



THE ART OF SURRENDER

A GUIDE TO CHANNELING
WITH EASE AND GRACE



**INTERNATIONAL PSYCHIC MEDIUM
JODY REID**

INTRODUCTION TO THE ART OF SURRENDERING WHEN CHANNELING:

WELCOME TO THE TRANSFORMATIVE JOURNEY OF SURRENDERING WHEN CHANNELING, A SACRED PRACTICE THAT INVITES US TO CONNECT WITH THE DIVINE ENERGIES THAT FLOW THROUGH US AND AROUND US. AS A PSYCHIC MEDIUM, I HAVE EXPERIENCED FIRSTHAND THE PROFOUND IMPACT THAT SURRENDERING HAS ON THE QUALITY AND DEPTH OF THE MESSAGES I RECEIVE AND DELIVER.

DEVELOPING THE ART OF SURRENDERING IN CHANNELING IS A PROCESS THAT REQUIRES DEDICATION, PRACTICE, AND A WILLINGNESS TO LET GO OF CONTROL AND TRUST IN THE UNSEEN FORCES AT PLAY. EVEN AS A SEASONED PSYCHIC MEDIUM WITH THOUSANDS OF READINGS UNDER MY BELT, I CONTINUE TO WORK ON SURRENDERING IN MY PRACTICE, RECOGNIZING THAT IT IS A LIFELONG JOURNEY OF GROWTH AND EVOLUTION.

JUST LIKE BUILDING A MUSCLE, SURRENDERING IN CHANNELING TAKES TIME AND CONSISTENT EFFORT. IT IS A SKILL THAT CAN BE HONED AND REFINED THROUGH PRACTICE, PATIENCE, AND SELF-COMPASSION. IT IS IMPORTANT TO BE KIND TO YOURSELF AS YOU NAVIGATE THIS PROCESS, UNDERSTANDING THAT IT IS NATURAL TO ENCOUNTER CHALLENGES AND SETBACKS ALONG THE WAY.

I INVITE YOU TO JOIN ME ON THIS JOURNEY OF EXPLORATION AND SELF-DISCOVERY AS WE DELVE DEEPER INTO THE ART OF SURRENDERING WHEN CHANNELING. TOGETHER, LET US EMBRACE THE PRACTICE OF SURRENDER, TRUSTING IN THE DIVINE GUIDANCE THAT FLOWS THROUGH US AND ALLOWING IT TO ILLUMINATE OUR PATH AS PSYCHIC MEDIUMS.

AS WE CONTINUE TO EVOLVE AND GROW IN OUR ABILITIES, MAY WE APPROACH THIS WORK WITH AN OPEN HEART AND A SPIRIT OF CURIOSITY, KNOWING THAT EACH STEP WE TAKE BRINGS US CLOSER TO A DEEPER CONNECTION WITH THE SPIRIT WORLD AND A GREATER UNDERSTANDING OF OURSELVES.

I WELCOME YOU TO TAKE THIS JOURNEY WITH ME, AS WE WALK THE PATH OF SURRENDERING AND UNFOLD THE MYSTERIES THAT LIE BEYOND THE VEIL. LET US SUPPORT EACH OTHER IN OUR QUEST FOR SPIRITUAL GROWTH AND DEVELOPMENT, KNOWING THAT WITH TIME AND DEDICATION, SURRENDERING WILL BECOME SECOND NATURE, ENHANCING OUR WORK AS PSYCHIC MEDIUMS AND ENRICHING OUR LIVES IN PROFOUND WAYS.

TOGETHER, LET US EMBRACE THE ART OF SURRENDERING WHEN CHANNELING AND ALLOW THE MAGIC OF THE UNIVERSE TO FLOW THROUGH US, GUIDING US ON A PATH OF LIGHT, LOVE, AND SPIRITUAL AWAKENING.

WITH LOVE AND BLESSINGS,

JODY REID INTERNATIONAL

PSYCHIC MEDIUM

DEDICATION

DEDICATION TO THE ART OF SURRENDERING: A GUIDE TO CHANNEL WITH EASE AND GRACE

TO MY LOYAL CLIENTS WHO ENTRUST ME WITH THE SACRED TASK OF CHANNELING THEIR LOVED ONES, THIS GUIDE IS DEDICATED TO YOU. IT IS THROUGH YOUR UNWAVERING TRUST AND OPENNESS THAT I AM ABLE TO EMBRACE SURRENDER AND ALLOW THE MESSAGES TO FLOW THROUGH ME WITH EASE AND GRACE.

YOUR WILLINGNESS TO RECEIVE THE MESSAGES THAT COME THROUGH ME IS A TESTAMENT TO THE POWER OF SURRENDER IN OUR WORK TOGETHER. IT IS YOUR FAITH AND RECEPTIVITY THAT CREATE THE SPACE FOR THE DIVINE ENERGIES TO MOVE THROUGH US, WEAVING A TAPESTRY OF CONNECTION AND LOVE THAT TRANSCENDS THE PHYSICAL REALM.

