

## CHANNELLED IMAGES

*Angela Caryl Hardy*

### **What Is An Image**

What is an image? Let me talk a little of what an image isn't. An image isn't limited in the strictest sense of the word, however, it *is* bound by the understanding of the person that is receiving it. Even at that, I often receive an image that I am able to translate into language that sits just at the edge of my human understanding, or at the edge of my ability to make sense out of it. Images are not always sensible when they start but become something very sensible with the willingness to proceed with them as they are received and not as you would wish to preconceive or anticipate them.

Images are reflections, direct reflections of the willingness to sit with an "I dont know, " and open the self up to all possibilities. Images are all possibilities. In my ten years of working with them they have taken many forms. They have come as a past life that holds relevance to the personal experience in the present. They have come as metaphors or parables that encompass or symbolize the presentation of the energy field, in the moment, with its contractions, expansions and emotional configurations and contradictions. They are mirrors, as life presents mirrors, to help understand the human experience and how that experience is connected and disconnected to the true path and conscious expression of the life as it is in that moment. Images are a softening of the distance between the so called solid experience of linear life in the physical world, and the more fluid and flowing form of self in the spiritual realm. Images when left on their own and not interfered with by the questioning mind that would try to reach to rather than just be with them, are accurate representations, just as the body is an accurate representation, of how one is really, and not how the ego says one *should* be. Images are glimpses into the greater truth, put in a loving and powerful way that speak to the psyche of the person for whom the image is received. Images present an overview or perspective that enable an individual to gain insight into their true power and their

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positive connection to the universe and to see where that connection may seem to be strained or out of sight or lost and why. Because images have within them the language of the deep psyche, they often bypass conscious efforts to understand by the mind. They speak directly to the unconscious, soothing, educating, reassuring, jolting, reminding individuals who they really are and why they are here and how they are here. Or they may speak both to the conscious mind as to a child and to the unconscious mind to motivate a new motion. Images are postcards from the spirit world reminding us about the place we come from and who we are, and why we came here. They are road signs that help us to find the way back home.

Sometimes images have come as clues to the metaphysical world. I once had an image that spoke of the way we create, out of the center of the third eye. It showed how we actually project into the future from this place in our body and that molecules begin to form themselves around the energy of that projected future and when there is enough energy so that enough molecules are attracted, it becomes the present, or more accurately, *we are there with it*. In other words, we don't move a physical arm because the arm we think we are moving does not exist until we get to that moment. We create the space energetically, then the molecules of that arm form themselves around or are attracted to the created space. We do this quite unconsciously of course, but it shows how amazing an experience being on this planet and manipulating a physical form really is.

Images are fun. And they are available to anyone who is willing to learn how to listen or to see with the ears and eyes that sit mostly dormant and overshadowed by the pull of the denser material experience. Learning to see isn't even learning, it is really remembering, stretching old muscles. It's really a matter of toning those muscles and being willing to use them. I asked Emmanuel how I could get better at receiving through my channel. His answer was, you have to be willing to use it.

(My channeled images as they are referred to in this paper are not the images that the pathwork refers to as erroneous conclusions of the child. *These* images are the ones that are channeled through me in a session or a reading and come from my connection with my guides.)

### **How I Got Here From There**

I have been using images for many years. I did channeled sessions or readings for people before I enrolled in the Core Energetic Four Year Training program. I found it frustrating doing readings because I felt as if I was leaving someone with a lot of information on a cassette tape that would be thrown into a drawer somewhere, never to be used again. In a lot of cases this was not true and there was follow up and additional readings etc., but by and large it felt incomplete for me to do a reading and leave it at that.

My channel opened as a result of the work that I began in 1982 with Pat Rodegest and Emmanuel. At that time, Pat had just finished her training as a Pathwork helper and she took on three clients. I was one of those clients. This was before Emmanuel's first book came out and Pat's work had not yet gained a worldwide audience. When the Pathwork sold its NYC building, I made a decision to drive an hour each way to Pat's home in Connecticut to continue our sessions together. I remember saying at that time that I did not feel that an hour's drive was too far for me to travel to have the opportunity to speak with God. That is what I felt about those sessions: that I knew the voice of the greater truth, a truth that I had been searching for all of my life. My goal for entering into Pathwork was not to move my life into the work, but to feel better about the person that I was. I was so unhappy at that time. Pat and I continued our work together for about three years. When *Emmanuel's Book* came out, Pat moved into a larger arena and her life changed dramatically. It was more difficult for us to have sessions. Also, at that time, Emmanuel said that it was time for me to move on. We still connect from time to time, but it is mostly out of love and friendship now, and not to work formally.

