

## The Life of a Channel

The question often is: How did a woman who lived for 20 years in the convent end up channeling Amma, the Divine Mother?

How indeed.

Lives takes interesting twists and turns. If you had told me 20 years ago that I would be channeling I would have laughed as I wondered which psychiatrist would be the best one to work with your delusions. I would have also protected myself very carefully with the blood of Jesus from the evil that you had just said.

Ahh, spiritual journeys are amazing adventures!

Yes, I was very much a Catholic. I wouldn't really call myself fundamentalist since I believed in birth control and women's right to ordination. Big no-nos in the Roman Catholic church.

What is amazing is that my spirituality and the teachings of the Catholic Church in the spiritual domain are very similar. The Catholic Church has a very strong mystical side. The problem is that it prefers its mystics either quietly, with the emphasis on quietly, praying in the convent or monastery or resting peacefully in the grave. Live public mystics are often silenced.

When I was in my late teens I joined a mystical movement in the Catholic Church known as the Charismatic Renewal. This very mystical group practiced the gifts of the Spirit: healing, prophecy, tongues and the interpretation of tongues, teaching. Tongues is when an energy, the Holy Spirit, comes through you and you pray in other languages. Interpretation of tongues is when you get the interpretation in the language of those present. Prophecy is when the energy of God comes through you and you have a word of knowledge that is given to the people.

I was very familiar with the power of the Holy Spirit coming through me and words coming through my mouth. The gift of prophecy is what channeling is.

Toward my later years in the convent, about year 18 of my 20 years, I participated in a program called Healing Touch. That is where I learned more about the energy that I felt in my hands when I prayed over people. We always called it the power of the Holy Spirit coming through us. That is why our hands got hot and we felt this power coming through them. I learned about chakras, auras and meridians. I learned how to focus my intent more precisely.

There was only one problem. This stuff was New Age, occult, and that meant it was of the devil! Oh, God, I prayed, what am I going to do? God, if this is wrong, if this is going to pull me away from you, I trust that you will stop this. So I waited to be stopped. I waited for God to save me from what I had been told was an evil, an abomination.

Instead of being saved, God pushed me off the cliff into the deep water! Oh, my God, save me! How can this be right? God, are you sure? I trust you. I know you want nothing less than for me to be with you forever. Are you sure?

In the Gospels of the Christian scriptures Jesus says, "By their fruits you will know them." OK,

God. This sure seems to pass the fruit test. I'm happier, at peace. My clients are getting happier, healthier, more at peace. They are coming in contact with the deep spiritual essence within them. Some call it God, some Spirit, some Universal Energy.

As I learned more healing techniques--Certified Healing Touch Practitioner and, for a while, instructor, Reiki Master, Pranic Healing, the Melchizedek Method—I found myself growing spiritually. I found myself more in touch with God, Spirit, All That Is, in a way I hadn't been while in the convent.

I was 20 years in the convent when I left to further explore this new spiritual life. The spirituality I was now delightfully and, yes, at times, fearfully, exploring, could not be held in the confines of the convent or Roman Catholicism.

My mom introduced me to reincarnation through "Many Lives, Many Masters" by Brian Weiss. I read the book and was furious. It made so much sense. Big problem. I was looking forward to getting out of this (life) because it was so hard. I didn't want to do this (another lifetime) again.

Five years ago I was in an automobile accident that changed my life. Nope, not a near death experience. It was a new life experience. In that long instant the accident took I thought I was going to miss her. I ended up side swiping her. Neither of us was hurt much. I was really shaken. I've had accidents before but never this reaction. I took a long soaking bath about an hour later. While in the tub I had images of the fire department coming and using the jaws of life to pull a dead body out of each car. (I had almost slammed into the rear of her car at more than 60 miles an hour.) I had images of two funerals, the driver of the other car and my own. Their was grief swirling around me. This went on for about 48 hours.

Not long after energies began to come through as I had felt when in the Charismatic Renewal. I "let it out." The energies described themselves as Melchizedek, Quan Yin, and Dwahl Kuhl.

One day this other energy came through. Who are you? I Am Amma, the Divine Mother of the divine mothers. I Am your mother. Uhh, say again! I Am Amma the Divine Mother of the divine mothers. I Am the mother of Quan Yin, White Buffalo Calf Woman, Athena and the one one call, the Blessed Mother. They are my children. You are my child.