IN HONORING THE BOND WE SHARE AND THE PROFOUND EXPERIENCES WE CO-CREATE, I DEDICATE THIS GUIDE TO THE ART OF SURRENDERING IN CHANNELING. MAY IT SERVE AS A BEACON OF LIGHT AND WISDOM, GUIDING US ON A PATH OF GRACE AND ALIGNMENT WITH THE DIVINE FORCES THAT GUIDE OUR INTERACTIONS AND ILLUMINATE OUR HEARTS.

TOGETHER, LET US CONTINUE TO WALK THIS PATH OF SURRENDER, TRUSTING IN THE UNSEEN REALMS AND ALLOWING THE MESSAGES TO FLOW THROUGH US WITH EASE AND GRACE. MAY OUR CONNECTION DEEPEN AND OUR EXPERIENCES BE ENRICHED AS WE SURRENDER TO THE WISDOM AND LOVE THAT UNITE US IN THIS SACRED DANCE OF COMMUNICATION WITH THE SPIRIT WORLD.

WITH DEEPEST GRATITUDE AND LOVE,

**JODY REID
PSYCHIC MEDIUM**

TABLE OF CONTENTS

**CHAPTER 1
THE CALL TO CHANNEL**

**CHAPTER 2
UNDERSTANDING SURRENDER**

**CHAPTER 3
CULTIVATING TRUST**

**CHAPTER 4
RELEASING RESISTANCE**

**CHAPTER 5
EMBRACING VULNERABILITY**

**CHAPTER 6
PRACTICING PRESENCE**

**CHAPTER 7
SURRENDERING WITH LOVE**

**CHAPTER 8
GRATITUDE AND REVERENCE**

**CHAPTER 9
THE JOURNEY OF SURRENDER**

**EXERCISE WORKSHEET:
PRACTICING THE ART OF SURRENDERING IN CHANNELING**

DISCLAIMER



CHAPTER 1

THE CALL TO CHANNEL

TO ANSWER THE CALL TO CHANNEL,
CONSIDER THE FOLLOWING GUIDANCE:

- 1. Cultivate intention:** Before beginning a channeling session, set a clear intention for the purpose of the communication. Whether you seek guidance, healing, inspiration, or clarity, your intention will focus and direct the energies that flow through you.
- 2. Create sacred space:** Prepare a quiet, comfortable space free from distractions where you can channel undisturbed. Consider lighting candles, burning incense, playing soft music, or using crystals to enhance the sacredness of the space and create a conducive atmosphere for channeling.
- 3. Ground and center:** Before channeling, take a few moments to ground yourself by connecting with the earth's energies. Visualize roots extending from your body into the earth, anchoring you firmly in the present moment. Center yourself by focusing on your breath and releasing any tension or distractions.
- 4. Invoke divine protection:** Call upon your spirit guides, angels, or higher self to surround you with love, light, and protection during the channeling session. Set the intention to only allow energies of the highest vibration to come through and to maintain a clear and strong connection to the divine source.



- 5. Surrender with trust:** As you begin to channel, surrender to the flow of energies with trust and openness. Let go of any expectations, judgments, or fears that may hinder the process. Trust in your intuition, in the guidance you receive, and in the divine wisdom that seeks to express through you.
- 6. Practice discernment:** While channeling, maintain a sense of discernment to ensure that the energies and messages you receive are of a positive and uplifting nature. Trust your intuition to guide you in discerning between authentic guidance and lower vibrations that may seek to deceive or mislead.



BY HEEDING THE CALL TO CHANNEL AND EMBRACING THE PRACTICE WITH HUMILITY, REVERENCE, AND SURRENDER, YOU OPEN YOURSELF TO A PROFOUND JOURNEY OF SPIRITUAL EXPLORATION, GROWTH, AND TRANSFORMATION. CHANNELING BECOMES A SACRED DANCE BETWEEN THE HUMAN AND THE DIVINE, A HARMONIOUS SYMPHONY OF ENERGIES THAT UPLIFT AND ENLIGHTEN BOTH THE CHANNEL AND THOSE WHO RECEIVE THE MESSAGES. TRUST IN THE CALL TO CHANNEL, FOLLOW YOUR HEART'S GUIDANCE, AND SURRENDER TO THE INFINITE POSSIBILITIES THAT AWAIT YOU ON THIS EXTRAORDINARY PATH OF SPIRITUAL AWAKENING.



