

Channeling for Wellness Practitioners

Channeling Transition Symptoms

By Chernise Spruell

What Are Channeling Transition Symptoms?

Because of the extraordinary time that we're living in – the transition from the 3rd dimension to the 4th and then 5th dimensions – many beings are awakening to discover that they have new abilities, especially those who have made it a priority to raise their vibration and transmute lower vibration energy previously stuck in their energy fields. Once a particular vibration has been achieved by a person's collective bodies (i.e. physical, emotional, mental and spiritual bodies), the 3rd dimensional physical body is finally able to begin expressing more of its original divine blueprint, which naturally has greater abilities than had previously been expressed. Although this upshifting of vibration is one that many on the spiritual path have asked for, most aren't aware that this transition might come with un-expected physical symptoms. And because the 3rd dimensional body only has so many options for expressing symptoms, discerning the true root of these symptoms can be very confusing. For example, you might find yourself having the same physical experience of sweating 1) because you are hot, 2) because you are anxious to speak in public, or because you are over-exerting yourself physically.

Chernise's Part in The Process

This is why I am so excited about my mission at this time! It is to find people currently going through the transition of expressing as a channel and to 1) negate their body's need to express channeling transition symptoms, 2) help them safely navigate this period so they don't choose to "shut it down" out of fear and 3) bring them through the process of channeling so that they can move forward with their divine purpose of serving others with this special ability. I do this with an 8-week program called **Channeling For Wellness Practitioners** that I created.

So How Do You Know if You're Experiencing Channeling Transition Symptoms?

The first thing I suggest is to see a physician, if only to rule out the possibility that your experiences are just physically based. If the physician says that nothing seems to be wrong and is unable to find the source of the issues, hopefully the list below can assist you. Please note, this list only includes symptoms of becoming the type of channel that my program can serve with 100% confidence.

List of channeling transition symptoms:

- **Tight Throat Chakra** – You find that when you lay down to sleep at night, your throat chakra feels extremely tight, to the point of feeling like your throat canal is being completely blocked. Then when you wake up in the morning, your throat feels fine.
- **Being "Embodied"** – You have occasionally had the experience of your physical body being "embodied" and physically guided by benevolent energies.
- **Vertigo** – You have occasionally felt as if your world was tilting and swerving, even though you've never experienced this at any other time in your life and were completely sober.
- **Being "Pressed Down"** – In certain environments, you have the experience of feeling "pressed down" by a tremendous energetic force. The feeling only lessens when you leave this particular environment but you don't have claustrophobia.



- **Moving limbs** – You have had the experience of certain body parts moving of their own accord, without your conscious direction. For example, your arms might shoot out to the side and your shoulders might move up and down repeatedly.
- **Frequent Colds** – Even though your overall state of health is quite good, you find yourself needing to stay home and rest because of frequent colds.
- **Physical Communication with Universe** – You have recently developed the ability to ask a “yes” or “no” question of the Universe, and receive an answer by movement in a particular part of your physical body that represents either of the two answers.
- **Changing Facial Expressions** – You have had the experience of your face making different expressions, in succession, without your conscious intent to do so. This could go on for several minutes.
- **Unclear Automatic Typing/Writing** – Your hands have felt strongly guided from within to write or type, but what was written or typed was undecipherable. Even though the experience felt odd it didn’t feel “bad” and your hands may have even felt “joyful.” When you look at what you drew or wrote you feel light flowing from it even though, intellectually, it doesn’t make sense.

Additional Indicators:

- **Connection with Channeled Guidance** – Even though you’re open to many forms of spirituality, you’ve felt a stronger, undeniable connection to channeled guidance. You read, watch or listen to it often.
- **Overall Good Health** – Besides your current symptoms, you are actually quite healthy. This is another reason why your symptoms have thrown you for a loop.
- **Usage of Light-based Tools That Don’t Help** – You have used light-based tools in order to alleviate your symptoms but they don’t seem to make a difference.
- **High Vibration** – You have an extremely high vibration because of your efforts to release what no longer serves you and to connect with divine energy and find that it’s bizarre to attract such seemingly low-vibration experiences.

If you are experiencing these symptoms and are ready to move through them and beyond, click [HERE](#) to discuss how my program can serve you. If you are experiencing a majority of the symptoms but not all of them, you may still be becoming a channel but we may need to have a conversation to make sure. If that’s the case, just click [HERE](#) to set up a Discovery Call and we’ll look further into your experience to see if we can uncover what’s happening.

So much love to you!

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