Later she brought a memory to mind. I had just professed first vows, my first formal pronouncement of "poverty, chastity and obedience." We were all on retreat in which we were praying over scriptures from the Bible. Suddenly I had this image in my mind's eye. The feminine aspect of God, with the deepest brown eyes imaginable, was dancing around the earth. I could have fallen into her love and lived there an eternity. She was touching everyone with joy and delight—the starving, the depressed, the holy, the unholy, everyone. I was in awe and speechless (an unusual occurrence). With that memory I heard: That was me introducing myself to you 20 years ago.

Oh, wow. The feminine aspect of God. In the Kaballah she is in the place of Binah. Amma the Divine Mother of the divine mothers.

At first Amma came through my crown. I was wiped out at the end of each session. One day I asked if she could come in a way that I was not left so tired. She had introduced me to the altar in

the sacredness of the space entered through the back of the heart center. I will come in through your heart center. What a difference.

Amma's purpose with me is to give information and tools to become the love that we are. I certainly find that is happening with me. (By the way, people tell me that Amma has a bigger smile that I do.) I have learned, and teach, that there is no outside authority that knows better than my inner authority. The key is discovering how to get past that little ego, the little i am, and find the big ego, the I Am presence. (For those who don't know, "ego" is "I am" in Latin.) The I Am presence has the wisdom, the knowledge, all that I need to know.

Amma tells everyone to read and listen to wisdom figures, including herself. Make decisions based upon my own, and your own, inner knowing. Become responsible. Only by accepting responsibility can we leave victim consciousness. You can not blindly follow the teachings of another, religion or channel, and be true to yourself. Learn that you are love incarnate.

I laugh about where I am now. I believe, no, that's not correct, I now KNOW things that I once believed are not true and limited my accessing my personal power. There is no hell. God really, really does love everyone, really, so much that there is no way that God will confine anyone to some place separate from God. How can God deny the very part of God's self? Life is growth and God loves us through it, whether it is this lifetime or another, this dimension or another, whether you are playing a saint or a sinner, whether you call God "God" or "All That Is" or "Universal Energy" or "Source" or your own personal nick-name.

I still struggle with my personality. I get flashes of anger. I am not near as defensive as I used to be. I handle events, even my brother's recent passing, with acceptance. I have few doubts about myself. I still have some resistance at where I think I'm going—but not much. I can still hold judgements about myself and others, but let them go quickly. I often consider myself "lazy" because I like free time. (Yet I went on vacation expecting to do some work with Amma regarding a class I was teaching. Amma wouldn't come in! That had never happened since I had begun channeling her. At the end of vacation she said, "You needed a vacation. You needed to rest.") I still eat to excess, when I buy it, Texas' ice cream called Blue Bell. Peace and joy pervade my life. I'm discovering that healing can come easily by simply asking. I work with clients on an increasingly higher level each day. I'm accepting myself more and more as Amma takes me to realms I had only read about.

There are many paths to peace and joy, to becoming the love that you are. Amma's path works for some, other paths for others. The information I have does not belong to me. Amma has been very clear about it.

What I am doing is exactly why I joined a wonderful group of women known as the Houston Dominican's in December of 1975. I am of service. I am a healer. I want to share the wondrous power of God. Now I am learning about this statement in the Christian Gospels where Jesus says, "You can do this (all of Jesus works) and more." That's my goal in life. To learn how to do and be what Jesus said, (my paraphrase) "Be all that my potential holds for me. I have given you tools that will move you further than you could ever dream: forgive 70 times 7 times, release all anger, judge no one including yourself, be of service, be true to yourself, and do all this from your heart, from love."

Sounds just like Amma.

I am no longer Roman Catholic. I am, however, truly catholic, universal. Everyone can be in communion. The only things keeping it from happening is each individual's fear of Oneness.

And, Amma is my mother. She is your mother. And, guess what, it doesn't bother her, diminish her, insult her if people don't believe that. She doesn't care if you like her, love her, think her words are important or unimportant. She has only one response. She loves. That is what she teaches me. That is what Jesus, that good Jewish guy, was teaching more than 2000 years ago. Hmmm, maybe I haven't gotten that far away from what Roman Catholicism could be if it went back to the foundation of the message of Jesus.

My day is filled with studying, reading (deep books and novels), playing with my dogs, working as a psychotherapist using the BodyTalk System, PSYCH-K, Soul Healing, Encodements and hypnotherapy. I write. I visit with friends. I go to movies. I travel. I watch in wonder this beautiful world of ours. I feel the vibrations as they rise in the planet. My goal is to be the love that I am and teach others to do the same. I am love incarnate...and so are you. As we each recognize that reality this world will change. You and I can change now!