

THE LITTLE BOOK OF CHANNELING



A Primer for Finding One's Heart - Revised Edition

by SUMMER BACON

Trance Medium for the beautiful spirit,
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since 1994

1

One dreamless night in 1989 I gently awakened in my bed, only to discover that I was looking through someone else's eyes. *Literally.*

I felt myself slowly returning to my body through the back of my head, and as I did, I realized that someone else was there with me. I wasn't frightened, just confused, and more than a bit curious about what was happening to me. As my eyes began to focus, I was surprised to find that my body was sitting up in bed, and my mouth was moving, forming words, but I wasn't doing it.

"Am I in my body?" was my immediate thought.

My soul's weird response to my question was to go and take a look in the mirror to find out. Transcending time and space, I instantly projected into the bathroom where I saw my ethereal body hovering in the mirror, looking thin and wispy, like some spook out of a Spielberg film. I gasped. Clearly, I was *not* in my body.

"Shit!" I exclaimed in sudden terror, "If I'm not in my body, then *who* is?"

I willed myself back to my body as hard and fast as possible, and quickly found myself being squeezed through the black tunnel of space between sleep and consciousness. An intense whooshing sound, as if someone had turned on ten thousand vacuum cleaners all at once, vibrated my eardrums as I made the rapid descent back into my body—my earth capsule. Rapid-fire tingling spread over my body as my soul made contact, and then the most peaceful sensation came over me as I witnessed in wonder the occurrences there.

Again, I found myself gazing through someone else's eyes. I could feel someone, right there in my body, wrapped around me like a warm hug. I could not tell whether they were male or female, but I knew it was not me. My body was sitting upright, but I was not in control of my muscles yet. And words—*audible* words—were coming out of my mouth, but I was not thinking them; I was not saying them. I listened.

“Hello-o-o! How are yo-o-u? Hello-o-o! How are yo-o-u? G-o-d bless yo-o-u!” the voice echoed to me through the tunnel as I came further into my body. I could tell that, whoever it was, was struggling to speak, unfamiliar with my mouth and vocal cords, so it really sounded more like this: *“He-ro-o-o! Ow are ru-u-u? G-ah-d-ble-sh-u-u!”* Some “being” was speaking through me, using my vocal cords.

It was strange and wonderful, and then, as I completely merged with my body...terrifying! For a single terrifying moment, the being and I merged together. I felt possessed, I felt afraid, and I could sense that the being knew this. Then in the most benevolent act of love, the being left slowly, carefully. Ever so gently this sweet being of love passed the torch of my body back to me. I was conscious of every sensation as I regained control of my muscles, my mouth, my vocal cords, and my eyes. I found myself sitting up in bed, my eyes wide open. Through all of this, the being continued to speak through me, saying the same loving words, over and over: “Hello! How are you? God bless you!” At last, I had full control of my brain and mouth functions, at which point the words were shut off mid sentence, and the being was gone.

I sat in the darkness, completely paralyzed with fear, staring wide-eyed into the black, searching for some explanation of what had just occurred. My room was unusually black and quiet at night. I lived in my parents' home in a garage that had been beautifully remodeled into a recording studio. There were no windows at all, thick insulation, and heavy doors that had lead sheets sandwiched into them. The eye had a hard time finding any light at all with which to focus in the dark.

I refused to breathe. I wondered if the being was still there. I did not feel alone. I sat, looked and listened with an intensity I had never felt before. Then, the miracle occurred. There in the darkness, to the side of my bed, came two voices of angelic light, love and wisdom. I could hear them speak,

but the impact was beyond simply hearing. My heart was suddenly and unexpectedly filled with love and joy at the absolute soul-level recognition. My soul understood, but my mind struggled to disbelieve the experience.

“Well, what do you think?” said the soft and melodic voice of a woman I could not see, but felt, there in the dark.

“Well, it looks like destiny to me!” exclaimed the man, who with so few words expressed such charm, grace, love and concern, that I gasped at the awareness that, whatever this was, this was real.

I was released from my prison of fear, and turned toward the voices, hungry for more information.

“Destiny? What? What destiny?” my heart wanted to know for certain. But, my suspicious mind won over my heart, and instead I reacted as if this was all a mind blip.

“Mom? Dad?” I found myself speaking into the darkness, as my mind tried to find a logical explanation for these ethereal occurrences. No one answered.

“Mom! Dad!” I called again, a little louder this time. Again, no reply.

I slowly rose from my bed and fumbled my way out into the living room, to the front door, up the stairs, to the doorway of my parents’ bedroom, only to hear my mother’s deep and gentle breathing, and the comforting rumble of my father’s snoring.

II

My friend, Tom, drove like a madman along Santa Monica Boulevard on a quest to retrieve the wallet he had absentmindedly left at home. We had been on our way to see a movie in Century City when he discovered his goof. I sat in the passenger's seat overjoyed that his goof allowed me the rare treat of extra time to just chat with him.

Tom was the greatest trance medium—the only trance medium—I had ever known. It was through Tom that I was introduced to the beautiful spirit Dr. Peebles. I was twenty-three years old when my mother suggested we listen to a radio show. She joyfully announced that a prominent psychologist was going to interview a man who allowed a spirit to come into his body so that it could speak to people. I was terrified! I was “born again” since my college days at U.C.L.A. I was a “good” Christian—something I had found might keep me safe from the demons. What my mother was describing was, by my determination, called “possession,” and I was not about to give my energy to something that certainly came from Satan.

Nevertheless, my ever-charming, open-minded, and persuasive mother dimmed the lights, lit candles, and managed to coax me to the couch where she wrapped me up in a cozy blanket assuring me that nothing bad would happen, but that if it did—*wouldn't it be an interesting adventure?* The radio squealed as she tuned it to pick up the station's frequency. I trembled.

The psychologist, Dr. David Viscott, calmly introduced Tom who sounded so young, shy and normal when he spoke that I immediately felt my heart open wide to this courageous man. Dr. Viscott was interested in metaphysical phenomenon, and decided to openly explore this on his radio program. He

wanted to watch as Tom went into trance to study the channeling process from a scientific perspective. Clearly the assumption was that Tom probably suffered from some sort of psychological delusions. At least I felt strangely comforted by this thought.

“Oh, this is a *psychological* study, not a study of the occult,” I convinced myself, feeling greatly relieved.

Tom would go into trance, and a “spirit” would speak through him, and anyone who wanted to ask the so-called “spirit” a question could call the radio station. Silly, I thought. Plain silly.

The radio went silent as Tom went into trance. I held my breath. My eyes widened as the seconds passed. The airwaves seemed to transmit the energy of the spirit. Suddenly, this didn’t feel like a joke anymore. There was an audible gasp as the spirit entered Tom’s body, and then a magnificent voice boomed through the speaker.

“God bless you! Dr. Peebles here!”

I was immediately entranced. The room felt light, peaceful and serene. We listened, mesmerized for more than forty minutes, as Dr. Peebles answered question after question with astonishing clarity, accuracy, and unwavering and unconditional love. I settled deep into the couch, feeling safe and warm. I knew in my heart that God approved of this. There was no Satan here.

The session concluded with Tom returning to his body with a loud groan. Dr. Viscott bubbled with enthusiasm. He vulnerably admitted to his listening audience that he had seen a puff of blue smoke above Tom’s head as he went into trance. He said that he could not explain what had happened in scientific terms, but that the experience was so beautiful and loving, who cared? The trance process was clearly a phenomenon to explore.

A phenomenon, indeed! Dr. Peebles died in 1922 at the ripe age of 99.9 years old. He actually walked planet earth, working as a writer, a naturopath, and a medical doctor. He lectured and traveled extensively, hobnobbing with famous politicians, spiritualists, artists and writers. After his death he continued his work as a communicator by speaking through trance mediums around the world, popping up here and there in trance mediums who were totally unrelated. (What better way to prove that he existed?) Magnificently,

his existence upon earth has been confirmed through the books he wrote, and even photographs that were taken of him.

So, here was this Dr. Peebles—not Archangel Michael, or Jesus, or aliens, or the usual cast of spiritual characters that seemed to pop through modern day channels. It was just Dr. Peebles, a really nice, unpretentious guy who happened to live a very fulfilling life on the earth. This was the spirit for me!

Five years after hearing the radio interview I finally met Tom, and at long last, Dr. Peebles. Tom and I quickly became good friends, and I was proud of my relationship with him.

Now, as Tom drove towards home, I looked lovingly at my mentor and mustered up the courage to ask the question that burned inside of me.

“What do you think that was?” I asked, referring to the strange trancelike experience I’d had in the middle of the night so long ago. Specifically, I wanted to know about the voices I’d heard.

Tom laughed uproariously at my dumb questioning, his liquid blue eyes flashing and radiant even in the darkness. He shook his head at the irony.

“What do you think it was, Summer? Ga-wd, you have no idea the gifts you have.”

“Huh? What do you mean?” I asked naively, not certain that I wanted to hear the answer.

Tom became very serious. We drove on in silence for a few moments as he gathered his thoughts. He finally spoke to me in a soft, slow and wistful voice. My heart grew heavy with melancholy as I listened.

“You know, I don’t even have the experiences you have. You’re clairaudient. You can hear Spirit! Do you know how long I have prayed for that to hapen to me? There are people who have worked for years to develop that ability...and you have it naturally. You have a gift, Summer.” The lights of the city splashed against his cheeks and reflected in his eyes. I could feel his frustration and sadness.

I was beginning to feel a little sheepish. It never dawned on me that this was considered to be a gift. I was hesitant to speak again. Tom was my mentor;

so captivating and vulnerable when he spoke; so unassuming and humble. I had unfortunately put him on a very high pedestal in my personal hierarchy, which made it very difficult for me to simply communicate with him. Part of me didn't want to bother him with more questioning, but in my heart I felt that I had been given the opportunity to learn from a master. A master who had simply asked me to go to the movies with him. I finally mustered the ability to speak.

“A gift? I...I do? You mean that was really Spirit talking to me?”

“And talking *through* you, Summer,” Tom reminded me.

I was astonished at the confirmation. “So...so, do you think they were saying that my destiny is to be a channel? A trance medium like you?”

Tom responded with rich, deep laughter that quickly penetrated the heavy veil of melancholy that had nearly consumed us. He grinned and looked at me as if I was hopeless.

“Yeeess,” he replied in his beautiful, melodic and guttural voice. He rolled his eyes, and shook his head admonishingly.

Goosebumps swept over my entire body. I was thrilled! And, terrified.

“So...how do I...what do I...I mean, how do you *do* that?” I finally blurted out.

Tom casually shrugged. “Well, you've already got the gift. You know it's your destiny. You just find yourself a place to practice. You know, you can sit in the same chair each time, at the same table, and light a candle if you want. They don't care about that stuff; you do that for yourself. Sort of a point of focus to get you in the mood. But, you do want to set up the same time to practice each day. And, tell them what time you're going to do it. Your guides have things to do, too. Schedules, and stuff like that.”