CHAPTER 2 UNDERSTANDING SURRENDER

SURRENDER IS A PROFOUND AND TRANSFORMATIVE PRACTICE THAT LIES AT THE HEART OF CHANNELING. TO TRULY UNDERSTAND AND EMBODY SURRENDER IN THE CONTEXT OF CHANNELING, IT IS ESSENTIAL TO DELVE DEEPER INTO ITS MEANING AND SIGNIFICANCE. HERE ARE SOME KEY ASPECTS TO CONSIDER:

1. **Trust and faith:** surrender is rooted in trust and faith in the unseen forces and energies that guide and support us. It is the unwavering belief that there is a higher intelligence, a divine source, or a universal wisdom that orchestrates the unfoldment of our lives and the messages we receive through channeling. Trusting in this higher power allows us to surrender our ego's need for control and open ourselves to the flow of divine guidance.
2. **Letting go of control:** surrender involves letting go of the need to control outcomes and allowing things to unfold in their own divine timing and way. When channeling, this means releasing the ego's grip on the process and allowing the energies to move through us without interference. It is about surrendering the illusion of separation and recognizing our interconnectedness with the universe.
3. **Receptivity and openness:** surrender requires a state of receptivity and openness to receive the messages, energies, and guidance that come through during channeling. It is about being like a clear channel, allowing the divine energies to flow through us without distortion or resistance. Cultivating receptivity involves quieting the mind, opening the heart, and tuning into the subtle frequencies of higher consciousness.



- 4. Embracing the unknown:** surrender invites us to embrace the unknown and venture into uncharted territories of consciousness. It requires courage, humility, and a willingness to explore realms beyond our familiar reality. Channeling often brings forth information, insights, and energies that may be unfamiliar or challenging to comprehend, and surrendering to the mystery allows us to expand our awareness and understanding.
- 5. Aligning with divine will:** surrender is a harmonious alignment with the divine will and the greater good of all. It involves surrendering personal desires, attachments, and agendas in service of a higher purpose or intention. When channeling, surrendering to the divine will allows us to be vessels of pure, unconditional love and wisdom that benefit not only ourselves but also others.
- 6. Practice and patience:** surrender is a practice that requires cultivation and patience. It is not always easy to let go of control or trust in the unseen, especially when faced with doubts or challenges. However, with consistent practice, self-awareness, and inner work, surrender becomes a natural state of being that enriches our channeling experience and spiritual growth.



**BY DEEPENING OUR UNDERSTANDING OF SURRENDER
AND INTEGRATING ITS PRINCIPLES INTO OUR
CHANNELING PRACTICE, WE CAN OPEN OURSELVES
TO PROFOUND INSIGHTS, HEALING ENERGIES, AND
TRANSFORMATIVE EXPERIENCES. SURRENDER BECOMES
A GATEWAY TO HIGHER STATES OF CONSCIOUSNESS,
DIVINE CONNECTION, AND SPIRITUAL EVOLUTION,
GUIDING US ON A PATH OF SELF-DISCOVERY,
EMPOWERMENT, AND SERVICE TO THE GREATER
GOOD. EMBRACE SURRENDER AS A SACRED ART AND
A GATEWAY TO THE INFINITE POSSIBILITIES THAT AWAIT
YOU ON YOUR CHANNELING JOURNEY.**



CHAPTER 3 CULTIVATING TRUST

TRUST IS THE CORNERSTONE OF SURRENDER AND AN ESSENTIAL ELEMENT IN THE PRACTICE OF CHANNELING. CULTIVATING TRUST IN THE PROCESS, IN THE MESSAGES RECEIVED, AND IN THE DIVINE SOURCE IS FUNDAMENTAL TO ALLOWING THE ENERGIES TO FLOW THROUGH US WITH CLARITY AND AUTHENTICITY. HERE ARE SOME KEY ASPECTS TO CONSIDER WHEN IT COMES TO CULTIVATING TRUST IN CHANNELING:

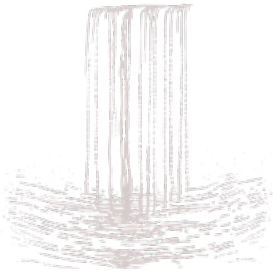
- 1. Inner alignment:** trust begins with inner alignment – a deep sense of connection to your own intuition, inner guidance, and higher self. When you are aligned within yourself, you create a strong foundation for trust to build upon. Practice self-awareness, self-reflection, and inner listening to strengthen your connection to your inner wisdom.
- 2. Relationship with spirit guides:** trusting in the presence and guidance of your spirit guides is crucial in channeling. Develop a relationship with your guides through meditation, prayer, or other spiritual practices. Trust that they are benevolent beings who support and assist you in your channeling journey, and cultivate a sense of rapport and communication with them.
- 3. Surrendering control:** trust requires letting go of the need to control the channeling process. Allow the energies to flow through you without trying to manipulate or influence them. Trust that the messages and energies that come through are for your highest good and the highest good of all.



4. **Validation and confirmation:** seek validation and confirmation of the messages you receive through channeling. This can come in the form of synchronicities, intuitive insights, or feedback from others. Trust in the accuracy and relevance of the messages by looking for signs and signals that affirm their truth.
5. **Building confidence:** building confidence in your channeling abilities is essential for cultivating trust. Practice regularly, experiment with different methods of channeling, and observe the results. As you gain experience and witness the impact of your channeling, your confidence will grow, and trust will deepen.
6. **Releasing doubt and fear:** doubt and fear are common obstacles to trust in channeling. Recognize and release any doubts or fears that arise, acknowledging them without judgment and letting them go. Cultivate a mindset of openness, courage, and faith in the process.
7. **Patience and persistence:** trust is a quality that develops over time with patience and persistence. Be gentle with yourself as you navigate the complexities of channeling and the uncertainties that may arise. Trust in the journey and the gradual unfolding of your channeling abilities.



