

# *I Am a Channel*

a quick guide to accessing your greatest gift  
and connecting with your guidance team



*Allison Holley*

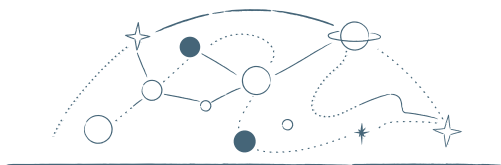


# *Welcome to your intuition journey!*

Developing your intuition is an important step into your power. The truth is, we are all born with the ability to be intuitive. We were all given this beautiful gift.

Right now, we are moving through a collective shift and it is imperative that each person comes to their knowing of this as we cross the threshold into a new paradigm.

In this eBook, I will teach three powerful practices to help you access and strengthen your intuitive abilities.



# Meet your guide



My name is **Allison Holley**. I'm an Intuitive Guide, Channeling Teacher, and author of *The Era of the True Creator*. My life purpose and greatest joy is to be of service through shining my light and being a grounded channel of unconditional love. I understand the game that is life, and so I know that you are also a master, going through the process of awakening to your higher-frequency truth.



In 2012, I found myself overwhelmed by the intensity of a spiritual awakening. I began seeing energy, and beyond our current time-and-space paradigm. Many new awarenesses and gifts opened up to me, including moments of spontaneous channeling and visions. Although it was a somewhat scary time, deep within I began to feel stillness, and a confirmation of what I had always felt: that I am here for a purpose, and that there is so much more to life than the standard human experience that we perceive.

I have come to see that we are all unique and beautiful souls sharing this physical-realm experience together. Each of us has gifts to offer in the building of a newly awakening world. My approach to service is one of deep recognition for who You are, and a desire to help you uncover your brightness.

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# Step 1: Going beyond your mind

I have found that when many people initially try to access intuition they experience a mental block. And so the first step to accessing your intuitive ability is to go beyond your mind.

What does it mean to go beyond the mind? To understand this, first let me explain the levels of the mind.

What I call the "lower mind" is the mind we function with through most of our days. The goal of the lower mind is to recycle our previous experiences, again and again, so that we can build a belief in this human life; to make things "real" and predictable.

The lower mind is designed to say, "No, not that" when experiencing things that are outside of our past experiences. We do this because we are human beings having a spiritual experience. We want to be *here*, now.

But, this doesn't serve us in our awakening, as brand new understandings are coming to us all the time that don't fit into the predictable boxes of the lower mind.

The "higher mind" is the receiving mind. This is where we can be still, be an observer, and listen.

Within the higher mind, we don't need to have things make sense and fit into neat little boxes. Instead, we can open ourselves up and allow new information and guidance to come in.

# Step 2: Mastering your energy

Mastering your energy is essential to strengthening your intuition.

If we're not aware of our energy we are lacking consciousness that will bring us peace through these awakening processes.

Many experience anxiety when opening up to new awareness. This anxiety comes up because our lower mind wants to keep filters on so we feel safe when exploring. Connecting with our energy relieves this anxiety.

As we expand, awareness of our energy builds. This state of expansion never ends and impacts us at all stages of awareness.

To understand this concept of mastering your energy, it is helpful to imagine our body as an egg. This egg contains our physical body, as well as our energy field.

Too often we think of our body and energy as separate. However, our body carries our energy field. Our physical body is one aspect of this but our physical body is not the entire egg.

If we only think of our physical body, we are limiting ourselves our life experience. To become more intuitive, we must expand our consciousness to our energy body because it is the fifth dimensional truth of who we are. If we can expand this way, we will have a more fifth dimensional consciousness.



# Step 3: Trust yourself

How do we build self trust? There are three components -

**The first component** is building experience. If you feel that it is hard to trust yourself it's because you haven't taken those steps of trusting yourself consistently, even when self doubt comes up.

An example of an opportunity to build experience with self trust is when you get an intuitive nudge, follow it. When you feel unsure of something, try it anyway. Even if it's hard for you to trust, if you follow your intuition to trust enough times, you will start to build confidence and understand how your personal guidance system works. Eventually, you will be able to trust yourself to make bigger and bigger leaps.

**The second component** is to let go of the idea of right and wrong. Let go of the idea that you can make a mistake or do something wrong. This is what holds us back and makes us feel frozen. It is not the truth.

*It's not about the choice you make, it's about making the choice.*

The fact that you are choosing is showing the universe that you are practicing your ability to be a creator. So often, we hold ourselves back because we are scared to make the wrong choice and worry that it will spiral us into something we don't want. We think, "what if, what if, what if". When we shut ourselves down and worry about making the wrong choice, we close ourselves off and end up not choosing anything or choosing by default.

**The third and final component** for learning to trust yourself is learning to tune into your higher self, and trust this higher aspect of you. Our ego-self has guidance from our human perspective, but our higher self has a broader perspective. We can trust this higher-level guidance.

# What's Next?

I hope these concepts and exercises become great tools to you on your journey. My purpose is to give you clear accessible tools that will help you make the change.

*The reality is, we are all bringing through information and channeling all the time.*

Most of the time, though, we are not conscious of it. And when we are not conscious of it, we are not able to benefit from this incredible ability.

I would love to teach you to access these inherent gifts.

I want to help you become a conscious channel and have access to this ability on your journey. I want you to be able to channel guidance for yourself and if you choose to, to channel guidance for others.

**Would you like to learn to consciously, verbally channel?  
I might have something for you!**

**Click the link below to send me a message with the word  
CHANNEL to get started!**

<https://www.instagram.com/allisonholleycreator/> <— click this link!

(This will pull up my Instagram Business page. Send me the word CHANNEL. I will reply with details in 24 hours.)