I laughed. I was amazed. “You're kidding.”

“No,” he said matter-of-factly. “I'm not. What do you think they do over there? Just float around doing nothing? They have active lives just like we do. Remember our life is but an eye blink to them. That doesn't give them a lot of preparation time.”

Tom giggled, his eyes twinkling, as he saw my shock. I had never thought about that before.

“Then what?” I asked, hanging onto his every word.

“Well, you can say a little prayer or incantation, like I do,” he explained.

“You mean, like, *‘I call upon the Spirit of light and love, opening myself to receiving light, inspiration and...’* what’s the rest of that thing you say? You always go into trance before you finish it.”

Tom laughed again, and recited his prayer to me: “*‘I call upon the Spirit of light and love, opening myself to receiving light, inspiration and truth. I reach beyond the confines of the earth, body, and mind.’* That last part is where I start to leave. I kind of go up and to the right.”

I was very silent for the rest of the evening, off in fantasy about the prospect of channeling. Me? A channel? *Destiny?* I didn’t understand it all, or how it would ever fit into my world. But, I was intrigued. Could I? Would I? When? *How?*

So many questions were in my mind that to this day I still don’t know what movie we saw, or what it was about.

III

I was twenty-seven years old, a single mom of a one-year old girl, and I was shy and excited that there were people in the world like Tom who could actually help to explain what was happening to me. Tom was patient and mature. It's no wonder that I put Tom on a pedestal. I had finally found someone who truly understood my world. In my way of thinking, there was no explanation for this other than he must be a great and enlightened master. And, frankly, he was also kind of a pain in the ass.

Tom saw right through people, and that meant that you couldn't get away with anything in his presence. He was extremely compassionate, but also intolerant of anyone (i.e. me) who refused to understand that everything in life had a purpose. He once nicknamed me the "phony victim." I believe that he completely understood and embraced the greater truth that, no matter what, we are always the creators, not the victims, of our reality.

However, I'm not even sure that Tom was consciously aware of how much he really knew. Maybe that selflessness is the sign of a master. It often seemed to me that he just felt his way through life, moving with the little stirrings of his heart. For instance, he'd told me that he didn't hear Spirit, and yet, right before he would speak, his head would tilt to one side and I could see and feel the presence of some great force pressing on him from behind. Then the most profound and prophetic words would come out of his mouth.

I just couldn't get enough of listening to Tom speak. In many ways, I learned more from watching Tom and listening to him speak than I did from Dr. Peebles. For, whether he was aware of it or not, Tom taught by example; by walking the walk, not just talking the talk. It was like watching Dr. Peebles'

teachings and principles in action.

Despite the fact that I held my hierarchy dear, Tom didn't see himself that way, and as I observed him I realized how incredibly ordinary he was. That was part of the attraction. Here was someone who was psychic and spiritual, but behaved like a real person. He was cool, he was funny, and so real and tangible that it was a joy to be in his presence, even when he was moody. That was another part of the attraction to him. He didn't have his head in the clouds, a glazed smile on his face, wear Earth Shoes, eat granola and alfalfa sprouts, proselytize about Spirit, wear orange beads or crystals, nor had he traveled to India to meet the great "masters." He admitted his faults, and he worked to improve himself (and, sometimes he didn't). In other words, he was profoundly human.

I was so excited to discover that I didn't have to become someone or something else in order to live a spiritual life. I never wanted to squeeze myself into a pretentious little box in order to seek enlightenment. It seemed like so many people started spiritual quests that ended up as giant ego trips. I wanted to steer far and wide from that.

Tom never allowed me to hold him on a pedestal. Once I told him that he was my mentor, and he just about gagged. He turned red with embarrassment and said, "Oh gawd, Summer. So, you're my mentor too. Everyone is a mentor." Then he laughed and walked away. That just made me idolize him more.

I was enraptured by the dichotomy I saw in Tom. Once, while he was drinking beer and eating lobster bisque, he caught me in a little white lie (about whether or not I liked the flavor of the wine I was drinking) by noticing the change in the color of my aura field. The fact that he could see my aura so clearly was cool, but the fact that he drank beer was mind boggling to me. I had some notion that a spiritual person only drank reverse osmosis water and fresh pressed juices.

Tom's three dogs were an integral part of his intensive personal growth workshops (for some weird reason, I thought spiritual people liked cats). He loved country music (not just new age stuff). He loved movies of all kinds (not just Ghost). And, when he forgot his wallet, he said, "Shit!" and I was doubly dumbstruck. First, because one could actually be connected to Spirit and yet forget their wallet. Secondly, because one could say "shit" and still

be an outrageously spiritual person. So human, so real, I could have cried.

A cherished memory of mine occurred on the same evening when we were in Century City waiting for our movie to begin. Tom suddenly took off and dashed downstairs yelling to me, “C’mon, Summer! Hurry!” after spying a woman he thought was Olivia Newton-John.

“Arrgh!” he growled, laughing heartily, and completely out of breath, “I lost her. Darn. I never get to see movie stars. Oh well,” he laughed again, bounding up the stairs several steps ahead of me, shrugging off the experience. “C’mon!”

When we entered the rather plush movie theatre, he immediately went to the snack stand and ordered five super rich and sweet pastries to eat during the movie. I watched in amazement as this joyful Buddha feasted on the sweetness of life with cheerful abandon. My mouth agape, I spent more time watching Tom than I did watching the movie. I was a bit bewildered by his behavior, but also overjoyed to find that a person could be abundantly spiritual and enlightened without having to give up earthly things. I was beginning to relax. This was the path for me.

Tom and Dr. Peebles, in their own ways, showed me that the hierarchy I had created was just another illusion that kept me separate from the world, from Spirit, and from my own heart. As long as I believed in masters and hierarchy, I would never become master of my own soul. As long as I chased the light and potential within others, I would never fully realize the light and potential within me.

Thankfully, my elusive mentor, my humble master, simply wouldn’t let me idolize him. Idol worship pissed him off. Sadly, and ultimately, so did I, and our friendship dissolved.

Then, to make matters worse, Tom stopped channeling and moved to an island with his new wife.

Suddenly, my mentor was gone. My spirit guide, Dr. Peebles, was out of reach. I was alone in the world, without Tom or Dr. Peebles to directly guide me. I felt betrayed. I felt angry. I felt afraid. I didn’t want to walk my path alone.

It was time for me to channel.

IV

“Don’t ever do drugs, Summer. You are drugs.” —Ron Bacon (Summer’s father)

It took courage to open this book. You did it either because you know me personally, you want to know more about the channeling process, or you want to become a channel. Obligation, curiosity or desire brought you here.

Whatever it is that inspired you to open this book, you can be certain you are in for an adventure: one that you will create.

For me, the process of channeling has helped to make sense my life. I have reflected on my past and have discovered a profound relationship between my life experiences and how they contributed to my clear mediumship. My personal journey has not been easy, and I often wondered why and how it became so complicated.

Before I teach you how to play and dance with Spirit, come play and dance with me. Let me take you on a short journey into my past. Let me show you the relationships, the connectedness of my life that I have discovered as a result of becoming a trance medium.

Where there once was pain, I now see growth. Where there once was fear, I now see the light of God.

In my youth I was deathly afraid of the dark.

“Leave the hall light on, Mom, and only shut the bedroom door halfway,”

I called to her every night after sweet goodnight hugs and kisses.

Sometimes, there in the darkness, as my mom and I talked about the events of the day, I would beg her to do something for me: something that evolved out of my fascination with mouth-to-mouth resuscitation.

I would first exhale all of the air from my lungs. Then, my mother would cup her mouth over mine and slowly breathe air into me, gently filling my lungs with her breath. It was the most wonderful sensation. I surrendered completely to this experience as her warm breath nourished my body and soul. She was always very nervous about this, as she didn't want to hurt me by overfilling my lungs. But, those were thoughts that were far away from my mind. Once my lungs were filled, she sat back and I would blissfully allow the air to flow out of my lungs. I wasn't doing it. I was surrendering to it.

Little did I know, I was already being prepared to be a trance medium. The hardest part of surrendering to Spirit (for deep trance) is the point at which you surrender your lungs and your breath. It is what I call the passing of the torch of life. It requires complete and absolute faith and trust. My beautiful mother taught this to me.

Night after night, I lay in bed feeling very alone. I found some solace in the lively, muffled conversations and laughter that came from the kitchen as my mother and father talked late into the night. But, as I stared deeply into the darkness, I knew that someone was there. I was terrified.

I lay on my side, breathless, eyes shut tight, and prayed for sleep to take me away from the horror, only to find that I could then feel whoever was there. Their presence always felt full, rich and warm behind my back, and although I felt no touch, there was what I can only now describe as psychic pressure on my back, and behind my head. It was the kind of pressure that makes you turn to look when someone stares hard at you.

Even the darkest moments of my life can be explained as a preparation for becoming the clearest channel for spirit that I can possibly be. On more than one occasion I have had my life threatened by the men I chose as mates.

I once closed my eyes and surrendered as my then-husband wrapped his hands around my neck, told my daughter to "Say goodbye to mommy," and sputtered, "Prepare to die, Summer," into my face. My terror suddenly dis-

sipated. I surrendered to my fate. I calmly thought, “So, God, this is how my life is going to end? How stupid. What a sad legacy to leave to my mother and my father. But, if it is Your will, then I accept it.” My body fell limp in surrender. I closed my eyes. My life literally flashed in front of me. Then, the most amazing thing happened. He released his grip from my throat.

He jumped to his feet, and he was absolutely furious with me. “How could you do that? How could you make me do that?” he shrieked, looking at his hands in horror. He shook his hands, and paced back and forth. I could have laughed. He looked like he’d just put his finger in a light socket.

I didn’t know then how I did it, but I know now. I surrendered. To what? To a greater love than one could ever imagine.

On an earlier occasion, I was date raped. “It’s only a body,” I told myself, as this drug-crazed man forced me onto the couch while my parents slept upstairs. I had no idea that this man took drugs, until he disappeared outside for a few minutes and came back into the house a totally different person. I felt sad for him. I could feel his desperation, his loneliness, and his anger. I closed my eyes and surrendered to him, deciding not to struggle against him. He finished. He left. And, later, he apologized.

“Summer, I never should have dated you. I am not the kind of person you need to be around. You deserve better than that. But, if you ever need help, or if anyone ever tries to hurt you, I will help you. I have plenty of ‘friends.’ You are an amazing woman, Summer, and I truly do love you.” I later learned that this man was an ex-con, with ties to the Mafia...and, a serious drug problem.

I could have been a victim. That one moment could have provided me with enough excuses to never get on with my life, to live in fear with uncontrollable anger and malice. But now I understand that there was an important lesson in that moment. I learned to release my body. It’s only a body, after all. My body is not me.