I did not realize how lucky I had been to have those years with Pat. It hit me when I took a workshop that she did with Barbara Brennan. I saw how many people came from great distances to have a weekend with these two beautiful and talented people. I remember walking toward my house with tears in my eyes. I was overwhelmed with gratitude. I also heard the words in my head.

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You don't know what we want to do with you yet—don't get too excited. ( One of my guides can be very comical.)

I began to realize that I was to help heal others, as well as healing myself, about half way through my work with Pat. I remember questioning Emmanuel about his having made a terrible mistake in spending his time with me. He replied, "We dont make mistakes at this'level." I chose to adopt a wait and see attitude but I was certain that he would realize his mistake and I would be shown the door or that Pat would realize the truth about how worthless a person I really was and stop loving me. I did not know about higher self then or about having a core. I did not know that my heart was good and my intention to grow was resolute. I did not know who I was. I was only who I thought I was and I began my ride home to the truth on the wings of Pat and Emmanuel's belief in me. I wanted with all my heart to believe in what they were saying about how they saw me. I wanted to believe, at the very least, that I had some greater purpose that was important enough to keep me in favor with the greater powers, and that I was worthy of God's love.

The first image that ever came to me had to do with a past life. Emmanuel would dismiss my preoccupation with past lives often, with a suggestion that they would be a distraction for me and that my work was about where I was right now. In retrospect, I understand what he meant and I use past lives now only as it is relevant to the present in the same way that we might refer to an incident in childhood to give perspective to an issue and not to distract us from where we find ourselves in the present moment. Nonetheless, a past life is the image that my channel opened up with. (I have often, since then, witnessed the infinite kindness of the Universe in allowing such gifts to be received ).

I had just gotten an antique doll, a beautiful Tete Jumeau and I was very excited about it. I came to my session that night talking about this doll, the history of it and how beautiful it was. I said I could see myself one day having a little antique shop. At that point I felt a sharp pain in my third eye. Pat said, "It was when you said the word 'shop'." At the moment that *she* used the word, I got the same sharp pain in the same place. Pat said, "Close your eyes." When I followed her instruction, immediately, a whole vista opened up to me in my mind's eye. I saw myself standing

behind a counter in a little antique shop . But it wasn't an antique shop, it just looked old to *me* as a twentieth century observer. I saw that a doll like the one I just bought, (that is about a hundred years old), was standing in the corner of the shop in a place of honor, having just been brought over from France. Pat asked me if I was a man or a woman. I said that I did not know. She asked me to look down and see what I was wearing. I looked first at my hands, they were a woman's hands. I looked down at my clothes and saw I was wearing a flannel skirt that felt cozy and warm on this cold day. I saw a fireplace made of flagstone ablaze in the left hand corner of the room and a small blonde girl playing near the fireplace. The door had a small bell attached to it so that I knew when someone entered the shop. Pat asked me where the shop was and it felt like Boston, but that was not quite right, just Boston as I seemed to imagine it. When I stayed with the image I realized that I was in Philadelphia on a street beginning with a "C" near the water, Constitution or Continental or something like that. Pat continued to question me and I knew that I had inherited this business from my dead husband and that as a woman I should have remarried and had my new husband run the business but I wanted to run it myself. I also knew that I had a son who was not present in the image. I think my husband's name was Jonathan. I believe the year was 1886. The most beautiful part of the experience was the validation that I got from Pat, who was very excited about this herself because she was seeing the same image but instead of being in it as I was, she was there as an observer on the outside of the image.

That was the beginning. It still had not occurred to me, however, that I could receive information that could be helpful to other people. I remember thinking that my life would be so happy if only I could have that connection with the universe. Emmanuel reminded me that humans needed more, a connection with other humans. I have since learned through often painful experiences just how true a statement he made. I learned that the more I connected to spirit, the more painful it became to be disconnected from other human beings, but that is another story.

