



Day 4: Channeling Gifts + Light Language Banner

Today's topic we will explore some ways you can explore your channeling abilities. These abilities are largely energetically housed in your throat chakra, crown chakra and hand chakras and creative channels. I will give you some activities to play with to encourage these gifts as well!

5th Chakra ~ Throat Chakra and Clairaudience

The throat chakra is located in the center of your throat and is associated with a light blue color.

Archangel Gabriel is great to work with as a messenger. There are many spiritual gifts connected to this energy center. The first aspect I want to discuss is your gift of authentic self-expression. This is how you express who you truly are in your relationships with others, yourself and through your work.

As it moves into its exalted 5th D activation it changes to an electric blue and you will experience being connected to higher self all the time. We begin communicating from our higher knowledge and ego takes a back seat.

The throat chakra is also home of your communication space both in physical form and spiritually. On an energetic level, this is the intuitive gift of telepathy. These telepathic channels run up from your throat chakra and through your sinus cavity and ears.



Spiritually speaking this chakra encompasses the psychic gift of “Clairaudience”, which simply means to “hear” spirit.

This is where you hear the voice of your own soul, God, angels, guides and loved ones etc. This is the realm of mediumship.

The 5th chakra is also where your ability to “channel” messages of divine truth and spiritual teachings. This chakra often works in tandem with your 7th chakra to bring messages through. This can be accessed at any time whether you are wanting to receive divine wisdom and guidance for yourself, an individual or large group.

The 5th chakra connects to your creative channels that run from the back of your throat chakra in the center of your neck, all the way down your arms and out your hand chakras. Your 2nd and 5th chakra work together to express your creative ideas.

This will also activate your hand chakras which support your manifesting and energy healing abilities.

7th Chakra ~ Crown Chakra

The 7th chakra, also known as the crown chakra, sits on the top of your head and is associated with the color purple. This is a powerful chakra because it is the bridge between our physical bodies and higher self, also known as your soul star chakra which sits out of your body above your head.



5D expanded state of crown is governed by Archangel Jophiel and the color turns crystal clear. When activated this chakra opens up the wisdom of the universe into pineal gland and 3rd eye. So all of these chakras begin to work together.

This chakra works in tandem with your 3rd chakra in being able to take inspired action to bring your ideas into fruition. When out of balance this can result in the need to be in control, over responsible and controlling how things need to get done.

The crown chakra also houses the psychic ability of claircognizance, which means clear knowing". This is where you will have an understanding of something or an "aha" moment that you can't explain how you know it, you just KNOW.

Cultivating trust in this gift will allow you to channel divine downloads on demand. The combination of working with the 5th chakra ability can result in channeling books, inspirational talks, music, and your unique body of work you are here to share with the world.

Different ways we channel

1. Information through speaking writing and knowing
2. Healing energy
3. Other entities... like abraham hicks. I would not suggest doing this without a high level of awareness and certainty of what you are bringing in.



Alignment Activities

1. In meditation or journaling, ask, “what message does my soul have for me today?”

2. What is the best next step I can take today to be in alignment with my highest path and purpose ?

3. Q and A style journaling or mediation with your guides, higher self or God is another great activity to cultivate these gifts.



Amplify Your Clairvoyance, Channeling and Healing Abilities While Releasing Doubts and Fear of Judgements

4-Day Masterclass Activation Series with Jen Gilchrist

4. Share in the group your biggest aha and what message your soul had for you today.

Your intuition is your roadmap for life and consciously creating your desires, life purpose and highest potential.

You can have it ALL!

In fact you are meant to experience abundance in all forms. **The Soul Success Unleashed Roadmap** gives you a simple step-by-step overview of milestones on your journey that will lead you to...

... **Awakening** and aligning with who you truly are. In this state of alignment, miracles abound allowing you to experience new levels of freedom, fulfillment, joy, peace, love and financial freedom!!

You will raise your frequency, awaken more fully, receive more of what you want, align to purpose, become an even more conscious creator, awaken the collective just by being YOU.

Your vibration heals not only yourself but others all around you! It is so amazing to watch family and friends shift, as well as answering the call as a lightworker to create healing for the collective at large with your unique gifts!



Soul Success Unleashed Roadmap

Transcend Limiting Patterns and Programing: This allows you to stop going in circles creating the same unwanted experiences and liberate you from painful cycles.. You will also gain more accuracy and confidence in the information you receive which will save you precious time, energy and money.

Awaken and Activate Your 6th Chakra Abilities

Focus on meditations and activations around your 6 chakras to awaken your dormant spiritual gifts. As you deepen your practice you will notice more synchronicities, new opportunities and be able to consciously create the life and biz you desire.

Learn spiritual tools and processes that will support you in mastering your psychic abilities and discernment of what you are hearing, seeing, knowing and feeling. Strengthening your energetic boundaries is essential to master so that you can own your intuitive power without burning out or feeling overwhelmed.



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1

Meditate to Be Present

Learn to effectively ground and meditate so that you can be truly present, even amidst chaos. This will allow you to slow down the monkey mind and alleviate anxiety, creating much more clarity, focus, happiness and overall well being.

2

Transcend Limiting Patterns and Programing

This allows you to stop going in circles creating the same unwanted experiences and liberate you from painful cycles. You will also gain more accuracy and confidence in the information you receive which will save you precious time, energy and money.

3

Activating Your Spiritual Gifts and DNA to the Next Level

Focus on meditations and activations around your 6 chakras to awaken your spiritual dormant. As you deepen your practice you will notice more synchronicities, new opportunities and be able to consciously create the life and biz you desire.

4

Strengthen Energetic Boundaries and Mastering Psychic Abilities

Strengthening your energetic boundaries is essential to master so that you can own your intuitive power without burning out or feeling overwhelmed. This will support you in mastering your psychic abilities and discernment of what you are hearing, seeing, knowing and feeling.

5

Tapping into Collective Learning to Accelerate Your Ascension Process

Working in groups allows you to move through more energy and move more quickly into mastery, so that you have the confidence and certainty to take action on your intuitive guidance and give more accurate readings for yourself and others.

The Soul Success Unleashed program is designed to help you navigate each of these five phases. I invite you to open your heart, mind and spirit, learn more and enroll by visiting <https://SoulSuccessUnleashed.com/enroll>.