I learned to surrender with love to a situation and a person who, by all appearances, were both very unlovable at the moment. I learned that, when cornered by the darkness of fear, why not turn your thoughts to the light? If you do, then even in the darkest moments you can still find love. Truth is, the love that you are can never be taken from you. Become this love,

wholly and completely, and there will never be anything to fear, because you will always be living in the light.

Remember the demonstration of Jesus, bleeding and dying on the cross. He had no concern for the flesh. His thoughts were pure light, pure love. “Father, forgive them, for they know not what they do.” Creator, not victim, he.

When I first started to consciously explore myself as a mystic, I did it out of desperation. I had to make sense of my life. I had to understand why I’d had such hardship, and why, oh why were the spirits chasing me? I had been chased by the light all of my life. I couldn’t meditate without feeling like someone was in the room with me. I couldn’t walk across the room without a puff of ectoplasm appearing next to me. I couldn’t sleep without having a profound out of body experience. I heard voices. I saw spirits. A little girl in a prairie dress would appear next to me at the oddest moments, like when I was feeding the cat. Then, poof, she would disappear. It drove me nuts. Jesus literally touched my face and saved my life when I was seriously contemplating suicide. Archangel Michael’s arm appeared in a vision in which he signed his name in front of my face: “Michael Angel.” (I thought he was Michel-angelo at first, until someone told me about the Archangel. I was so naive I thought an Archangel was a fallen angel, and I lived in fear of Michael for years!)

I spent nearly twenty eight years of my life living in fear of demons, searching for ways to make it all go away. I prayed to God to rid me of this curse. The harder I prayed, the worse it got. I just wanted some normalcy to my existence. I couldn’t find it within human relationships, and clearly God wasn’t going to just make it all better for me. There was nowhere to run or hide. I had no choice but to surrender to who and what I was.

Maybe you can relate to my experiences, and maybe you’re thinking, “Gee, my life has been pretty uneventful.” Living the life of Summer is certainly not a prerequisite to becoming a trance medium. It was a necessity for me. For one thing, it has provided me with stories that graphically demonstrate the process of surrender so that you might feel just a teensy bit more confident when you settle down to practice trance. In other words, I want you to know that I survived incredible odds in my life. I survived every time by surrendering to love. I did not fight, and yet my soul was victorious. I have emerged fairly unscathed, and certainly much wiser and more loving.

I understand fear firsthand. I know that you have fears in life and in the process of channeling. Fear is one of the greatest obstacles to creating pure contact with Spirit. It is the excuse we use to sabotage ourselves at every turn in life. It keeps us from relationships, from getting jobs, from speaking our truth, from just getting on with it! The bottom line is, it keeps us from love.

Look honestly at the tangible things you fear in life, i.e. human beings, judgement, misunderstanding, rape, death, finances...terrorists. Think of a human being that you can't stand, and try to love him or her. If that is difficult, then imagine trying to surrender with love to a being you can't even see! That's the process of channeling, and that takes absolute Trust.

The channeling process is not a way to escape life. It will bring you closer to life than you ever dreamed or imagined. Now are you afraid? Or, are you ready to take the step to break out of the comfortable place you have created for yourself? Are you ready to embrace the other perspectives in the universe? Are you ready to release control? Are you ready to find yourself surrounded by human beings from all walks of life who will watch and learn from you and Spirit as you do the trance dance? Are you ready to surrender?

Yes? Then, keep reading. Just remember, the channel is the point.

V

You're already a channel. Did you know that?

Ask yourself the following questions:

Have you ever blurted out a comment in public and wondered why you felt pushed to do it? Have you ever revealed your real emotions (be it love or anger) without worrying about the consequences, only to find that it was worth it in the long run? Have you ever had a knowing that an appliance in your house was about to break? Have you ever felt someone was standing behind you, only to turn and find that no one was there? Have you ever seen shadowy figures flash across your peripheral vision and thought to yourself, "Hmm. Must be the light playing tricks on my eyes?" Do you "see" air? (Does it look tangible to you?) Do you ever feel emotions or physical discomfort that has no logical explanation? (i.e. Have you ever been to a doctor and been told that there is "nothing wrong" with you, and yet you are in obvious pain?) Do you hear several opinions in your head every time you are trying to make a decision about something that is very important?

Is your answer yes? Then, there you go. You're a channel.

But, remember, what the world wants from you, is you.

Nearly 14 years ago I was talking to Dr. Peebles who was being channeled through Tom. I was crying uncontrollably. Not because of what Dr. Peebles was saying, but because this beautiful man was sitting in complete surrender and trust in front of me and, by all estimations had just laid down and died on my behalf. I mean, the guy left his body so that I could chat with Spirit!

I was overwhelmed.

Dr. Peebles and I talked about the process of channeling. He said that I could do it too, but most importantly he said words that still have resonance.

“The channel is the point, Summer,” he said.

The channel is the point. My mother later suggested that what he meant was that the channel is like a point on a compass; the anchor point of the energy that provides guidance and direction. I like that analogy.

The channel is the point. As you embark upon your own channeling experience, please (I implore you) remember this first and foremost. It will make the journey easier.

The channel is the point. Not channeling.

If you focus on channeling (i.e. getting there), you will struggle and struggle and struggle. You will kick chairs. You will tear your hair out. You will cry a lot. You will curse Spirit. You will curse God. You will curse yourself. You will feel like a failure. You will feel unloved. I’ve been there, and an aspiring channel on a rampage is not a pretty sight. Believe me.

All you are really doing when you are channeling is increasing the vibrational frequency of love. That’s it. That’s all. And, it begins with loving yourself. Loving yourself is the greatest gift that you can give to God, because God gave you the gift of you. Thank God for that gift.

Try to love yourself. Sit in a chair, and see if you can focus on just you for five minutes. It’s nearly impossible. Don’t allow your thoughts to turn to anyone or anything else, just Self. You. God.

Make a fist and hold it in front of you. That’s the size of your heart.

Now, open your hand. That is the size of eternity.

Now touch your face.

You have just opened your heart and found and touched the face of God.

It’s okay. You are God. God is you. God would not, could not, make any-

thing that is not God.

Go ahead. Fall in love with yourself. Completely.

Don't be afraid of the love that you are. You are perfect.

Don't be afraid of the love that you receive. You are worthy.

You are One with God. You have never been separate from God. The process of channeling will help you remember this truth.

If you believe that God has given you the gift of life, wouldn't it be a kindness to God to show an appreciation of that gift? Love yourself, and make God happy.

Now, here's the toughest part of channeling. If, indeed, you understand that God would not, could not, make anything that is not God, then what are you afraid of? Many people are afraid of possession. Many people wonder if I surround myself with white light before I go into trance. "You need to protect yourself," they say.

From what? From God? I don't think so. I do nothing. I just surrender to whatever. Lo and behold, Dr. Peebles keeps showing up every time.

Dr. Peebles says, "You don't need to surround yourself with white light for protection. You are that. You're just trying to remember this."

Dr. Peebles also once told me that I needed to focus on the black, the darker spaces, for it was really fertile soil wherein I would find and touch the face of God.

He also told me that I am safe, no matter what.

It really boils down to this: do you really trust God? Do you really believe in a love so great that it would never steer you wrong? If so, then prove it. Try opening yourself to absolutely everything. I mean it. And do it without fear. Do it with love in your heart. Love yourself enough to know that nothing "bad" is going to get you.

"Yeah, but what about lower frequency entities?" you ask?

Think of it this way. Dr. Peebles vibrates at a frequency that is a bazillion times higher than ours. He says that what comes through me is but a thumb-print of who he really is. He says that if he came through me full force my body would literally explode, in the way that a low voltage wire fries when too much voltage runs through it. (My body would explode? Now that's a scary thought. Surrender.) If you think about it, we are lower frequency entities to him. But, is he afraid of us? Does he protect himself from us? No! He comes down here in the muck and joins us! Imagine that. Ah, true love.

I don't doubt that you want to be the clearest trance medium possible. You want to channel absolute truth and light, right? You want to be an open vessel to receive and give the abundance of Spirit's wisdom and guidance to the world.

Well, then you gotta face your fears, or else you'll want to block this or that because of your own biases, judgements and opinions about what is good or bad, right or wrong. You gotta trust that Spirit really knows what they are doing. You gotta trust that God really does love you, and that you would never be hurt for opening yourself up as a phone line for spirit. You will only know more love than you have ever known before.

One night, in absolute desperation to resolve the battle inside of me, I decided I had to know once and for all if there were demons out to get me, or if this was God in my life. I decided to face my worst fear: the dark. I was terrified of the dark all of my life. Now, at twenty-eight years old I decided it was time to face this fear. I laid on top of my bed, on my back, naked (yeah, I know...that's one heck of an image I just created) in the room that had once been a recording studio in my parents' home. There were no windows, and when it was locked up tight there was only darkness. I laid that way in the dark until I fell asleep. For a solid year I slept this way in the dark, asking Whoever It Was to come and get me and get it over with (whatever "it" was). I figured if "it" was demons, they were going to get me no matter how hard I tried to run. If it was good and God, then I would find freedom.

After a year of this, I finally realized that I was safe. Every night brought incredible encounters with angels and spirits, and there were endless out of body experiences, and conferences with some sort of council of Spirits who really loved me and believed in me.

I soon felt safe enough to explore other avenues of my mystical abilities.

Dr. Peebles once told me that I had several spirit guides who were waving flags in front of my face, and blowing kisses. That wasn't enough for me. I wanted to see them. I wanted proof of their existence. So, night after night, I would come home from work, sit in the studio at a table with a lit candle in front of me. I stared across the table and asked my guides to show themselves to me. I said aloud, "You sit over there across from me, and I will focus as hard as I can to see you."

I stared.

And stared.

And stared.

And stared.

When my eyes went blurry, I blinked quickly and steadied my gaze again. I felt into the ethers with my heart. I spoke aloud to my guides. I begged, pleaded and implored them to come. One hour, two hours, then three hours passed. I did not want to give up, but I was getting tired.

"Please," I said softly, "I'm going to have to quit in a moment."

Nothing happened. I felt disheartened. I wanted this magic so much. After days of this desperate reaching out, one night in an instant I felt myself beginning to give up. I wasn't angry, or even really disappointed anymore. I was just tired. "Oh well, I guess it's not going to..."

Out of thin air, in one of the most dramatic spiritual encounters of my life, a sweet, pixy-like face popped out in holographic, three dimensional form. A little man who looked like a leprechaun was smiling the broadest most loving smile I'd ever seen, and he was blowing kisses and waving a flag! It caught me so off guard that I laughed, "Oh my God!" I cried, my eyes widening at what I saw. To this day I can visualize his face as easily as I can visualize my own.

I was giddy from this encounter, and profoundly aware that it was real, not some figment of my imagination. It was just the beginning of many more encounters to come.