The first time I read for anyone else, I again did so under the guidance of Pat. I was concerned about someone close to me who

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was ill and wanted some insight into what was going on with her. I hoped that I could help her somehow. I learned at that time that the most important thing that you can do to connect with the higher aspect of self or spirit, is to sit with this intention. Emmanuel also warned me to let go of my need to help her, to get out of my own way. He often used that phrase with me. So I sat with my intention and my willingness to receive and got out of the way and I saw a refrigerator! Oh no, I thought, this can't be an image, a message from God, a sending from the universe, there must be something else! But there *was* nothing else. That *WAS* the image. If I had not been with Pat, my dear friend and guide and Emmanuel who was above questioning at this level, that would have been the end of my career as a reader. I would have walked away defeated. *But that was the image.* When I was willing to go with the image that I was given and let go of my preconceived idea of what an image is, or needs to be, the image that I did receive began to unfold itself to me. I saw that the refrigerator was full of old food that had gone very bad, and I saw the person I was reading for cleaning out the contents and trying to do so without being caught in the act. I could feel *her* shame in *my* body at this part of the image. Then I saw that she was able to complete the job and the fridge looked all clean and new. Then she looked way in the back of this clean refrigerator and saw a can she had overlooked and opened it up and to her horror she found a can of worms. When she looked over to the door of the fridge and realized that she had forgotten it completely, I could feel *her* terror in *my* body! I knew her fear and how lonely it must make her and how isolated from herself.

That was before my Core training. I have more context to fit the image into now. I now know about the lower self and how to work with and resolve the kind of dilemma that the image seemed to point to.

Pat was seeing the same image and when I got to the part about the door, I said, "Oh my God, she forgot the door," and Pat saw the same thing at the same time. It was a validation of the truth of what I was receiving and the level on which I was receiving it. It forced me for the first time in my life to accept a stance of giving up control. It was also my initiation into the receptive, or the being aspect of who I was. I was more the receptive feminine

aspect of myself as a reader than I had been in any other part of my life up to that point. It was also the beginning of dropping into and truly trusting that there are benevolent and active forces in the universe that are available to me (us), in a very conscious and almost ordinary way if I am just willing to be with them.

**How and Why Images Work?**

Images work by utilizing the energy field of the person as that energy presents itself *at the moment* that the image becomes connected with it. I do not read the future because the future is not a given, it is happening and changing as one thought follows another. The future is always shifted and reordered, and if the truth be known there is no future, just a constant flux in the moment, encompassing all possibilities. But that is not how we live it here in physical form. We live a linear experience and an image is a reading of that experience removed from the limitation of the linear mind and represented in broader terms. This releases the mind from a point of view locked within itself and from the web of its own illusion. It is a reading of the energy in the moment in a more truthful aspect, so the self is better able to see itself. It is like hearing from someone else a truth that you suspect, but are too close to, to evaluate accurately. Images work because we already know that they are true, but do not know that we know until we hear them. They work by offering us more of ourselves to live life with, more range of motion within a multidimensional self that can become consciously available and open to our understanding.

They work as another set of senses to aid navigation, with the individual as a part of all that is, and not some isolated molecule cut off from the whole. They offer us a view of an interrelationship, with each soul inviolate in itself *and* as a part of a whole that is never lost or estranged, *except* as the *mind* sees it. So they are a way to go out of the mind or to put the mind in its rightful place as a consequence of incarnation and not as the initiator or the controller of it.

They work as a tool to uncover unconscious motivations or needs not yet spoken, or fears that we do not let our minds play with openly but twist into vague resemblances of the original fear. They work on the conscious and unconscious level challenging

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our complacent acceptance of our reality and forcing us to look at that reality in the light of new and compelling information.

#### **How an Image Is Received and Responds**

It is important to remember that an image can be anything at all because the source of the image is not limited. An image is an attempt to communicate. The job of the person receiving the image is to be dynamically present, *i.e. pay attention*, and sit. Drop into yourself—specifically into the heart and into the solar plexus and into the belly. Breathe. Do not reach out to the image. Be willing to accept that the next bit of information that crosses your mind is the valid image. At first you may confuse this with imagination and at first it is difficult to tell the difference. Go with it and see what happens. It may take a little practice to get out of the way. Images respond differently from imagination so with a little practice you will begin to see the difference.