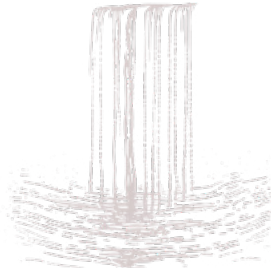
**BY CULTIVATING TRUST IN CHANNELING, YOU
CREATE A STRONG AND RESILIENT FOUNDATION
FOR YOUR PRACTICE. TRUST OPENS THE DOOR TO
DEEPER CONNECTIONS, PROFOUND INSIGHTS, AND
TRANSFORMATIVE EXPERIENCES THAT CAN ENRICH
YOUR SPIRITUAL GROWTH AND ENHANCE YOUR ABILITY
TO BE A CLEAR CHANNEL FOR DIVINE ENERGIES.
EMBRACE TRUST AS A GUIDING FORCE IN YOUR
CHANNELING JOURNEY, AND ALLOW IT TO LEAD YOU
TO NEW LEVELS OF UNDERSTANDING, WISDOM, AND
CONNECTION WITH THE HIGHER REALMS.**



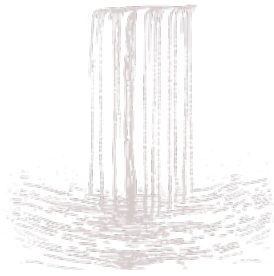
CHAPTER 4 RELEASING RESISTANCE

RESISTANCE IS A COMMON BARRIER THAT CAN HINDER THE FLOW OF ENERGIES AND MESSAGES DURING CHANNELING. RECOGNIZING AND RELEASING RESISTANCE IS ESSENTIAL FOR CREATING A CLEAR CHANNEL THROUGH WHICH DIVINE GUIDANCE CAN FLOW FREELY. HERE ARE SOME KEY ASPECTS TO CONSIDER WHEN IT COMES TO UNDERSTANDING AND OVERCOMING RESISTANCE IN CHANNELING:

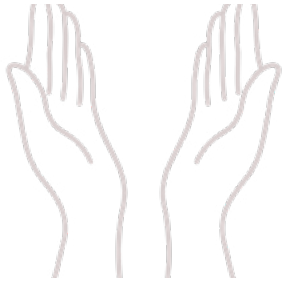
1. **Awareness of resistance:** the first step in releasing resistance is to become aware of its presence. Resistance can manifest in various forms, such as doubt, fear, judgment, distraction, or skepticism. Pay attention to any internal or external factors that may be creating resistance in your channeling practice.
2. **Root causes:** explore the root causes of your resistance. Is it stemming from past experiences, limiting beliefs, self-doubt, or fear of the unknown? By identifying the underlying factors contributing to resistance, you can begin to address and release them effectively.
3. **Mindfulness and presence:** cultivate mindfulness and presence during your channeling practice. Stay fully present in the moment, focusing on the energies and messages that are coming through. Mindfulness helps you observe any resistance that arises without becoming attached to it, allowing you to let it go more easily.



4. **Breathwork and relaxation:** use breathwork techniques and relaxation exercises to release tension and resistance in your body and mind. Deep, intentional breathing can help you center yourself, calm your thoughts, and create a sense of openness and receptivity to the energies that seek to flow through you.
5. **Trust in the process:** trust is a powerful antidote to resistance. Trust in the process of channeling, in the guidance you receive, and in the divine wisdom that seeks to express through you. Surrender to the flow of energies with faith and openness, allowing them to move through you effortlessly.
6. **Inner work and healing:** engage in inner work and healing practices to address and release deep-seated resistance patterns. This may involve working with a therapist, energy healer, or spiritual mentor to explore and transform the underlying emotional, mental, or energetic blockages that are inhibiting your channeling abilities.
7. **Gratitude and surrender:** cultivate an attitude of gratitude and surrender in your channeling practice. Express gratitude for the opportunity to serve as a channel for divine energies and wisdom. Surrender to the divine will and allow yourself to be a conduit for higher vibrations that uplift and inspire.
8. **Practice patience and compassion:** be patient and compassionate with yourself as you work through resistance in your channeling practice. Understand that releasing resistance is a process that takes time and effort. Approach yourself with kindness and self-compassion as you navigate the challenges and triumphs of channeling.



BY RECOGNIZING, ACKNOWLEDGING, AND RELEASING RESISTANCE IN YOUR CHANNELING PRACTICE, YOU CREATE SPACE FOR THE ENERGIES AND MESSAGES TO FLOW THROUGH YOU WITH GREATER CLARITY, PURITY, AND AUTHENTICITY. EMBRACE THE PROCESS OF RELEASING RESISTANCE AS AN OPPORTUNITY FOR GROWTH, TRANSFORMATION, AND ALIGNMENT WITH THE DIVINE FORCES THAT SEEK TO EXPRESS THROUGH YOU. TRUST IN YOUR ABILITY TO OVERCOME RESISTANCE AND BECOME A CLEAR CHANNEL FOR THE HIGHER WISDOM AND GUIDANCE THAT AWAITS YOU ON YOUR SPIRITUAL JOURNEY.