It is this kind of dedication, devotion, commitment and practice that it takes

to become a trance medium. Even if you were born with innate mystical skills, practice will still make you better at the craft. I learn something new about channeling everytime I go into trance. I feel my points of invulnerability, and strive to surrender there.

Dr. Peebles once talked about the importance of willingness on the part of the aspiring channel. The following are his words that were channeled through me when I asked him one day about a channeling playshop I would be teaching:

“They [the students] will be strengthening their hearts; the weakness of the heart which comes from resistance to accepting and working with life, with community, not only here upon planet Earth, but with Spirit as well. Strengthening the heart is part of this process of channeling, God bless you indeed. And as well, you, Summer, will be working within the group to create chaos—not harmony, but chaos here that people will feel is rather silly at times. They will want to struggle against you. They will feel as if you are trying to burn them, or such thing, at the stake.

“But, my dear, it is through their willingness that they will create the magic. Be certain to share this with them at the outset. ‘It is through your willingness, my dear friends, here today, through your willingness to surrender, through your willingness to be vulnerable, through your willingness to create, through your willingness to bring through the magic of yourself (the truth of the universe) through you, my dear friends, that you will begin to realize that the channeling process is certainly about the channel.’”

In other words, once again, the channel is the point.

This is the hardest part of the channeling process to convey to people. I have taught and watched aspiring channels for years. I have listened to their frustrations with the channel process; their complaints about it taking too long; their feelings that they are doing everything in their power to channel; and their anger at Spirit because it is not happening for them fast enough.

But, the reality is, there is no there to get to. Channeling is a process; a journey; an adventure of self discovery. I can’t say it enough. Dr. Peebles taught this to me over a decade ago, and I am still trying to understand the

full implication of this simple truth. “There is no there to get to, Summer,” he once said, “Because when you get ‘there,’ where are you gonna get to next?”

I am watching in curiosity the growth of an extraordinary young woman who has completely contradicted the slow and steady theory I have often thought pertains to the channeling process. She apparently is channeling up a storm; Dr. Peebles comes through her and speaks while she’s asleep. She leaves completely. She has only been working with the process for a very short period of time. Channeling seems to be second nature. And yet, I have heard her frustrations. She is facing her own fears and concerns about going public with her channeling work. Meanwhile, for the time being, I believe she is working in a restaurant.

No matter what, personal growth seems to be the bottom line of the channeling process. The learning never, ever ends. Once you understand this, you will fall in love with the magic of existence.

You can pretend that you want to channel to help people (you really want to help yourself). You can pretend that channeling will solve your problems (it will just bring up other issues of your life to look at). You can pretend that channeling will solidify your belief in Spirit (it will to a degree, because you have to believe in Spirit to do it; but, more than that, channeling is really a process of believing in yourself). You can pretend that if you can channel, you will be enlightened (you might be; but, then, if you are worried about enlightenment, then you haven’t really fallen in love with the process yet). You can pretend that channeling professionally is an easy way to earn a lot of money (it’s definitely not; but it is one of the quickest ways to learn about real, never ending abundance—the kind that comes from your relationships with God and humankind).

In other words, if you are focusing on the outcome of channeling, i.e., “When is it going to happen? When will Spirit come through and take over? How long will this take? Am I doing the right things?” the process will take longer than you can imagine, and you will miss the best parts. The magic of channeling happens every time you sit down to practice. Because, the point is NOT channeling. The point is you. The discovery of self is the splendor of this journey. The fact that other people can benefit from what you do is just gravy. The cherry on the cheesecake of your life.

People often ask Dr. Peebles, “Why can’t you just push me out of the

way? Jump inside, and let's get started!" Dr. Peebles would never do that. In his own words: "My dear friends as you strive to understand your right to receive and to give abundance in this your chosen lifetime, realize that channeling is not intended as an escape from life, but as a way in which to bond with it; to immerse yourself in the very same.

"Your pleadings with us to do the work for you are simple, beautiful and subtle ways in which you indicate to us that you do not want to understand or acknowledge the richness of self. We, however, would rather encourage this exploration. The study from within, the emergence of you, not us, is the point."

Dr. Peebles very clearly pointed out to me that even the writing of this book is a state of trance. A sharing of myself first, secondly a sharing of spirit, and thirdly a touching of your lives. "You must trance to dance," he told me, "For life is a journey to be enjoyed without expectations, for it is there in trance that you fall in love, and you become a creator and receiver of magic. We assure you that the expenditure of energy is little, and the rewards are great once you realize that there is no there to get to."

In order to channel, you learn to surrender your body to Spirit by first learning to surrender to life here on earth. You constantly evolve as a trance medium by continuing this process of surrender forevermore. Dr. Peebles summarizes this process so beautifully,

"In order to make contact with Spirit you must allow your soul to fly free, without expectation, without control. It is there that you will find inner peace and freedom. Channel your own voice first. Share with a friend, a neighbor, a stranger, what is within your heart and take a chance. Allow others their opinions of you. It's all right. It's the honest echo from the world around you.

"It doesn't so much tell you about you as it tells you something about the world. If those around you are not ready for who and what you are then you move on until you find yourself with those loving you for who and what you are. And, they love you because you are willing to bring yourself to the surface. Putting yourself upon planet earth is a little bit of performance of you, if you will, just to see what happens. Bringing your words, your truth, your expression to the surface is a bit of a radar, bouncing it off of the crowds to see what happens.

“Who do you motivate? Who do you fall in love with? Who falls in love with you? That is the journey here upon planet earth. It is the very same journey everywhere; the journey to your heart. There is nothing that is expected of you, so release yourself of massive expectations.”

Take a good long look at your life. Be very honest in answering these questions: How easily do you face new experiences? How willing are you to meet new people? How often do you really speak your truth to the world? Do you think you are loving and compassionate? If so, look again and find the little spots, the places where you resist giving or receiving love and compassion. This kind of ongoing self-examination is the critical key to becoming a wide open (i.e. clear) channel.

Dr. Peebles: “You do it like this: First of all, life is aggravating isn’t it? And why can’t people be a certain way? Why must they be always self-obsessed, and why must they be speaking one thing and meaning another all the time? Drives you crazy! Can’t stand it, can you? And, your relationships just seem to always end up like this and that’s too much.

“So how do you shift your reality there? You can shift your relationships by first of all studying the three principles of loving allowance, increased communication, and self responsibility to be used as tools in tandem. When you do this you first give *yourself* loving allowance to feel the way that you feel. For example, you may have a tendency to beat yourself up, because you feel, and you judge and you have biases and opinions and so forth, against the world. And then you feel bad about it. Stop feeling bad, it’s all right, it’s human nature, it’s where you learn. It’s where you learn to discern as to what feels right and what does not for you, that is all. It’s not a matter of right and wrong, good or bad. There is no such thing. There is only decision.

“So now you have loving allowance for yourself. Then you employ loving allowance for others to simply be self obsessed, or whatever else you believe them to be. It’s all right, but you don’t have to play with them. You have choices here.

“And number two is increase communication with all of life, with respect. That comes in terms of the age old phenomenon here upon the earth where human beings have a tendency not to be able to say ‘no,’ and also the age old tendency that human beings have of not being able to say ‘yes’ when it feels good. So deny yourself and give to the world, right? Well, that is not

the formula for enjoyment here! Give to yourself so that you can give to the world. That is the formula for all successes, for within this there is a fuller expression of you. Who are you? Look within. You are grumpy today, for example, and you share this with the world. You increase communication by saying, ‘I am grumpy today,’ and the world either walks away, or holds your hand. But, you have given the world a chance to respond honestly to you, not some semblance of you.

“Number three principle, self responsibility for your life as a creative adventure. This you will understand in this beautiful process of surrender to self. You will find this is fun! ‘I can be anything I want, and it’s alright! The world can judge me, but I don’t care, it doesn’t matter, I just am that I am, and my relationships will fall away, and new ones will come in and I will find joy there.’

“That is the formula as far as we are concerned. To bring yourself to the surface and share it with the world is the greatest gift you can give God for it is that which is you that he loves. Dance with your soul in celebration of self!”

Dr. Peebles continues:

“My dear friends, first of all you want to discover your guides. You want to discover and have contact here with me for example. You very much want to find and touch the face of God. My dear friends, that is you—really and truly you. Inside of you, my dear friends, is me. I am you. Look into all the faces, and you will see the face of God. Touch your own face, my dear friends, and you have found and touched the face of God.

“We are always ready to dance with you because we do not see any separation there. We are always embracing you whether or not you are aware of it. We are always playing with you, whether or not you are conscious of it. So what you are doing essentially in the process of channeling, my dear friends, is waking up to the contact that you already have.

“Now, how can you create this reality? As you stare into the faces of all here in this room and outside the room, your stores, your hallways; as you are driving down the street; every time you feel yourself all pinched inside, stressing and straining against the world (i.e., that which you would rather not see; that which you rather not feel; that which you fear, and so on and

so forth) that is a part of me, Dr. Peebles, that you push away, that you will not allow through.

“Become more embracing of the many perspectives, of many human beings, different human beings than you would ever suspect that you would ever have embraced in the past . My dear friends, you all want the veil to fall away. My dear friends, then pull the veil away from human beings you do not want to see. Tear that off your face first. Embrace all the perspectives that you see around you. It does not mean that you have to live them or believe them. But, it is there that you will have contact with the many rather than the few, including us.

“But, remember, we are really not the point. We are the guide here for you, but your experience here, my dear friends, is in the physical. In embracing all of life around you, this is where you will find sanity as well. This is where you will find opportunity. This is where, my dear friends, you will find that you will want to share of your heart with the many. You will be taking the first step in this dance.

“It takes two to tango but it takes one to understand how to do it, and how many are willing to take this step? Willing to ask a little wallflower there for a dance? That wallflower, my dear friends, is a part of you—that which you hold at arms length. Bring him or her closer and closer still. Embrace her or him with all of your heart, for it is there my dear friends that magic is truly created: from inside out, from your desire, it is there that it is born. We can’t do it for you, we can only guide you to it.”

Sheesh. Isn’t he beautiful? I gotta admit, it’s pretty humbling to think that my lungs, lips and vocal cords were used to speak those words. Wow. Surrender can be very, very cool.

In order to prepare your body for channeling there will be many fazes of frequency adjustments in your physical body. These changes in frequency may manifest as tremendous fatigue, accompanied by physical or emotional pain. Some people call this process a type of “spiritual enema.” In order to become a clear and empty vessel for Spirit to enter, you’ll have a bit of spiritual, emotional and physical housecleaning to do.

Your diet may go wacky. It is commonplace, for example, for prospective trance mediums to suddenly require massive amounts of caffeine. This is known to rev up the physical frequencies to prepare the body to receive the highly charged frequency of spirit.

You may also have some interesting occurrences, such as long term pain suddenly disappearing. This happened to me when I first channeled Dr. Peebles. I had been lethargic, and miserable for months. The pain that I had carried between my shoulder blades seemed to be exacerbated, but I did not seek medical attention for it. I'd already spent thousands of dollars on chiropractors, acupuncturists, and emergency wards in hospitals to try to fix the problem. The pain felt like a palm-sized pad of needles was constantly pushing into my spine. X-rays revealed nothing.

