

VERBAL CHANNELLING – AN INVALUABLE RESOURCE

by Delcia McNeil

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What is verbal channelling?

It is a process through which we can consciously connect with other levels of consciousness and transcend our 'normal' ways of thinking. I believe we connect with a 'higher' aspect of our own being. We also connect with discarnate intelligence, which we can understand by referring to as a 'guide'. My guide has the name Ortundra. There is a meditative visualisation process through which people who channel go in order to connect with their guide and activate the channelling.

It involves being very grounded in the physical body as well as going into a gentle altered state of consciousness.

How I came to be verbally channelling.

When I first started teaching healing in an Adult Education Centre in London in 1983 I knew that I was being helped. I felt there was a presence with me. This is a very common experience for people involved in healing and spirituality. After a while I did some automatic writing, but I came not to trust it, being unsure as to what may be my own projections, my own neurotic thoughts and what may be pure thought. The question of projection has been a major source of disquiet within me concerning verbal channelling. Throughout the eighties and nineties as channelling came to be in vogue in the spiritual healing field I remained sceptical – concerned that this was a new age bandwagon, that at worst channelling could produce dependent, infantilised people who could only make decisions by seeking out guidance from a 'higher source'. I was also concerned about the channellers – what a temptation to ride high on an ego trip, to feel so special, to delude oneself that what was 'coming through' was from a saint or 'master'. I stayed away from it all, at the same time knowing that my own spiritual connection was my most precious asset.

However, at a healing clinic in Neals Yard, Covent Garden, Central London in the early 1990s I was observing a trainee healer giving a healing treatment. I noticed a tangible change of energy in the room when she attuned to her source of healing energy. It was beautiful. I asked her afterwards what she had done, for I felt she had tuned into something special. She told me she had connected with her guide, had been on a channelling course and gave me the details. Fortunately the person running this course – Lita de Alberdi of the School of the Living Light – was a trained psychologist and experienced teacher. I quizzed her for an hour over the phone and she handled me very well! I was impressed so did some training with her. It suited me that she teaches people to channel in a conscious trance state, so as the channel I am present throughout the process and aware of what is taking place.

However, it took me a few more years to come to a place in myself where I felt comfortable enough with the phenomenon to do it professionally. For a while I asked the guide questions and wrote the answers as they came to me. Eventually I came to accept the paradox that the guide and I are both separate and the same. It's as if he is a future, more highly evolved me. He – and I call him he because he seems male (although there are no genders where he exists) – also is separate, a wonderful loving intelligence strongly connected to me but able to access parts of my mind that can be fed by his. The result is a resource that could not be available to me – and others – without the openness to a belief in discarnate energies. It's as if we are not evolved sufficiently yet to grasp moving easily through dimensions of thought, so we need to identify characters on these other levels. This is how my own inquisitive intellect has come to terms with this gift that I have. I still feel awkward about the term guide, but as yet haven't come up with anything more appropriate.

I came to do spoken verbal channelling in the end thanks to a group working together in 1999 on a Rowan School healing residential at Fawcett Mill Fields, a wonderful residential centre near Tebay on the eastern side of The Lake District. I had been doing channelling 'quietly' for people through writing answers to their questions for some time. On this residential, following a request, I 'came out'! From then on this work has been part of my practice and my business and I love every minute of it.

The nature of Ortundra

Ortundra is the name that came to me when I first did channelling, when we were asked to receive the name of our guide. The Ort part seems to indicate that he is a teaching guide as there are several other guides whose names begin with Ort and whose 'owners' are teachers.

I am not particularly interested in the characteristics of my guide – although often other people are. It does seem clear that he has been incarnate and has had lives as a bureaucrat, and a Cathar (the latter being his last incarnation). I am more concerned about the quality of his teachings and how they can empower others and myself. This is all that he seems to be bothered about too. He is one of many and seems to be a co-ordinator of information from the level of consciousness that is beyond dualism, beyond black and white, good and bad – a place of total and complete unconditional love. He has said that one of the interests in channelling in this way these days is coming from a collective need for positive reparenting – that the guides or spirit helpers are standing in, being surrogate parents, offering an experience of unconditional love that human parents are rarely able to do because of their own emotional histories. However, he is very clear that those receiving channelled information are respected as adults, as souls who are capable, resourceful and highly intelligent. His message is really simply one of unconditional love.

My present day channelling work

My professional channelling work takes a variety of forms:

1. working with individuals – a person will ask for help and guidance around a specific issue, the channelling is then taped and time is given beforehand to get a sense of the nature of the issue and afterwards to help process some

of what came up in the channelling. I have also started to do this work in the form of telephone sessions.

2. working with couples; these may be love partners, business partners or friends who have issues they would like more help with. Working with people who have already used individual or couples therapy is particularly rewarding as they have a high degree of awareness and have already explored a number of ways of working. The verbal channelling seems to take them further, is often confrontative in a very non-threatening way. It seems to remind them as to why they are lovers, friends and so on in the first place. It can bring deep resolution and understanding to conflicts, or 'knots' that are so difficult to get beyond in close relationships.
3. working with groups; this involves me (and I am always open to requests!) choosing a topic such as doubt and worry, love and joy, money, forgiveness, abandonment, past lives, future lives and so on. We share a little in the group about what the theme for that session means to those present. The groups are a maximum of eight people. I then channel. Usually Ortundra speaks generally about the topic, seemingly tuning in and being very aware of the energies of this particular group and why they may have come together for this session. People are then invited to ask personal questions. Sometimes the responses are short and to the point, other times there is a healing process directed by Ortundra.. These can be very powerful and may involve the whole group. Sometimes they have been like psychotherapy sessions. Again this is a challenge for me as I have my eyes closed the whole time and have to trust the process taking place in front of me. These sessions are often extremely moving. Recently he told a story – very unnerving for me as I had no idea what was to come, whether the story would make sense or have a point. Fortunately, it was a valuable metaphorical story illustrating the topic we were dealing with.
4. I have now run many one day workshops supporting and facilitating others to channel for themselves and for others. For practising healers this is often a natural step on from their hands-on healing work. I work with people who are involved with healing themselves in some way – be this meditation, bodywork, yoga and so on and are ready to take the step to explore this form of channelling. A level of maturity and groundedness is essential to do this work safely and effectively.

My life's purpose is to make what seems extraordinary ordinary and so empower others and myself in the process. I believe that channelling is a wonderful resource for all of us if we are ready and willing to learn how to use it; its transformative potential for the wider public is yet to be tapped.

Delcia McNeil
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