Images surprise you. They are never what you had expected they would be. Sometime they are so unlike you that it is difficult to stick with them because it is more comfortable to stick with what you know. If it is too uncomfortable, spirit will honor that, ask for another image and wait and see. (Now this is the tough part). If the image stays, you *must go* with it, your request has been overridden. Trust that for reasons unknown to you at the moment the image given *is* the one that must be presented. In my experience, when that happens, there is always a gift in it for you, a little something that you needed to hear for yourself that you could not hear in any other way up to that point. If an image is present in that moment in your consciousness but it is like a still picture or a frozen frame of a movie, you must begin to speak of what is present and be willing to not know where it will lead you. Sometimes the image will not unfold until you are willing to speak it. Stick with your understanding that images are always safe *and* come from a place of love, therefore what comes may be uncomfortable or less than safe for the ego but infinitely safe for the dynamic human being. Trust and let yourself go there. Once an image starts to move, remember not to reach for it. You are not passive, just very actively receptive. If it goes too quickly ask it to slow down. If you do not understand the meaning, ask for clarity or be willing to say, “I don’t know.” From that truth of the



moment it can shift to a, "Now I know." Don't speculate, *be* with it, clarity will come. Sometimes an image will be just outside of your conscious understanding. Feel yourself stretched and let go again. Sometimes the image is completed and you the reader have no idea what it means. Then know that it is none of your business consciously to know at this time. I have seen information that has come through me have a profound effect on the individual it is read for and I have no idea why. Or I have done a reading for someone and neither one of us has understood the information but in a few days or even a few weeks, the image has taken on a meaning that was connected to a subsequent time frame. It is a good idea to record the image *as it is received* for this reason, and also because it is difficult to remember afterwards. Images come through you, not from you so they don't stick to you like thoughts do.

With a little bit of training and guidance, I believe that anyone can receive and recognize valid images. They can be a powerful tool for the work when used in conjunction with the intention to heal.

#### **Images That I Received and Used In Sessions**

I would like to describe a few of the images that I have received and worked with in my sessions, to better explain how I utilize them as a part of my therapeutic work.

#### *IMAGE 1*

The first is an image that I received for a woman who had just started coming to me for therapy. It illustrates how an image alone, sometimes, is enough to release someone from the trap that she is in, stuck in a world of secrets that she is afraid to reveal. Secrets are often no big deal taken out of their place of empowerment by the small child or the frightened adult.

In this image I saw a ship that was burning on the ocean. It was an old Viking ship and was set on fire as a part of a ritual of burial. In the funerary bier there was a man. Somehow I knew this and I saw that a woman was feeling as if she needed to throw herself on the fire to die because of some sense of obligation to the man who had died.

This was a hard one to speak, partly because it was a powerful

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image and partly because the client was a new one and not used to my way of receiving images.

I started by asking if she had been struggling with the death of a loved one? She said that she had had to take care of a lover who had died. When I asked her if she was able to let him go, she broke down and began to cry and then dropped into a place of deep grieving. We did a lot of work around this death and her difficulty in putting the experience behind her and beginning to commit to life in relationship again. She had not had a relationship since that death, two years earlier.

After the initial outpouring, I *did* relate to her the image as I received it, because I have learned that often the image as it is received is more powerful than my paraphrasing of it. This image also helped to build a tremendous trust between us that has facilitated the Core work.

It seems as if her “I’m fine” mask needed to cover her deep grief and fear of the loss of connection with her lover. The grief and fear would be more in keeping with the true emotions of the more primal *self*. So by tapping into the true emotions, I was able to penetrate the mask, without having to rely on the body in this instance. This client has a lot of masochism and holds deep emotions all too well.

#### *IMAGE 2*

(I actually received this for a friend and not in session but it is a really good example of the kind of image that a lot of work can then come from.)

I first saw a little girl. She was very frightened because the floor that she was walking on was breaking up under her feet and she had to walk along very carefully or risk falling through the cracks in the boards into the unknown *basement* of the image. I saw that the reason that the floorboards were breaking up was that there was another part underneath, in the dark, that refused to be kept there anymore. I felt the determination and also the goodness of this part of my friend and also her pointed determination to come out of the dark using any force or means necessary. I then saw that there was another aspect of my friend, a sort of overseer aspect that felt omnipotent and cruel and that was aware of these two parts and that had a large stake in maintaining the status quo

and keeping the sweeter aspect of herself locked in the cellar. My sense was that it was a matter of life and death for the cruel part to save the child and the sweet aspect from what it saw as a certain demise. The sweet aspect in the cellar that insisted on getting out and the omnipotent aspect were equally matched in strength and the battleground of their war was the playground of the frightened child.