I considered another trip to the hospital on that fateful morning of December 4, 1994. It was 11:00am and I was not yet out of my bathrobe. My husband at the time was not a very nice person in general, and as I was complaining quite hysterically about my pain he was even less sympathetic.

“Why don’t you go into the bedroom and meditate?” he grumbled at me.

Although I knew he just wanted me out of his hair, I went into the bedroom, now not only in physical agony, but emotionally charged with anger. I plopped myself down in my rocking chair and said aloud, with my eyes open, “Spirit, if you exist, then I need your help! I want to be healed, and I want to be healed now!”

I heard a voice, “Go get your husband and bring him into the room. Doctor’s orders.”

I was outraged! Go get the very person who was most unsympathetic to my experience? Go get the person whose physical abuse of me was probably the reason for my agony? Go get the person who was bound to laugh at me in mockery when I asked for his assistance?

Typical me: I did it. That’s surrender.

“Uh, I need you to come here for a moment,” I said to my husband, “I guess you’re supposed to watch me meditate.”

For some reason, this typically temperamental man complied.

I plopped myself, once again, into the rocking chair.

“Okay, Spirit. I want to be healed now!” I said again.

Everything from this moment on happened quickly and unexpectedly.

The pain in my back suddenly tugged me backwards, my head fell back, my eyes closed, my neck stretched, and I felt the onslaught of familiar tugs and pulls of the muscles in my throat and vocal cords. I heard Dr. Peebles’ voice in my head saying his familiar greeting, “God bless you, Dr. Peebles here...” In an almost imperceptible thought I decided defiantly, “Fine! Go ahead and say it!”

I began to speak the words aloud, and as I did there was a sudden surge of energy that jolted my body back, and then to an upright position. I felt lightheaded. I felt crazy. I felt afraid. But, I no longer wanted to resist the contact with spirit, and it was in that moment that I completely surrendered control. Dr. Peebles quickly seized control of my lungs, my vocal cords, my lips, my mouth, my tongue...I was pushed back and away from my body, and Dr. Peebles proceeded to engage in an hour long conversation with my much humbled and astonished husband.

When I came out of trance, the pain that I had carried between my shoulder blades for fifteen years, was gone.

As you make your decision to join the trance dance, remember that the first steps of surrendering to Spirit can be very small. When you feel suddenly exhausted, put your head down on the desk at work, or lay on your bed or couch at home. Do it as quickly as possible. This is important, because the sooner you surrender, the sooner you’ll be through the frequency adjustments. Use your voice and speak aloud to Spirit.

“Okay, Spirit, I feel you. Go ahead and make any adjustments to my frequencies.” It’s the most amazing thing to do this, because the response is immediate. You will find yourself “zoning out” for a few minutes, and then popping awake again very suddenly. You’ll feel different. Strangely refreshed, but different.

You’ve just entered a new frequency zone. It’ll feel weird for a few days,

and then you'll feel normal again once you've acclimated to this new zone. You have essentially chosen to take your frequency (represented by a circle) and turn it into a spiral of love. You are stretching yourself into another dimension, raising your frequency as if you are a stereo receiver tuning in to a particular station that plays beautiful love songs...through you. Pretty neat, huh?

Communication with Spirit, as you practice channeling, (and in fact, for the rest of your life as a trance medium) is very, very important. Sincerity is the key to this communication being heard. I was sincere in my anger and frustration. This did not scare Spirit off. They loved me for it. They knew that my frustration was an expression of my desire to be whole: to feel their pure and unconditional love.

In the early days, when Dr. Peebles first came through me, there was such a force running through me that my heart pounded very hard and very fast. I felt like I couldn't catch my breath, and I was uneasy and uncomfortable the whole time I was in trance. I finally got angry. I told him in no uncertain terms that I was unwilling to continue as his trance medium if he didn't slow down on his entry, and give me time to adjust to his frequency. He complied almost immediately, and apologized for hurting me. He was unaware of the effects he was having on my physical body, and said that he actually learned something from me as a result of my communication. It was the most beautiful result of speaking my truth. He just loved me for it.

It is also, as I have discovered the hard way, important to listen to Spirit as they guide you through the channeling process. They are communicating with us at all times, and sometimes we don't want to hear what they are saying.

For most of my channeling career, for example, I have been very frustrated by the extreme fatigue that I experience when I come out of trance. Dr. Peebles would tell me to drink lots water before and after I channeled. He told me to be certain to eat breakfast before my morning sessions. He suggested replacing electrolytes after channeling, eating a banana, and drinking a cup of coffee afterwards. I did all of this—to a degree. Sometimes. When I felt like it. Maybe. In other words, I didn't take him seriously.

My days felt like a total loss. My children often said that I looked better when I got out of bed in the morning than I did after a day of channeling. They were right. (Out of the mouths of babes...) I ended up paying the price for my lax attention to myself by constant physical exhaustion, severe weight loss, flaccid skin, and ultimately the loss of the ability to channel. I was completely burned out when I quit channeling very suddenly in 1999. Since returning to my craft several months later, I have taken his words much more seriously, and find that I am slowly regaining my strength. I have even added physical exercise to my daily regimen.

Then one day Dr. Peebles popped out with something new. He told me that I didn't want to return to my body after the channeling experience. He said this had a lot to do with my physical exhaustion. I was stunned. He told me that he hadn't said this before, because I wouldn't have wanted to hear it. He was absolutely right! After all, I gave little credence to any of the advice he offered to me. (That's because I was not certain that I could channel for myself with clarity. I was afraid I might create some unconscious bias in anything channeled for my own benefit.)

This time I gave considerable thought to what he said, and made a decision that I was going to work on wanting to be here (in the body) after channeling. I do this by trying to really sense my body, by looking around at my home environment and loving what I see, by looking at my clients and wanting to be with them. All of these thoughts push me a little more into the body. Even listening to Jimi Hendrix play the Star Spangled Banner is very grounding. I play his CDs loudly.

I have not perfected my return after trance, and still have my groggy days. I mean, I admit it's sometimes very difficult to come back from a channeling experience where I am wrapped up in a warm cocoon of unimaginable love, feeling and sensing Dr. Peebles' purity and light, when there is an afternoon of grocery shopping, paying bills, picking up kids at school, and making dinner ahead of me. That's quite a contrast.

However, by telling me this, Dr. Peebles did something else I never expected. He helped me to fall very deeply in love with my life. I used to do about seven sessions each week, and every time I came out of trance I had to search for reasons to want to be in the body (i.e. to want to be alive). I've had plenty of reasons to not want to be here. Sometimes going into trance can

be a wonderful respite from my personal problems. Nevertheless, through sheer will and determination I have forced myself to find the beauty of my life even in the darkest moments. I have tackled the toughest problems of my day with eagerness to learn more about me. I have found joy in living.

Movement in my daily life is so much simpler as a result. Dr. Peebles told me one morning as I was brushing my hair, “Summer, we are not concerned about your outward successes, we are concerned about your inner successes. Because, if you are successful inside of yourself, your outer world will reflect this automatically.” I am the creator of my reality. What magic!

Dr. Peebles really doesn’t care if we are in pain or struggling. He doesn’t care if we have financial difficulties or cancer. He doesn’t care if we are divorcing, or struggling with our children. He doesn’t care about these things at all. He cares about our responses to these things. He cares whether we are willing to love and be loved no matter what. He cares whether we love ourselves despite our problems.

He cares about how much we are willing to trust and surrender. He cares about how much we are willing to love God. He cares whether we are willing to embrace the reality that we are God. He cares about our strength and courage in dissolving the illusions of separation inside of ourselves that keep us from knowing God.

In response to my increasing strength and love of self and life, the most marvelous thing happened at one of my open sessions. Dr. Peebles said that I would be going out of body during trance...completely! He said that they would not have allowed this in the past, because they knew that I would not want to return. In other words, my spirit would have left and my body would have died. But, now, he said, they know for certain that I want to be here on earth. He knows that I want to live here forever (and this is SO true). And, because I love life, and I love this world so deeply, he said I am now free to leave my body completely during trance. How and when that will occur...well, that would be focusing on the outcome, wouldn’t it?

There is no there to get to. I’m just happy to hear that it’s a possibility.

*Before your enlightenment, you chop wood and carry water.
After your enlightenment, you chop wood and carry water.
—Buddha*

VI

The Point of Channeling

I cannot stress enough how important it is to remember that the point of channeling is YOU—the point is not about channeling. As I’ve already stated, there are an awful lot of channel wanna-bes, but there aren’t a whole lot of channel gonna-bes. If you are already mentally hanging out your shingle, and thinking that by next week you will have this incredible career change and enter into the world of doing channeled sessions for \$200 a pop, you are already approaching this work with the wrong mindset. Channeling is about relationships. It is about the relationship that you build between yourself and God, and yourself and the rest of humanity. It is about the relationship that you build with integrity and truth.

It is a process of never ending expansion, and a willingness to still love and trust when it is difficult to love and trust—the kind that is demanded by the world outside. Channeling requires a strength of will and a commitment to living a life as someone who no longer cries out “What about me?” but instead asks “What about God?”

I can’t seem to get this point across to people and I find it distressing because I think that people are too anxious to “get there” in terms of going into deep trance. They want to spring out into public work, as if that is the point. Channeling is a spiritual adventure, a labor of love, and it’s a very private, personal experience. The growth in the process never ends. It’s just like a pianist who must practice, practice, practice in order to play a concerto. In other words, playing Chopsticks on the piano doesn’t make you a pianist. And, after you’ve learned how to play a concerto, the practice still continues.

The possibilities for improvement are endless. We receive the benefits of the concert pianist's years of dedication to practicing his/her craft. When I go into trance, my clients receive the benefits of my lifetime devotion to endlessly seeking the Living God within me and within all of life.

I still pray hard every day that I will one day be granted passage into even deeper stages of trance, because I know what this would mean for me in terms of my own personal growth. For example, I would love to surrender enough to allow foreign languages to be spoken through me. When I speak in tongues, there is Ancient Aramaic and Ancient Hebrew being spoken. But, how cool would it be if I could channel in Japanese, or Spanish or even in Polish? Can you imagine what that would mean to someone if I could allow Dr. Peebles to speak to them in their native tongue? And, what about sign language? Gosh, that would be so beautiful! Perhaps someday it will happen. Meanwhile, I do notice that every time I channel there are subtle differences, a slight deepening of the trance experience, and a bit more willingness to allow unfamiliar information through. Seems I've done a lot of sessions for scientists lately, and I marvel at the incredibly technical nature of the conversations that they have with Dr. Peebles.

