

# **Channelling Your Higher Wisdom**

A sacred unfolding of your Flower of Life

## **Introduction**



**Denise Jarvie**  
AN INWARD REVOLUTION

# Denise is your personal spiritual assistant

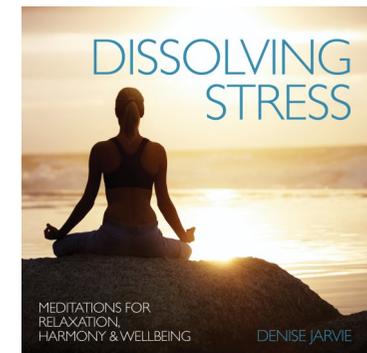
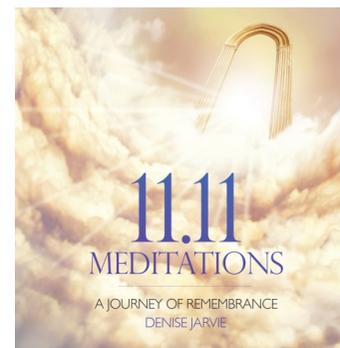
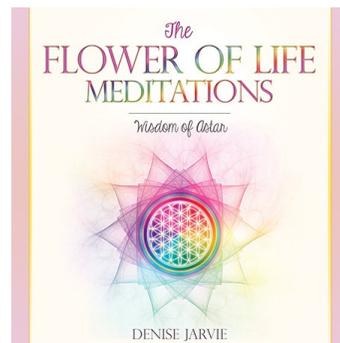
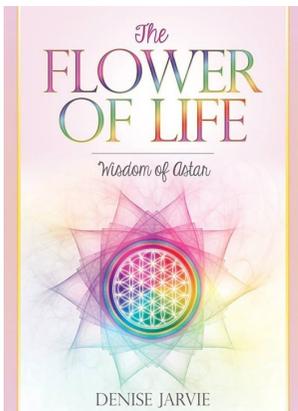


She loves to help others feel and experience their Soul Truth. She shares ways to create inner peace and outer happiness.

Check out her work and the many ways she can help you at [www.denisejarvie.com](http://www.denisejarvie.com).

Denise is the author of *The Flower of Life Cards* and the accompanying CD *The Flower of Life Meditations*. She also has two other guided Meditation CDs, *11.11* and *Dissolving Stress*.

All published by [www.blueangelonline.com](http://www.blueangelonline.com) Click on Image for more info or to buy



# Welcome

Welcome to the unfolding of your Truth and the blossoming of your Flower of Life.

Dear Enlightened One,

My name is Denise Jarvie. I am a Soul Counsellor and Healer who specialises in energy intuition. I sense the vibes that are being emitted by us and translate what and how they will manifest into the physical. I also tune in to my higher self called “Astar” and channel the wise, loving information for our empowerment and expansion.

This is something we can all do, it is a part of our very nature and it is my intent throughout this workshop to share with you information and exercises that will strengthen your connection and trust in your higher wisdom and voice. This gives us greater choice and empowerment in the decisions we make on a daily basis. It reminds us all that we come here to create our reality not to face it.

When I was creating my “Flower of Life Wisdom Cards” with Astar, this workshop also arrived in my heart and mind. It is designed to raise your vibration and move you toward your wisdom, love and joy. Where you can tune in and connect with your own “Astar”.

Information comes in many way and many forms. Channelling is another way information comes to you. As you shift your awareness you will achieve an expanded sense/state of consciousness. With practice you will strengthen this connection until it becomes second nature.

I invite you to open your heart and mind to your higher wisdom. To feel your Flower of Life unfurl as you awaken to the authentic you – you are wise beyond measure.

Om Shanti, 

**Please note** - This information contained in this workshop/course is intended for spiritual and emotional guidance only.  
It is not intended to replace medical assistance or treatment.

# The Course

## Session one

- ★ What is Channelling
- ★ Why become a channel
- ★ Meditation
- ★ Grounding
- ★ Protection
- ★ Healing
- ★ Guided Meditation for Relaxation

## Session two

- ★ Different Levels of Channelling
- ★ What Channelling will do for you
- ★ How it will feel
- ★ Guided meditation to Focus intent and energy
- ★ Exercise - Automatic writing

## Session Three

- ★ Duality and Oneness
- ★ Vibrational Signatures
- ★ How to trust your channelled guidance
- ★ Guided Meditation for feeling your feelings
- ★ Exercise - Psychometry

## Session Four

- ★ Your Soul Family
- ★ Guides and Angels
- ★ Light Beings and loved Ones
- ★ Guided Meditation to meet your Guides
- ★ Exercise - Covered Card

## Session Five

- ★ Trance Channelling
- ★ Guided meditation to verbally channel your guides
- ★ Exercise - record your verbal messages
- ★ Where to from here

# Instructions

## 1 WATCH THE VIDEO

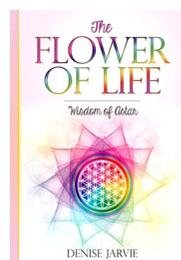
Each session will have a video. Watch the video as often as you like. There is no added benefit to doing the meditation on the video more than once a day, however if it feels right to do it, go for it. I have devised a mini meditation you can find on this page in section three, that you can do anytime to bring balance and calmness.