CHAPTER 5 EMBRACING VULNERABILITY

EMBRACING VULNERABILITY IS A KEY ASPECT OF CHANNELING THAT ALLOWS FOR A DEEPER CONNECTION TO THE ENERGIES AND MESSAGES THAT FLOW THROUGH US. VULNERABILITY IS OFTEN SEEN AS A SIGN OF WEAKNESS, BUT IN THE CONTEXT OF CHANNELING, IT IS A STRENGTH THAT OPENS THE HEART AND SOUL TO PROFOUND EXPERIENCES OF CONNECTION, AUTHENTICITY, AND TRANSFORMATION. HERE ARE SOME IMPORTANT POINTS TO CONSIDER WHEN IT COMES TO EMBRACING VULNERABILITY IN CHANNELING:

1. **Authenticity and openness:** vulnerability in channeling requires authenticity and openness to allow the energies and messages to flow through us without filters or masks. It involves being true to oneself, expressing emotions and insights honestly, and showing up fully in the channeling process.
2. **Trusting in the process:** embracing vulnerability means trusting in the channeling process and in the divine energies that seek to express through us. Trust that vulnerability is a pathway to deeper connection, healing, and wisdom. Surrender to the flow of energies with faith and receptivity.
3. **Emotional awareness:** vulnerability involves being in touch with our emotions and allowing them to be present during channeling. Emotions can act as signals that guide us to deeper truths and insights. By embracing and acknowledging our emotions, we create a space for authentic and meaningful channeling experiences.



4. **Courage and resilience:** embracing vulnerability in channeling requires courage and resilience to face the unknown, to explore uncharted territories of consciousness, and to be open to receiving messages that may challenge or inspire us. Cultivate a spirit of courage and resilience as you navigate the vulnerabilities that arise in your channeling practice.
5. **Self-compassion and acceptance:** practice self-compassion and self-acceptance as you embrace vulnerability in channeling. Be gentle with yourself, acknowledge any feelings of discomfort or fear that may arise, and offer yourself kindness and understanding. Accept yourself fully as a channel for divine energies and wisdom.
6. **Connection and empathy:** vulnerability in channeling strengthens our connection to the energies and beings that seek to communicate through us. It fosters empathy and compassion for ourselves and others, allowing us to channel with a sense of shared humanity and interconnectedness.
7. **Growth and transformation:** embracing vulnerability in channeling is a catalyst for growth and transformation. It opens the door to deeper self-discovery, spiritual evolution, and alignment with our higher purpose. Vulnerability allows us to shed layers of conditioning and limitation, revealing the true essence of who we are.
8. **Gratitude and reverence:** cultivate gratitude and reverence for the vulnerability that arises in your channeling practice. See it as a sacred gift that allows you to be a clear and authentic channel for divine energies and wisdom. Offer thanks for the opportunity to embrace vulnerability as a path to profound spiritual experiences.



BY EMBRACING VULNERABILITY IN YOUR CHANNELING PRACTICE, YOU CREATE A SACRED SPACE FOR DEEP CONNECTION, HEALING, AND TRANSFORMATION. ALLOW YOURSELF TO BE OPEN, AUTHENTIC, AND RECEPTIVE TO THE ENERGIES AND MESSAGES THAT FLOW THROUGH YOU, KNOWING THAT VULNERABILITY IS A POWERFUL GATEWAY TO HIGHER STATES OF CONSCIOUSNESS, WISDOM, AND DIVINE LOVE. TRUST IN THE BEAUTY AND STRENGTH OF YOUR VULNERABILITY AS YOU CONTINUE ON YOUR CHANNELING JOURNEY WITH COURAGE, AUTHENTICITY, AND GRACE.



CHAPTER 6 PRACTICING PRESENCE

PRESENCE SERVES AS THE GATEWAY TO SURRENDER AND ALIGNMENT WITH THE DIVINE ENERGIES THAT SURROUND US. THE ART OF BEING FULLY PRESENT IN EACH MOMENT OPENS THE DOOR TO A HARMONIOUS FLOW OF UNIVERSAL ENERGY THAT CAN MOVE THROUGH US EFFORTLESSLY. IT IS THROUGH THE PRACTICE OF PRESENCE THAT WE CAN ATTUNE OURSELVES TO THE SUBTLE VIBRATIONS OF THE UNIVERSE AND BECOME CONDUITS FOR ITS WISDOM AND GRACE.