The bottom line is, I always emerge from every trance experience much wiser about my craft. But, **WARNING!** Massive revelations always precede the larger movements, and are often made manifest as a result of very painful experiences. I am constantly being purged of my anger, prejudices, pride, etc. I'm constantly being asked to be more honest with myself, about myself. It's a tight squeeze through the birth canal, and then—BLAM!—I'm filled with the light of understanding. (It's what my dearest friend, and Personal Assistant, Bev Scott and I call "the whoosh!") It's really hard work to look in the mirror and admit to what you see. Painful but true: it's the only way to get to the truth of you, and to clear the way for the truth and light of God.

Channeling is an ongoing study of surrender. There is power in surrender. I'm not perfect in surrendering, but I am a pretty good student, if I do say so myself. Total surrender would be, in my estimation, complete immersion in the NOW, and with unconditional love, meaning, i.e. no matter what is happening.

Before I channel, I always pray to God: "Heavenly Father, I want to thank you for the great love that you have shown me in my life. I open myself to

receiving your light, love, inspiration and truth, and I surrender myself as a vessel to the greater truths and understanding that you would like to share with my clients today. I thank you from the depths of my soul. I love you so much. I want to be just like you when I grow up.” Then I thank my guides and Dr. Peebles, “And, Dr. Peebles, I want to thank you for your willingness to do this work through me, and for providing me and my family with food and shelter and the comforts of life through this work. I thank all of my guides for your support in this work.” Then I might pray for my family and friends and ask that they know the abundance of God in their lives. And, how do I finish up? “I say these things humbly in the name your Son (my friend, my brother and my constant companion in spirit) Lord Jesus Christ. Amen.” That may sound a bit old fashioned to some of you, but the bottom line is, for me it works. It is my way of relating to God, and I prefer the tried and true method of old, as opposed to praying to “Earth, Mother, Father” or “God/Goddess.” It has nothing to do with religious upbringing. My parents were Zen Buddhists for a short period of time. I was taught that God is love, and God is everything. My decision to relate to God as Father comes simply from my understanding that He is the love that penetrates life. My decision to relate to Jesus as my brother came from three very clear encounters that I had with Him during some very turbulent times of my life. In one of these encounters, He looked directly and gently into my eyes and said, “To know me is to know the way.”

If you have a problem with my references to God and Jesus Christ, then consider this to be a perfect opportunity to surrender to another perspective. Lots of people are disgusted and disgruntled with the whole “Jesus Christ Our Lord” thing. First of all, as Dr. Peebles has said, Jesus never read the Bible. And, Jesus is not a religion. He was actually a really nice, very kind, loving, loyal and gentle man who walked the earth as an example to us of how we can live our lives and grow up to be just like God. That’s it in a nutshell. Can you see Him as a man? Can you talk to Him as a friend? Can you, for just a moment, disregard all the junk you’ve learned from the church or from a Bible thumping parent and simply love Him? Find a way within your heart to embrace Him rather than fear Him. Try to know Him as a friend in spirit. Purge yourself of the ickiness that you feel when you hear His name. He’s not icky. The misguided souls who have used Him for power and gain and control created the ickiness.

Now, trust me, I’m not trying to convert you to Christianity. I am trying to

guide you deeper into yourself and make a point about surrender. Learning to love those you would rather turn away from, and to “love thy enemies” (and, for some, that’s how Jesus is thought of), you are allowing in the other perspectives. It’s what Dr. Peebles calls “a labor of love.” It’s not easy. It can be difficult to lovingly acknowledge the other perspectives. These are necessary perspectives, because they one day might need to be channeled through you to help someone in their understandings.

For example, it took me years to allow Dr. Peebles to talk about extraterrestrials. I’d had very frightening encounters with aliens, and had been abducted, and I didn’t like those E.T.s. I preferred to hold them at arm’s length and pretend that they didn’t exist. I would fight and fight Dr. Peebles when he tried to talk about aliens. I cannot describe the distress I felt inside while channeling. In fact, to add to my agony, I managed to attract everyone and their brother who believed in and asked Dr. Peebles about aliens! After a considerable struggle in trance, I finally surrendered in total exasperation and said, “Fine. Go ahead and say it.” And, Dr. Peebles would talk about Reptilians and other creatures from beyond. I’d feel sick to my stomach afterwards and swear I’d never let him do that to me again. So, of course, I’d manifest another alien-loving client. It was all ridiculous. What harm in allowing their truth to be spoken through me? None whatsoever.

Nowadays, I don’t care what Dr. Peebles says through me, and because of this I’ve discovered something incredible about the channeling process. Ready to hear it? To not care is to care. I’ll say it again: To not care is to care. That’s surrender.

Okay, so sometimes, right before I do a session for a client, my life can be in total upheaval. Perhaps my daughter is angry with me, and I’ve just received some difficult financial news, and I didn’t sleep well the night before, and the dog won’t stop barking, and...I’m sure you know those kinds of days. Those are the days that I care deeply about everything. I want to resolve the turmoil in my life. I don’t want to have to go into trance and help somebody. “What about me?”

But, frankly, in order to do the work that needs to be done, I need to become as peaceful as Christ on the sea of Galilee during a storm. So, I suck it up, take a deep breath, settle into my channeling chair, and pray. My problems don’t disappear, but for just a moment as I pray for my clients, and ask for

God's blessings upon their lives, I learn to forget my carnal existence and surrender completely to the love of God. Some days are so difficult that I can hardly wait to go into trance to refresh my spirit! Other days I want to wallow in my misery and enjoy my self pity. Yet, I still have to stop and set aside that self centered behavior, and center in myself and God within. It is the only way to do this work clearly. And, yes, I'll be honest...sometimes it hurts like hell to have to do it. But, if I settle for less than love, I know that I will muddle up the experience, simply go through the motions, maybe even make things up instead of letting Dr. Peebles speak.

That's the icky part of this study. The times when you have to be honest with yourself and say, "Eew...yuck...that was me getting in the way." It's so incredibly frustrating. In those cases, it's best to let your friends or clients know that you muddled it. I must say, it's a relief to know that I haven't done that in years, but again it's because I practice, practice, practice.

My prayer for you is that you fall in love with the magic of the blossoming of your soul that is happening in every moment that you are working on the trance dance. Someday you just might merge so deeply with that love that you will feel yourself slip right out of your body, allowing ANYONE (not just Dr. Peebles) to speak through you...because that's how much you fall in love with life, and that's how much you have developed your trust in God. Wouldn't that be great? Then, okay, go ahead and hang out your shingle.

My growth in this process was a result of developing a twenty four hour a day, seven day a week dialogue with God, and never ceasing to reach out to my spirit guides to feel them in my heart. I NEVER wanted to do this work publicly, and only after I surrendered completely did I realize that it was a gift that needed to be shared. At that point, it was three years of allowing every spirit you can imagine enter me before I channeled professionally and began my work exclusively with Dr. Peebles, and according to his guidance. The one thing that I cannot stress enough is that what keeps me waking up in the morning to do this work is the fact that, though the challenges are great, the rewards of my deepening relationship with God is worth it. I know that God exists beyond a shadow of a doubt. My connection with God is deep, and the communication with Spirit and Jesus is so streamlined. There is a purity of light that remains within me, even in my darkest moments.

Go forth in love, and surrender your spirit to heaven. Heaven is a feeling,

not a place. The expression of heaven on earth happens by allowing God's love to move through you at all times. And that is something you can channel without even having to go into trance.

Now, let's get YOU started.

VII

“She’s not going to like any of this. Our dear channel, she is the greatest one to resist and the greatest to surrender to her greatest resistance. We assure you that she will resist hearing our words, but she will follow through with every single one of them.”

*—Dr. Peebles, as channeled by Summer;
comments on how Summer surrenders*

In this chapter you will find 15 basic guidelines for getting started on channeling. The key word here is “guidelines.” They are not the keys to channeling. Nothing—absolutely nothing—will turn you into an overnight channeling sensation, except for a lot of hard inner work. Channeling is a process. It is neverending journey to the heart. And, I can’t tell you when you are going to finally surrender your body, anymore than I can tell you at what point you will find your balance on a bicycle. It is different for everyone.

My desire to channel was born out of my own desperation to have contact with Dr. Peebles again after Thomas quit. I wasn’t sure how to proceed. I knew only one thing: Dr. Peebles existed somewhere, and I had to find him. I figured that he could hear and see me, but I did not yet have the skills to hear or see him. I also knew that I was scared. What if he should appear to me? Ah! What then?

So, I decided to face my fear in the worst way. I turned out all of the lights in my room, and sat on my couch in the darkness. I stared into the center

of the room and said aloud, “Okay Dr. Peebles, I’m going to look at this one spot and try to see you.” I stared hard. It was active staring, not passive. I stared as if I was trying to focus on something that was in the distance. I did this for four hours a night, seven days a week, for nearly a year!

I was finally rewarded when a little red dot of light appeared. As long as I remained focused on the one spot, the red light would remain. “Are you Dr. Peebles?” I asked, “If you are Dr. Peebles, please give me some sign. I figured out that a “yes” response was indicated by the red dot getting larger. If the red dot got smaller, that meant “no.” I talked to this red dot night after night, asking questions that could be answered with a “yes” or “no.” But, that wasn’t enough contact for me. I wanted to know what it was like to go into trance. I just wanted to touch that space, if nothing else. My ultimate hope was that I would be able to turn on a cassette recorder, go into trance, and have Dr. Peebles talk to me through me. Meanwhile, all I had was this little red light, and I was getting pretty bored with it.

“Dr. Peebles, if this is all there is, then I’m going to have to quit doing this,” I spoke aloud. I sighed, and surrendered to the fact that I might never attain my goal. Not once did my gaze move from the red dot of light as I waited for a response.

In that instant, the red dot suddenly burst into a large red orb of energy and light. It whisked through the room like something out of a science fiction film, and stopped abruptly about fifteen inches to the left of my head. I didn’t breathe, and I didn’t blink, and I’m certain that my jaw was dropped wide open. I have no idea what prompted my next action which was a bit strange. I reached up with my hand to touch the orb. Instead, my hand disappeared into it. I looked at my hand all wrapped up in that beautiful ruby red light, and realized that I had literally passed my hand into another dimension. It scared the beegies out of me! I pulled my hand away, and the orb immediately disappeared. I looked my hand over in the dark, and grasped at it with my other hand to make sure it was still there. In my wildest dreams I could never have imagined a moment like that. I was no longer scared, I was elated! It was just enough to encourage me to sit down the next night and do it again.

