metaphysical topics, is often misunderstood. Some people don't want anything to do with channeling because they believe it is "weird," "scary," or even "evil." I hope this educational material will help you understand that there is nothing to fear with true channeling.

### My First Experiences with Channeling

To be very honest, I initially resisted learning how to channel because I was one of those people who thought channeling sounded "scary." The first person to tell me about channeling was my psychic development teacher, Suzan, who was an experienced channeler. It took me several months before I was willing to follow her recommendation and attend one of her channeling classes. At that time, I was a self-described "control freak," so the idea of having a spiritual entity control my vocal cords in order to speak on the Earth plane sounded pretty "frightening." But I finally "gave in" and was willing to go and observe.

I was so nervous that evening. But as each of the students took his or her turn in "the channeling chair," I became more and more intrigued with the beautiful, loving, uplifting messages that were being shared. Right before class ended, Suzan and several of my colleagues encouraged me to "just try it," so I did.

Little did I know that I was a "natural channel." I sat down and relaxed my body and mind. The first thing I experienced was that my heart began to race. Soon thereafter, I was overwhelmed by a glorious feeling of love! Then words began to come into my mind like dictations. At Suzan's urging, I began to speak these initial words . . . and the words kept coming . . . and coming. I was channeling!

That first evening, I was able to channel a very high guide! After the entity left, I cried like a baby. The tears were not tears of sadness or fear . . . they were tears of joy! The love I felt when I connected with the other side in such an intimate way was indescribable! When you channel, that is what you connect with . . . unconditional, spiritual love!

Only in retrospect did I realize that I'd been channeling for most of my life and didn't know it. For example, there were times when something would come out of my mouth and I would wonder, "Where did that come from?!" These latter situations were often stressful situations, and what I said was always the perfect way to deal with the situation. Only after learning about channeling did I begin to understand that it wasn't me who was speaking during those stressful moments . . . it had been Spirit channeling through me in order to help me deal with a difficult situation.

And now I channel all the time . . . willingly . . . happily! I find that much of my writing is channeled. And I have also taught channeling once a month since 2002. It is one of my greatest joys when one of my students makes that initial connection to the source of unending, ever-present unconditional love!

## IMPART PRODUCTS

### Audio Recordings (*available online at [www.AnneReith.com/store](http://www.AnneReith.com/store)*)

Guided Meditation for Reiki Attunements  
Lives Between Lives Guided Meditation  
Past Lives Guided Meditation  
Psychic Development: Guided Meditation  
Trip to the Akashic Records: Guided Meditation

### eBooks & Audio Recordings (*available online at [www.AnneReith.com/store](http://www.AnneReith.com/store)*)

Basic Definitions of Terms for Psychics, Mediums, & Healers (**FREE**)  
Channeling 101  
Psychic Protection 101: How to Feel Completely Safe Connecting with Spirit

### eBooks & Audio Recordings (*upcoming*)

Business 101: Learn How to Create & Run Your Own Profitable Business  
Connecting with Your Angels & Guides  
Dream Interpretation 101  
Emotional Freedom Techniques: Basics of Meridian Tapping for the 21<sup>st</sup> Century  
How to Use Metaphysical Tools (e.g., Cards, Runes)  
Karuna Reiki® Manuals: Karuna Reiki® I Practitioner, Karuna Reiki® II Practitioner, &  
Karuna Reiki® I & II Master/Teacher  
Lives Between Lives  
Mediumship 101  
Metaphysical Meanings of Over 200 Crystals and Stones  
Past Lives 101  
Pendulums 101  
Psychic Development: An Essential Primer!  
Psychic Development 101: “The Clairs”  
Reiki Manuals: Reiki I, Reiki II, Reiki III/Advanced Reiki Training, Reiki Master/Teacher  
Runes 101  
Symptoms of the Ascension Process: You Aren’t Going Crazy!  
Tarot 101

### Rune Products & Manuals (*upcoming*)

ColoRunes®  
ColoRunes®: A Divination System Based on the Metaphysical Meanings of Colors  
NumeRunes®  
NumeRunes®: A Divination System Based on Numerology  
Runes (*only available at the **Impart Wisdom & Wellness Center***)  
Runes: An Ancient Divination Technique with Modern Applications

## About the Author

Dr. Anne Reith is the Founder and Director of IMPART (the Institute for Mediumship, Psychic, Astrological, and Reiki Training), which she began in 2002. She is also the Founder and Director of the Impart Wisdom and Wellness Center (IWWC), which opened its doors in 2012.

Anne is an internationally known psychic, medium, astrologer, dedicated teacher, and spiritual coach. She is an author who has written on a wide range of topics, including Reiki, Karuna Reiki®, tarot, runes, astrology, pendulums, past lives, lives between lives, mediumship, and the Law of Attraction. Anne has recorded several meditation CD's and has also developed several highly effective divination tools, including NumeRunes® and ColoRunes®. She is a Reiki Master/Teacher and Karuna Reiki® Master/Teacher, DivinePeaceHealing® Practitioner, and Sai Maa Diksha Practitioner.

Previous to Anne's work in the metaphysical and spiritual fields, she earned her doctorate in Counseling Psychology from the University of California, Santa Barbara. She worked for over 30 years in university settings as a Psychologist and tenured faculty member. She currently lives in Orange County, California, and is the proud Auntie Anne to seven nieces and nephews.