## 2 COMPLETE EXERCISE SHEET

Each session will have exercise to complete. These fun exercises will strengthen your connection to your higher wisdom and guides.

## 3 PRACTISE

### Choosing an Oracle card



Choose an Oracle card every day. It will highlight where your energy is. I will be using my “Flower of Life” cards, but you can use what ever you like. I have provided instructions on “how to choose a card” on page Five.

### Mini Meditation

Do the following meditation whenever you feel like it. It will bring a sense of alignment and relaxation.

### Mini Meditation

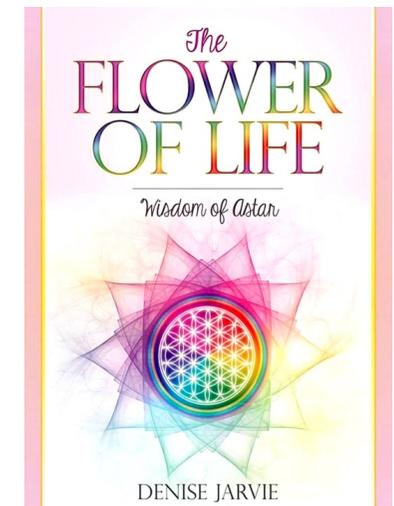
*Gently close your eyes and breathe deeply. In your mind's eye say to yourself “With an open heart and mind I feel white and golden light flow into the room and encircle me. Full of love and healing, I become lighter and more relaxed. I ask that all my light beings and loved ones step forward and be clear in their communications today. I ask to be connected to Father Sky and Mother Earth and to be a clear and true channel for the wisdom bestowed today.” Take a deep breath in, feel yourself in the room and in your body. Open your eyes and have fun!*

# Choosing an Oracle Card for insight and direction

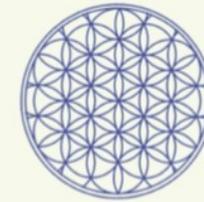
**This exercise will assist you to see through the eyes and heart of your higher wisdom.**

## You will need:

- ☯ A deck of oracle or tarot cards - *If you don't have any cards you are welcome to use the card on the next page that I have chosen from my "Flower of Life Wisdom cards" - or use both for clarification.*
- ☯ Your imagination.
- ☯ A journal if you want to write down your discoveries.
  
- ♥ Shuffle the deck and pull a card from anywhere in the deck.
- ♥ Look at the image and read the message.
- ♥ This card will show you where your predominate energy is today so that you can embrace it or let it go.
- ♥ What does it invoke? You will know by the way it feels.
- ♥ Does it make your heart sing or shrink?
  
- ♥ To go a little deeper with self inquiry - Throughout the day contemplate on the Oracle card.
- ♥ Look at the picture and note how you feel.
- ♥ Then read the words and take notice of what comes to your mind.
- ♥ By the end of the day you will had discovered something new about yourself or the way you look at something. Enjoy!



# Flower of Life Card



*Love*

Love can overcome and heal anything; love is all, and anything else is fear, constructed by our minds. Love is Divine Power! Love is a state of being, not an emotion to make you feel good when you think something is missing. When you truly become love, you will see and feel that nothing is missing. Look beyond your perceived assumptions about everything, to see into the heart of all. At the heart of all experience is unconditional love – when you are completely present you will feel the gift, your present. The gift may show itself as a good or bad situation; however, it is time to unwrap your present experience – tear off the wrapping and find your gift, the gift of love.

# Getting reading for Session one

## HONOUR YOURSELF

We often are meticulous in keeping our word to others, yet will easily break a commitment to ourselves. However, the vows we make to ourselves are the most important vows we will ever make. If someone continuously broke his or her word with you, after a while you would think that person was untrustworthy. When you break your word with yourself, you split from your soul and higher wisdom and feel bad. Not because you have done anything wrong, but because you are choosing to focus on someone else's truth over your own. Negative feeling is an indicator to move back to your centre. **Where intention goes, energy flows. It is important that you take time to get clear on why you chose to embark on this journey.**

STARTING DATE:

**Why are you doing this course? Write up to three reasons.**

**What end results do you desire from having participated in this Course? Write up to three reasons.**

**Write three things that jumped out at you today as you read this introduction.**

See you soon for Session one, How exciting!

Namaste, 