The orb appeared to me very easily that night. “Hello, Dr. Peebles,” I said aloud. The orb moved closer to me. I felt a funny tightness in my body, and

my breathing became very shallow. I still spoke aloud to him, but it was difficult, as I had very little control over my vocal chords. “I invite you into my body, Dr. Peebles.” I tried to relax, release, and surrender my body to him, but it seemed that the more I relaxed, the tighter my muscles became. I felt paralyzed. The muscles in my neck went rigid, and felt like they had expanded to twice their size. I could hardly breathe now, but I continued to surrender, and still attempted to speak aloud. “Okay, Dr. Peebles...this hurts. But, go ahead. I surrender to you.” My head began to fall back as the muscles in my neck became even more stiff and tugged my head back. My jaw dropped open. My neck hurt like heck. I could have taken back control of my body at any moment, but instead I surrendered and allowed for the pain to continue. I wanted this so desperately. My jaw hurt too. I could no longer speak. I began to telepathically ask questions, “What do I do now, Dr. Peebles?” I would get a sense of the answer. “Relax into the pain. You are fighting us. Surrender.”

This went on night after night. I became obsessed with breaking through this barrier. All I wanted was to hear a sound come out of my mouth.

I realized that it was not just Dr. Peebles working with me in this process, but there were many spirits assisting him, and they worked collectively as a group. Sometimes my tongue would move involuntarily. Or, Spirit would open my mouth so wide that I thought that the hinges would pop, and close it so tightly that I thought my teeth would break. The faces that spirit made using my skin were undoubtedly grotesque in those first years of practice.

On and on it went in micromovements. It would take a hundred pages of description to completely cover all the nuances of my surrender process. The important thing in all of this to understand is, it’s not exactly the easiest thing to surrender control of your nervous system, breathing, and body to someone you can’t see. And, once I surrendered my body functions affecting speech, it was only the beginning of years of training in order to become the clear channel that I am today. Once words were formed using my mouth, I then had to surrender my opinions, my perspectives, my fears, my expectations, and my desires.

For the next three years I had to allow spirits from every imaginable dimension use my body to speak. These spirits were not always “people” either. I channeled the spirit of chairs, trees, a laser printer (who spoke through

me and told me how to fix it, thereby avoiding a several thousand dollar purchase). I channeled Looney Toons (I kid you not). I channeled a man who died on death row. I channeled Jesus, and I channeled Hitler. I channeled living people. I actually channeled a missing person who was still alive, and he said so through me! He said he was so tired of hard work, and was sitting on a hillside in Mexico eating a papaya. When he was found by the authorities, that is where they found him.

The possibilities for channeling are exciting and endless, but....

1) ...you must learn to channel your own voice first. Forgive, love and trust when it is hard to do so. Speak with courage and self love. Respect all perspectives. (Yes, all.) They are all teachers to the beholders. People hold their perspectives very dear. Their perspectives are their reality until they decide to change their minds. Think about it for a moment. You have a perspective about the world, and you express it. When others around you belittle you, berate you, or tell you that you are wrong, you don't feel loved do you? Acknowledgement really feels like love, doesn't it? In fact, it is just plain nice to be heard.

Listen with love in your heart to all that you hear. You don't have to believe the other perspectives, but if you listen with loving allowance, you might just find that you can understand the other perspectives without having to embrace them. Rather than pointing out the flaws that you see in someone's reasoning, try to say, "Hmm, that's interesting. I haven't thought of it that way myself. But, when I think about it, I can understand that your perspective would make sense for you." By saying, "That's true too, because it's true for you," you are saying that the other person counts. You are saying, "I love you." And, you are opening up a channel in your heart—a beautiful portal through which Spirit can now speak freely. For, as you learn to no longer block any perspective, your heart frequency will become pure: a static free telephone line for Spirit...and your body a telephone booth.

You will feel more free and light. You will learn to move with the movement of yourself, and to dance with grace even among those who make klunky movements. You will learn to forgive, and that understanding heals all things. You will learn to love and embrace the differences, the emotions, the ups and downs, the contrasts of color that make life so rich.

You will learn to honor the darkness as well as the light. Remember, black is the density of light, not the absence of the same. Be willing to grow by planting yourself in the darker spaces of self (melancholy, depression, pain, fear, sadness) and know that this is fertile soil in which you can grow in understanding. Be willing to share yourself with the world as well as with Spirit. What the world and Spirit wants from you is you...all of you. Don't hold anything in life at arm's length, and it is there you will find freedom. People will say, "There goes a truly loving person!"

2) Ritual is important when practicing trance. Set a time and space for yourself to practice each day. Light a candle if you'd like; drink water; sit in the same chair each time. Tell Spirit what time you are committing to this work, and make every attempt to follow through with your commitment. If you must pray, please try not to pray for protection. Praying for protection means that you are already judging life, not surrendering to it. It signifies a need to control; i.e. a lack of trust and faith in God, and a belief that fear and demons are stronger than Love and your free will.

Create an open vessel, and trust that you are such a beautiful spirit yourself that no one and no thing can ever hurt you. If they tried, they would simply be absorbed into your aura of radiant love. Imagine that! So, instead of praying for protection, say something aloud like, "Hello Spirit! I'm ready to practice my trance. I look forward to being with you, and I thank you in advance for your loving guidance in this process. I release my expectations. I reach beyond the confines of the earth, body and mind, and I surrender to all of life."

3) Drink lots of water. Please, please, please. Drink LOTS of water, before and after you go into trance. I am just terrible about this, and I have paid a terrible price of physical wear and tear as a result. When you go into trance, your vibration is raised, and Spirit's vibration is even higher. This higher vibration causes an expansion of your body that people can actually see. I can feel the expansion, and it sometimes feels like my body has been ripped apart during trance. IT HAS. Water will keep your body flexible and healthy for trance. I can't stress it enough. Drink your water!

4) Don't get too comfortable. I've seen the same scenario played out time and time again. People naturally fear pain. Many people want to channel by sitting in the most comfortable chair to assure that their little aches and pains are not exacerbated. Some people channel by lying on the floor. Take care with this. More often than not, these people fall asleep instead of going into a conscious trance state. The important thing to remember as you are practicing trance is to stay conscious in the process. Keep ongoing, alert communication with Spirit. Wake up every pore in your body to sensing and feeling the tiniest change in temperature, or the slightest tickle from Spirit. These are the points of confirmation of what is happening to you. These little tickles and tiny movements are very important to notice as you attempt trance. They are the signposts along the way that you are successfully attracting Spirit closer to you, and that you as well are acknowledging them. Trance is a handshake...you and Spirit reach out to each other. Then...contact!

Find a highback chair that is comfortable, and provides support for the back of your head. Try not to use pillows. Again, too much comfort. Once you are channeling up a storm, then you can sit in the Queen Anne chair.

5) All throughout your channeling practice, stay conscious and face your fears. Block nothing. No one can do this for you. If you have a fear of possession by lower frequency beings, I assure you that your fear will attract them to you. But, remember, you are the one in control. It is with your permission that you allow Spirit to inhabit your body, and only through your willingness to surrender your physical form to Spirit can this occur. So you might feel what Dr. Peebles likes to call "the creepy crawlers of other realms" around you, but you don't have to let them in.

But, frankly, if you do, you'll be a really cool channel. It's in the unexpected spaces that incredible magic can occur. Channel the pirates, and you will get to know them better. You will learn to love beings you once believed you should fear. One of the most incredibly loving and sensitive beings I've ever channeled was a man who died on death row for stabbing another man in the back. Had I known who he was, I am sure I would have blocked him.

Are you afraid of ghosts? Dr. Peebles is a spook. So is Jack the Ripper. Are they both worthy of your love and attention. You bet. They are them, and you are you. You are at NO ONE's mercy. Ever. You have choices. I chose to channel poltergeists who were angry and trapped. Yes, they used my body. And, they had a chance to talk, and find out how they could be free. I did not vomit green stuff, and my head did not spin around. Dr. Peebles guided the whole thing, and five beautiful, frightened beings were lead to the light. And, my human friends no longer had to worry about curious fires being set in their home, or their dog cowering in the bathtub.

6) Remember, you are working with the vibrational frequency of Love. This isn't about trying to channel Dr. Peebles or Archangel Michael. You are striving to expand the love inside of you to match the love of Spirit. By tuning your frequency in this manner, you will find contact. Surrender when you are afraid. Tell Spirit, aloud, that you are afraid, and ask them to comfort you. Spirit loves to love us. Accept their loving acknowledgment of you. Search for Spirit with an open heart. Surrender.

Sometimes while channeling you will deliberately be shown things, people, experiences that are terrifying. This will teach you even greater surrender. You might hear a notorious killer talking to you. You might hear angry deceitful words. You might see images of violence. You might think strange and uncomfortable thoughts. When this happens, ask Spirit why you are being shown these things. Ask them how to handle it.

This is usually a temporary phase that will pass faster if you don't resist just surrendering to what you hear and see. It can't hurt you. It's just sights and sounds. Remain in your love. You are increasing your vibrational frequency of love, and this means you are moving into a different place. Sometimes this means you are moving away from beings who may have been attached to you for different reasons. Darling, needy little parasites who have been suckling on your energy frequencies. That was okay for awhile.

Now, as you work on your trance, and find greater love of self these beings have a tendency to become frightened. These "beings" may be parts of yourself, or your past lives resurrected. Or, they may actually exist in the astral plane. Or, they may be the energy frequencies of human beings who are skeptical and afraid of this kind of growth into greater love. You are

learning to sense and feel and touch ALL of life. Hurray for you!

But, for these beings, there can be a sense that they are going to lose a friend in spirit. So, they get afraid. They get angry. They call you names. They tell you that you're worthless. They show you frightening images and try to convince you that what you are doing is bad or wrong. They try to shame you out of feeling the greater love of self and the universe. Too bad for them. You are already on your way. Love 'em and love 'em again. Better yet, invite them to join you in the journey. A beautiful labor of love is the journey you have embarked upon.

Once when I was in trance during a private session for a client, a man in spirit suddenly appeared and pointed a shotgun right in my face. I was terrified! Dr. Peebles paused in his conversation with my client, turned to me in spirit and said, "It's okay. It's a past life friend." He told the man in spirit in no uncertain terms that he was not welcome for the time being. He told me that this man had loved me dearly, and did not want to be without me. It was a past life relationship that I needed to resolve. It was time. I was going into deeper trance (greater love) and he could not come along unless he was willing to change too.

I have often thought of the words, "...though I walk through the Valley of the Shadow of Death, I shall fear no evil, for Thou art with me." Don't you worry about a thing. You'll be just fine. God loves you.

7) Breathe deeply into your lungs. Feel your breath as it moves in and out of your mouth. Feel everything, consciously, about your breathing. Feel your lungs working, and consciously work to expand and contract them. Know that you are the one in control of your breath. Talk to Spirit aloud. Tell them that you want to surrender your lungs to them. Tell them that they have permission to use your body for communication with the world. Tell them how much you love them, and how much you look forward to this deep embrace of trance.

8) Visualize your spirit body moving back and away from your physical body. One way to do this is to attempt to feel yourself standing on the edge

of a cliff, tip toes clinging to the edge, with your back to an abyss. This is an excellent way to release your fears and expectations, because it will bring them right to the surface. Now, try to feel yourself falling backwards. Just visualize it. Imagine it. As you do this, release control of your body. Relax your muscles. Remember to stay awake! Stay conscious! You are not becoming absent, you are becoming more present than ever before. Allow your head to drop back.