- 1. Mindfulness, meditation, and breathwork are powerful tools that can help us cultivate and strengthen our presence. By grounding ourselves in the present moment through mindfulness practices, we become more attuned to the whispers of the divine that are always present but often drowned out by the noise of our busy lives. Meditation allows us to quiet the mind and create space for the divine energies to enter and guide us. Breathwork, with its focus on the rhythm of the breath, helps us anchor ourselves in the here and now, fostering a sense of deep presence and connection.**
- 2. As we deepen our practice of presence, we strengthen our connection to the divine source that flows through all things. This connection heightens our awareness of the subtle energies at play and allows us to channel them with greater clarity and purpose. When we are fully present, we become vessels through which the divine can express itself in its purest form, unobstructed by the limitations of the ego.**



3. Practicing presence not only enhances the quality of our channeling experience but also enriches every aspect of our lives. It imbues our actions with a sense of purpose and intention, infusing even the most mundane tasks with a sense of sacredness. Through presence, we learn to surrender our individual will to the greater flow of the universe, trusting in its wisdom and guidance to lead us where we need to go.
4. In essence, the practice of presence is a profound act of surrender and trust in the divine forces that govern the cosmos. It is through this surrender that we open ourselves to the infinite possibilities that lie beyond our limited perception, allowing us to tap into the boundless creativity and wisdom of the universe. By cultivating presence in our lives, we invite the divine to work through us, guiding our steps and illuminating our path with the light of truth and love.



CHAPTER 7 SURRENDERING WITH LOVE

LOVE STANDS AS THE PINNACLE OF ALL VIBRATIONS IN THE UNIVERSE, RADIATING A POWERFUL ENERGY THAT TRANSCENDS BOUNDARIES AND CONNECTS ALL BEINGS IN A WEB OF DIVINE HARMONY. WHEN WE CHANNEL WITH LOVE AS OUR GUIDING FORCE, WE INVITE FORTH PURE, HEALING ENERGIES THAT HAVE THE POTENTIAL TO UPLIFT AND TRANSFORM BOTH OURSELVES AND THOSE AROUND US. SURRENDERING WITH LOVE IS A SACRED DANCE OF THE HEART, A PROFOUND MERGING OF OUR INDIVIDUAL CONSCIOUSNESS WITH THE BOUNDLESS LOVE OF THE DIVINE.

- 1. To surrender with love is to open ourselves completely to the infinite wellspring of unconditional love that flows from the divine source. It is a conscious choice to align our intentions, actions, and thoughts with the frequency of love, allowing this divine essence to infuse every aspect of our being. In the realm of channeling, surrendering with love means relinquishing our egoic desires and fears, and instead, trusting in the benevolent guidance of the universe to lead us on our path.**
- 2. When we surrender with love, we transcend the limitations of the ego and tap into a deeper, more expansive source of wisdom and insight. Love becomes the medium through which we channel divine messages and healing energies, imbuing our practice with a sense of grace and compassion that can touch the hearts and souls of those who receive our channeling.**



3. Surrendering with love transforms the act of surrender into a profound and sacred act of service. It is through the power of love that we can truly be of service to others, offering them the gift of healing, guidance, and inspiration that flows through us. Love acts as a bridge that connects us to the interconnected web of life, allowing us to share in the collective energy of love that unites all beings in a tapestry of oneness.
4. In essence, surrendering with love is an invitation to embody the highest expression of our divine nature and to become vessels for the transformative power of unconditional love. Love empowers us to transcend our individual selves and merge with the universal flow of love that permeates all of creation. As we surrender with love, we step into our role as conduits of the divine, weaving threads of love and light into the fabric of the universe, and shining brightly as beacons of love and compassion in a world in need of healing and restoration.

Thank You!

CHAPTER 8 GRATITUDE AND REVERENCE

GRATITUDE AND REVERENCE IN CHANNELING PRACTICE INVOLVES RECOGNIZING AND CHERISHING THE VULNERABILITY INHERENT IN THE PROCESS. VIEWING VULNERABILITY AS A SACRED GIFT THAT ENABLES YOU TO SERVE AS A GENUINE AND UNOBSTRUCTED CONDUIT FOR DIVINE ENERGIES AND WISDOM FOSTERS A DEEPER SENSE OF APPRECIATION AND RESPECT FOR THIS ESSENTIAL ASPECT OF CHANNELING.

- 1. Expressing thanks for the opportunity to embrace vulnerability as a means to access profound spiritual experiences reinforces a sense of humility and connection to the higher forces at play. By honoring vulnerability in your channeling practice, you actively create a space that is sanctified and conducive to fostering profound connections, facilitating healing, and catalyzing transformative processes.**
- 2. By remaining open, authentic, and receptive to the energies and messages that manifest through you, you embrace vulnerability as a potent catalyst for spiritual growth and insight. Recognizing vulnerability as a gateway to elevated states of consciousness, profound wisdom, and divine love encourages a sense of trust in the inherent power and significance of this quality in your channeling endeavors.**
- 3. Embracing vulnerability with courage, authenticity, and grace enables you to navigate your channeling journey with a sense of purpose and conviction. Trusting in the beauty and resilience of your vulnerability empowers you to embody your role as a channel for divine energies with authenticity and integrity, fostering a deeper connection to the sacred essence of your practice.**



