

meditation processes are merely for that, to still the mind, and then we become open to impressions from all sorts of levels around us. There are many planes of being about which we know very little and we attune to link with a specific energy and a specific level. It's like turning the dial on a radio to attune to specific stations. We can attune to a station which is playing heavy rock, heavy metal music that actually disturbs our peace, and it's the same with meditation. We can tune to levels which will serve to disturb our peace, or we can attune to the higher self and the higher consciousness, which is peace. Attunement is very important in that sense.

**JS:** *In a sense what you are describing as attunement is a form of channelling.*

**LC:** Yes, because we attune to the higher self and consciousness levels and we open to allow that energy to come through us. It comes into our being first of all. It comes into our mind because the mind is part of the channel and channelling is allowing the higher level, the higher consciousness to come through into the earth plane.

### *Deep within ourselves we each know what is truth.*

**JS:** *So how can we be certain that either what we are channelling or someone else is channelling is coming from the highest level?*

**LC:** The higher levels are impersonal levels. They are not concerned with our day to day lives of buying houses, changing jobs, looking for a boyfriend or girlfriend, all the physical plain activities that we worry about, agonise over, trying to make decisions. The higher consciousness is concerned with an overall quality of being on the planet and in fact in the whole universe. It is universal energy, an impersonal level of upliftment and what does come through tells us what level it is coming from.

Deep within ourselves we each know what is truth and in this age where a lot of information is being channelled we have a responsibility to be discerning. We have to know what is truth and what isn't. We do that in our daily contact with individu-

als – we listen to what they are saying to us to see if it is truth or not, and it is the same with what is being channelled.

The higher consciousness levels will come through talking about unity, upliftment and peace and being part of the whole, not just one individual, not just one planet, but all serving a particular purpose in creation.

**JS:** *Does everyone have the potential of becoming a channel?*

**LC:** Yes in the sense that we can all channel the energy. Not all of us are meant to be teachers or writers of what comes through, but we all have the responsibility and the ability to be channels for the higher energy, the higher consciousness – whatever term we use – for it to come through into the Earthplane, into matter, into human mind.

**JS:** *So in a sense then becoming a channel is like finding one's rightful place in all of this, what is. It can mean many different things, not just getting or giving verbal information, or becoming a healer.*

**LC:** That's right. All that we need to do is to let go what we want to do and align our higher self and let the purpose which the higher self has, let that unfold through us and we will find contentment and fulfilment in whatever level of activity that may be. It may be that we continue with exactly what we are doing now. We come to a point of acceptance, and if we are not in the right place I also believe that when we are in tune with our higher self we will be guided and directed from within to move to where we should be.

**JS:** *You often talk of being guided from the inner levels. Exactly what is that?*

**LC:** I think that perhaps I am more fortunate than many people because I am receptive to communication and I can see when there are teachers and higher being around me. I have received a lot of instruction, through the attunement process.

**JS:** *This is received verbally?*

**LC:** Yes, both verbally and in pictures. When I say 'verbally' it's not a voice that is spoken out loud, it is the voice which comes through my mind. Because our mind is used it sounds

very much like our own thoughts but there is a different quality about it and often when it is something important that I have to know, there is a great power in what is said and it cuts across my own thoughts. It comes through as 'the still small voice' that is spoken about. Sometimes it will come through as a feeling and a knowing, and there is a distinct quality in that.

**JS:** *So it is like a sensing and perceiving that is not of our normal sensing and perception.*

**LC:** Yes. A lot of people would call it the sixth sense.

*The higher self brings through creativity in our daily situation, it brings through clarity in our relationships, it guides us and directs us to where we could be.*

**JS:** *What have been the most important factors in your own case for this becoming stronger and stronger, of awakening to your higher self, utilising the sixth sense and becoming a channel. For example you mentioned the willingness to sacrifice or go beyond emotional blocks.*

**LC:** The most important factor was to recognise that I had a specific part to play here on the planet and to make time to attune each day in the way of being an open channel and surrendering my human self to the greater consciousness. When I had sufficiently surrendered then I would be given specific direction regarding my purpose. There have been long waiting times when apparently nothing was occurring in my development and again I had to surrender even wanting to be an instrument. Now it has come to the point that I just **have** to do certain things – one of which is being available to teach others what I have been taught, and encourage them on their journeys of awakening. □

Lani Calkin would be pleased to hear from those interested in her work, or who may wish to receive a newsletter of the transcriptions of the attunement group channelling. Write to 67 Prospect Terrace, Mt Eden, Auckland or phone (09) 605.478.

**NEXT ISSUE:** Part Two, Responsibility and Transformation.