9) If you feel tugs and pulls inside of your body, do not worry. There will be a natural tightening up of the solar plexus, chest, neck, throat, vocal cords, and increasing pressure in the lungs. Your back may hurt. Use these points of pain or pressure as focal points for surrender. Rather than trying to get rid of the pain by coming out of trance or adjusting your body, try to feel yourself going into them. What is really happening is that there is a tug of war going on between you and Spirit. You are saying, "Take over my body," so Spirit enters with a frequency that will sustain your physical form, but when you feel them grabbing you, you resist. You are still wanting to control your body. Instead, surrender, know that what you are feeling is Spirit taking over. Trust. (Once you fully surrender to this it's a fantastic sensation.)

10) Release your lungs to Spirit. The only way to do this is to stop breathing and ask within your heart (and telepathically) for Spirit to take over your breathing. You can think thoughts such as, "Okay, Spirit, I'm going to stop breathing, and I want you to come in and take control of my breath." It will often feel like ages before anything happens. You may not have any contact, and find yourself gasping for air. Try, try again. Eventually, you will manage to surrender in an unexpected moment. At first it will feel like your breathing is just automatic because you're not consciously thinking about doing it. But, along with this slow, methodical breathing will come a sense of knowing that it's not you... there is such a loving motion in Spirit's breath. It is a deeper and richer breath than most of us normally breathe.

11) Experiment, for your own confirmation. Say in your mind and heart,

“Spirit, if that is you breathing, I would ask that you would please exit my body without warning, and release my lungs back to me.” Then, sit and wait. If it is truly Spirit, they will comply with your request, and you will find yourself suddenly, and unexpectedly jolted back into your body, gasping to regain control of your lungs. What an accomplishment! This is one of the most rewarding moments of channeling practice, because self doubt and skepticism begins to dissolve.

12) Once you have mastered the release of your breath, now it’s time to focus on the throat and vocal cords. So many wonderful things can happen at this point. There are Joy Spirits who always surround us. As Dr. Peebles explains: “These Joy Spirits are there to dissolve your aggravation and frustration with the channeling. Know that they are willing servants of your hearts. They have skills to keep your bodily functions alive, and their vibrational frequency is tenderhearted and gentle. Servants of truth, masters of destiny, they are always willing to work with you. Be prepared, however, because some of them like to tickle you, and some are not in what you would consider a recognizable ‘human’ form. These are the froggies, and the goats, and the puppy dogs, and the kittens, and the wind, and the rain, and the thunder that wants to channel through you, to play with and adjust your frequencies. Do not run from them, but allow them in through you. You will feel for certain a meshing of your spirit with theirs, and they will teach you many great things about trust.”

The following is a general description of what the next step will feel like, although the experience varies with each individual. You will feel a tightening of the throat. The tongue will often drop to the back of the throat. There will be involuntary movement of the tongue, lips, and other muscles of the face. Many aspiring trance mediums feel a gagging sensation as Spirit attempts to form words. Your breathing will deepen, and Spirit will stretch and move the throat as they learn to control your muscles. Relax, and allow them in. Tell them in your heart and mind what you are feeling. Tell them that they are doing a good job, and that you can feel them. This is very important communication.

Ask who is there to work with you. You might see them in your mind’s eye, or sense them around you. If you are clairaudient you might hear a name.

Surrender to the first name you receive. Animal spirits are very easy and fun to work with. They can teach you about surrendering the muscles of the throat faster than any other spirits. You might feel silly, but, for example, ask a frog to come in and speak through you. You will feel the most unusual sensations as the frog settles into your throat. The “ribbit” sounds that emerge will clearly be something that you cannot duplicate. Try it. Ask the frog to leave, and then attempt to consciously imitate what you just heard and sensed coming through you. There’s confirmation!

Continue with the other animal spirits. Roosters are good. Giraffes are very interesting (and surprisingly noisy). Channel wind, rain, and thunder, as Dr. Peebles suggests. Channel sleep while you are alert (this is an incredible spirit). Channel Porky Pig (he exists in the spirit world too...thoughts are indeed things).

13) Practice, practice, practice! For the greatest confirmation of all, once you feel that you are really making contact with Spirit, ask an open minded friend to mention the name of a family member who is on the other side. Don’t ask for any other information. While you are practicing trance, ask for this person to come and work with you. Feel their spirit, their size, shape, emotions, attitudes, etc. Ask them if they have a message that you can deliver to your friend. Listen carefully with your entire being (not just your ears). Trust everything that you receive. Thank them for this information. Come out of trance and write down as much as you remember, and share it with your friend. Done with sincerity, you will see in black and white that you are indeed already channeling.

14) Release the frequencies. Sometimes when I come out of trance I feel like my solar plexus is Jello. Dr. Peebles does a lot of healing work with people, and he uses my body as a conduit to pull out unwanted frequencies of illnesses, insecurities, etc. from them. There is always residue left over, and if I don’t consciously release these frequencies afterwards I can feel listless and tired, and just downright yucky for hours.

If someone you are channeling for is particularly skeptical, you can feel their skepticism. If they are afraid, you can feel their fear (intensely) while

in trance. If they are there to just suck your life force out of you, with no intention of really learning anything from Spirit (i.e. they are just there to use you for entertainment, or are what I call “lookey-loos”), you will KNOW it...and, ugh...it can be very exhausting. Unfortunately, it comes with the territory. Skepticism often turns to belief. Fear turns to love. Life force suckers...well, sometimes they change too. You can ask Spirit not to send people like this to you, or you can embrace them with love and provide them with an opportunity for growth, and release their frequencies.

How? Close your eyes and relax and say, “I release any frequencies that are not for my highest good.” Feel the unwanted frequencies drain out of you, and feel the goodness and purity of your own light fill the remaining space. Reunite with your body completely.

When will you go into deep trance? That’s something I cannot answer. At what point did you learn to balance on your bicycle? Something changed inside of you, but you probably can’t put your finger on it. It was an elusive and exhilarating moment of surrender that happened when you allowed your heart to teach your mind; when at long last you surrendered your fears and expectations, and through your willingness, at long last fell in love with trust.

Some days will be very frustrating. Nothing will happen. You will wonder whether Spirit has abandoned you. You will want to give up. But, Spirit has their reasons, and their reasons are always based in love.

You might be pushing yourself too hard, and they want you to rest. They might be beckoning you closer by backing away from you a bit. Then, you have to reach out through a deeper yearning and desire to touch and be touched. Ask them why they are not there. If it is rest you need, they will not respond. Surrender.

You are in for an adventure that will last you a lifetime. Once you open yourself to channeling, it is hard to stop or turn back, especially when the process that you engage in begins to touch and transform the lives around you in such a beautiful way.

Is it you or is it them? That is something that you will have to decide. That is where you will be asked, time and time again to make a decision to trust.

Just make a decision. Trust. It feels like them. Trust again. Yup, it's them doing it. Trust again. This time you'll know for certain. You have to trust within your heart, or your channeling will never get off the ground. My friend, Bev Scott, once said in her simple wisdom, "Summer, there are a lot of channel wanna-bees, but not a lot of channel gonna-bees."

15) So, now you're feeling Spirit in you, coming through you, and you don't know what to do next? The next step is one of the hardest. Certainly, you have spiraled out to Spirit and to the Heavens, but now it is time to spiral out to the world around you, to bring the light of Truth to planet earth. How do you do this? Invite the many rather than the few to watch and to listen as you play with Spirit, so that they can then play with your family, friends and others. This is where you will learn more than ever about your craft. Ask for honest feedback, and try to accept it as confirmation and education, not as condemnation. You probably figured it out by now: channeling isn't easy, and practice, practice, practice, makes it better, better, better!

A final word to all aspiring trance mediums: Channeling is very serious, very rewarding work. Please maintain the integrity of your craft, yourself, and of Spirit. Although you can become a financially successful trance medium, and a certain amount of celebrity can come with this work, these are not good reasons to become a trance medium. You are creating an open phone line, a gateway for others to experience the glorious wisdom of the angels and guides on the other side. Or, you may choose to do your work on behalf of the bereaved, to allow them to speak to the dearly departed. You may choose to do ghost busting, to spend time accessing and releasing trapped spirits to the light.

Whatever path you choose, as a deep trance medium who provides an open channel for Spirit, you will be considered a rarity upon this earth. You will be considered a rarity by the humans that you touch with your work. You will be considered a rarity by the Spirit world (they know how hard it is). Through you, as a willing and open vessel for God's truth, there is a chance to help humanity and Spirit, to dramatically transform the future, and increase the abundance of love upon the earth. Revel in this, embrace it, and be forever humbled by it. For it is in the preservation of this purity

of the light within you, that you will magnify and preserve the light of God for all to witness through you.

As you walk this path, remember that you are doing this for yourself first. People often think that Spirit makes me do this work...as if it is a requirement that the universe has of me. It is not. It is something I do for myself. The love and gratitude of my clients is the fuel my heart and soul needs to continue channeling. I love the connectedness of life that I feel when I am in trance. A community of people of like hearts and like minds gathers together when I do the trance dance, and we bask in that vibration of love. These are the real rewards of this work.

And a final word from Dr. Peebles: “Go your way in peace, love and harmony, for life is indeed a joy. And, as you enjoy the journey to your own heart through this grand and glorious adventure of trance mediumship, as you find your heart, learn to express it! Through your willingness, allow us to guide and to serve you as you serve yourself first—a heaping portion of love everlasting. There, immersed in light and truth, you will indeed find and touch the face of God and your enlightenment. My dear friends, lighten up a little bit more, and God will shine His light through you. God bless you, indeed.”



“One dreamless night in 1989 I gently awakened in my bed, only to discover that I was looking through someone else’s eyes. Literally. I felt myself slowly returning to my body through the back of my head, and as I did, I realized that someone else was there with me. I wasn’t frightened, just confused, and more than a bit curious about what was happening to me. As my eyes began to focus, I was surprised to find that my body was sitting up in bed, and my mouth was moving, forming words, but I wasn’t doing it.”

Take an incredible journey to the heart with Summer Bacon, Trance Medium for the wise and witty spirit, Dr. Peebles since 1994, as she writes about channeling in practical, down to earth terms.

“Channeling is about relationships. It is about the relationship that you build between yourself and God, and yourself and the rest of humanity. It is about the relationship that you build with integrity and truth. It is a process of never ending expansion. It demands determination and a willingness to still love and trust when it is difficult to love and trust. Channeling requires a strength of will and a commitment to living a life as someone who no longer cries out ‘What about me?’ but instead asks ‘What about God?’”

Whether you are a channel wanna-be, a channel gonna-be, or are simply curious about how the channeling process works and why, you will love this engaging and inspiring story about the power of surrender.