CHAPTER 9

THE JOURNEY OF SURRENDER

1. The journey of surrender unfolds as a profound path of self-discovery, growth, and spiritual evolution. It is a transformative odyssey that leads us to greater depths of understanding, connection, and alignment with the divine essence that resides within and around us. As we traverse this sacred path of surrender in our channeling practice and daily life, we embark on a journey of profound expansion, integration, and awakening.
2. At the heart of the journey of surrender lies the willingness to release control and trust in the higher wisdom and guidance of the universe. Through surrender, we relinquish our attachment to outcomes, expectations, and limiting beliefs, allowing ourselves to be guided by the flow of divine grace and intelligence. This act of surrender opens the doorway to profound growth and transformation, as we surrender to the greater forces at play in our lives.
3. As we deepen our practice of surrender in channeling and in all aspects of our existence, we begin to expand our consciousness and perceive the interconnectedness of all things. Surrender becomes a gateway to heightened states of awareness and unity consciousness, where we recognize the inherent oneness of all beings and the divine tapestry that weaves us all together.
4. Moreover, the journey of surrender is a process of aligning with our true purpose and essence. Through surrender, we shed the layers of conditioning and ego identification that obscure our inner light, allowing our authentic self to shine forth in its full radiance. As we surrender more deeply, we align with the unique gifts, talents, and passions that define our soul's purpose, and we step into a greater alignment with the divine blueprint of our existence.



5. Ultimately, the journey of surrender is a sacred pilgrimage that leads us home to ourselves. It is a journey of remembering and embodying our true essence, reconnecting with the infinite wellspring of love, wisdom, and power that lies at the core of our being. Through surrender, we come into full resonance with our divine nature, embracing the fullness of who we are and stepping into the fullness of our potential as channels of light, love, and healing in the world.
6. In conclusion, the journey of surrender is a profound and sacred path of growth, transformation, and spiritual evolution. It is a journey of deepening awareness, alignment with purpose, and embodiment of our true essence as divine beings in human form. Through surrender, we open ourselves to the infinite possibilities of the universe, allowing the divine to work through us and guide us on the path of our highest destiny.

EXERCISE WORKSHEET: PRACTICING THE ART OF SURRENDERING IN CHANNELING

EXERCISE 1: *MINDFULNESS MEDITATION FOR SURRENDER*

INSTRUCTIONS:

1. Find a quiet and comfortable space where you can sit or lie down without distractions.
2. Close your eyes and take a few deep breaths to center yourself.
3. Bring your awareness to the present moment by focusing on the sensation of your breath as it enters and leaves your body.
4. Allow any thoughts or distractions to pass without judgment, simply returning your focus to the breath.
5. As you continue to breathe mindfully, practice surrendering any tension or resistance in your body and mind.
6. Set the intention to open yourself to the guidance of the divine during your channeling practice.
7. Stay in this meditative state for 10-15 minutes, cultivating a sense of deep surrender and receptivity.



REFLECTION



REFLECTION

EXERCISE 2:
HEART-CENTERED VISUALIZATION

INSTRUCTIONS:

1. Sit comfortably and close your eyes. Take a few deep breaths to relax and center yourself.
2. Visualize a bright, radiant light at the center of your chest, representing the love and wisdom of the divine.
3. Imagine this light expanding with each inhale, filling your entire being with warmth and compassion.
4. As you exhale, release any fears, doubts, or resistance that may be blocking your channeling abilities.
5. Envision yourself surrounded by a cocoon of love and protection, allowing yourself to surrender fully to the divine flow.
6. Hold this visualization for a few minutes, basking in the energy of surrender and love.

EXERCISE 3:
JOURNALING PROMPTS FOR REFLECTION

INSTRUCTIONS:

1. Take out a journal or a piece of paper and a pen.
2. Reflect on your recent channeling experiences and how surrender played a role in them.
3. Write down any fears, doubts, or attachments that may be hindering your ability to surrender fully.
4. Consider how you can cultivate a deeper sense of trust and surrender in your channeling practice.
5. Write down affirmations or intentions related to surrender and openness to divine guidance.
6. Set goals for yourself to practice surrender in your channeling sessions moving forward.
7. Take a few moments to visualize yourself embodying surrender and trust during your next channeling session.



JOURNALING



JOURNALING



JOURNALING

THESE EXERCISES ARE DESIGNED TO HELP YOU CULTIVATE THE ART OF SURRENDERING IN YOUR CHANNELING PRACTICE. BY INCORPORATING MINDFULNESS, VISUALIZATION, AND REFLECTION INTO YOUR ROUTINE, YOU CAN DEEPEN YOUR CONNECTION TO THE DIVINE AND ENHANCE THE QUALITY OF YOUR CHANNELING EXPERIENCES. PRACTICE THESE EXERCISES REGULARLY TO STRENGTHEN YOUR ABILITY TO SURRENDER AND ALIGN WITH THE FLOW OF DIVINE ENERGIES WITH GRACE AND EASE.

DEAR READERS,

AS A PSYCHIC MEDIUM, I HAVE FOUND THAT PRACTICING SURRENDERING WHEN CHANNELING HAS BEEN INSTRUMENTAL IN MY GROWTH AND DEVELOPMENT IN THIS SACRED WORK. IT HAS BEEN A JOURNEY OF DEDICATION, PRACTICE, AND TRUST, ALLOWING ME TO DELVE DEEPER INTO THE REALMS OF SPIRIT AND CONNECT WITH THE DIVINE ENERGIES THAT GUIDE AND SUPPORT ME.

SURRENDERING IN CHANNELING IS NOT ALWAYS EASY; IT REQUIRES A WILLINGNESS TO LET GO OF CONTROL AND EGO, AND TO TRUST IN THE UNSEEN FORCES THAT MOVE THROUGH US. THROUGH DEDICATION AND PRACTICE, I HAVE LEARNED TO RELEASE MY FEARS AND DOUBTS, AND TO OPEN MYSELF UP TO THE INFINITE WISDOM AND LOVE THAT FLOW FROM THE DIVINE SOURCE.

IT IS IMPORTANT TO REMEMBER THAT DEVELOPING THE ART OF SURRENDERING IN CHANNELING TAKES TIME AND PATIENCE. TRUSTING THE PROCESS AND BEING KIND TO YOURSELF ALONG THE WAY ARE ESSENTIAL COMPONENTS OF THIS JOURNEY. IT IS A BIRTHRIGHT FOR EACH OF US TO TAP INTO THE GIFTS OF SPIRIT AND TO ALLOW THEM TO AID US IN OUR OWN LIFE'S JOURNEY, AS WELL AS IN SERVING OTHERS.

I ENCOURAGE YOU TO EMBRACE THE PRACTICE OF SURRENDERING IN YOUR CHANNELING WORK, KNOWING THAT IT HAS THE POWER TO TRANSFORM NOT ONLY YOUR ABILITIES AS A MEDIUM BUT ALSO YOUR OWN SPIRITUAL GROWTH AND EVOLUTION. TRUST IN THE PROCESS, BE PATIENT WITH YOURSELF, AND ALLOW THE DIVINE ENERGIES TO GUIDE YOU ON THIS PROFOUND AND SACRED PATH.

MAY YOUR JOURNEY BE FILLED WITH LIGHT, LOVE, AND BLESSINGS AS YOU SURRENDER TO THE WISDOM AND GRACE OF THE UNIVERSE.

WITH LOVE AND LIGHT,

**JODY REID
PSYCHIC MEDIUM**

THANK YOU FOR SUPPORTING THE BOOK!

I SINCERELY WISH YOU SUCCESS IN FOSTERING YOUR DIVINE CONNECTIONS WITH THE SPIRITUAL REALM. REMEMBER, DEVELOPING THESE CONNECTIONS TAKES PRACTICE, SO BE PATIENT AND KIND TO YOURSELF ALONG THE WAY. YOUR LOVED ONES AND GUIDES ARE ALWAYS PRESENT, SURROUNDING YOU WITH THEIR LOVE AND SUPPORT AS LONG AS YOU SURRENDER TO THE PROCESS.

STAY CONNECTED WITH ME ON FACEBOOK AT "INTERNATIONAL PSYCHIC MEDIUM JODY REID" FOR ONGOING INSPIRATION AND INSIGHTS.

TO BOOK A PRIVATE SESSION , VISIT MY WEBSITE AT JODYREIDMEDIUM.CA.

EXPLORE MY OTHER BOOKS AVAILABLE ON AMAZON:

- "LOVE BEYOND: TRUE ENCOUNTERS OF A PSYCHIC MEDIUM"

- "THE POWER OF LIFESCRIPTING: A WORKBOOK FOR MANIFESTING YOUR IDEAL LIFE"

WISHING YOU CONTINUED GROWTH AND ENLIGHTENMENT ON YOUR SPIRITUAL JOURNEY!



JODY

DISCLAIMER

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THIS BOOK DELVES INTO JODY'S PERSONAL EVOLUTION AS A PSYCHIC MEDIUM, DRAWING FROM HER OWN EXPERIENCES AND THE WISDOM IMPARTED BY ESTEEMED FIGURES IN THE FIELD. RECOGNIZING THE ROLE EGO-DRIVEN THOUGHTS PLAY IN OBSTRUCTING OUR ABILITY TO EMBRACE LIFE FULLY AND CONNECT EFFORTLESSLY WITH THE SPIRITUAL REALM, JODY OFFERS GUIDANCE ON OVERCOMING SUCH BARRIERS. THE PRIMARY AIM OF THIS BOOK IS TO EMPOWER READERS TO CULTIVATE A PRACTICE OF SURRENDERING TO THE NATURAL FLOW OF ENERGY AND MESSAGES FROM SPIRITUAL GUIDES AND DEPARTED LOVED ONES. JODY ASSERTS THAT COMMUNICATION WITH THE OTHER SIDE IS A BIRTHRIGHT, AND THROUGH THIS WORK, SHE ENDEAVORS TO FACILITATE THE OPENING OF DOORS FOR READERS, ENABLING THEM TO RECEIVE MESSAGES WITH GRACE AND EASE.