In this image it is really clear that the inner child is struggling with what she felt was solid ground and is still struggling with safety and security issues. The part of her who dictated the rules up to this point is no longer in charge, but is being challenged by the aspect of self that no longer can live under the strain of alienation. Integration is clearly the cry that emanates from this image, each part needing to make the deep acquaintance of the other parts and begin to dialog and energetically come together to work for the same ends .

If I were to work with this Core Energetically, I would have her take the place of each of the parts of herself that has been using the child to express its isolated points of view. I would have her express the anger and the dominance of the omnipotent aspect of self that feels it has the answers (somehow strutting or being in some way domineering and controlling) and I would have her express the feelings of the part that needs to be heard and will no longer stay in the basement (maybe by punching her way out as I saw it in the image). I would also have the child express her need and recognition of these two warring aspects and the parts that they have played in her life and have the child express her feelings about how she is with all this. My sense is that they are all parts of a lower self that did not find it safe enough to be whole and that by giving them expression now, without insisting on an intellectual explanation, it will go a long way toward finding safety in expression of the whole person now. In the language of the Image, it will make the ground that she is walking on safer or in Core Energetic terms it will ground her in the reality of the present.

*IMAGE 3*

I had an image of a client as an eight year old child, holding a doll and some candy and trying to disappear into the doorways

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of buildings and make herself invisible. Her energy felt strong as long as she was hidden in the doorway. She would at times move tentatively out of the doorway and stand in her own energy but not for long. It was too frightening for her.

I did work with this image Core Energetically. I gave her a pillow and asked that she begin to feel her attachment for it as she had felt for a teddy bear that she had at that age. I asked her to speak as the teddy bear (since as in dreams, every part of the image represents a part of you). The bear said, "Hold me tight." When I pretended to try to take the bear away, she was shocked at her murderous rage. When she *gained control of her rage*, she was in collapse and refused to fight for the bear. She said that she would rather give up the bear than to fight me for it. I asked her to hold on to the bear and begin to feel her own grounding, and to push me away if I got too close and to be aware of her feelings as I moved closer and further away and certainly if I got too close to the bear.

Some of the history that came up as a result of this session is that when she was eight years old, her brother and only sibling was born. She had a bear at that time that she was told she was too old to keep and that she had to now give up to her little brother. Pretty obviously, she was not allowed to express her outrage. As with her other feelings, she became a master at keeping them secret. I find with her that I have to pay really close attention because she can switch from a strong emotion to a complacent mask in a heartbeat. She becomes her surroundings and stays safe. The complacency now is where I need to look for the lower self. Although she presents a more masochistic defense, when I am able to have her grounded and breathing *and* feeling all at the same time, what comes up is terror and not wanting to be there, or a compulsion to collapse in order to feel on safe ground.

#### *IMAGES 4& 5*

I got the next two images for the same client and they point to the same issue but come at it from slightly different angles.

In the first image I see her trapped under the ice and having difficulty breathing. We worked with the image and she became the person trapped under the ice but she would not or could not

muster the energy to defend herself. She just let herself relax and accept it. I asked her to see the person she loved most in the world trapped under the ice and to tell that person how she feels they should respond in order to be saved. She was then able to rally her energy and to recognize how dire the circumstances really were. When she was able to do that, I had her take the part of the ice, in order to have her experience the piece of herself that was invested in keeping her feelings and her breathing and her motion frozen in order to feel safe.

This speaks of her rigidity and her schizoid defenses and how she feels safest when she does not identify her existence and when the pieces of her are not connected and in communication with each other. She also has major eye blocks that disappear for short periods when she is expressing a part of her personality that is annihilating and vicious. This work is about getting the pieces of her connected to each other, acknowledging their separated existence, and working for a common cause, wholeness.

The second image that I got for this client is related to the first image.

I saw an ethereal lady on top of a mountain. She was not connected to the mountain itself, but separated from it.

This image is about the mask, whereas the other image expressed the split in the energy at the lower self level. In this image she is not even a part of her domain or body, which is probably why she cannot identify with her body in danger under the ice, because she is not willing to be in her body or acknowledge it, to do that. Here the work is obvious. Ground and keep grounding, keep her in her body to the extent that she can tolerate it without splitting and have her express her feelings from this place.

#### **An Exercise For Reading Images**

Find a partner. One person will be receiving, and the other will be the one asking for guidance. The person needing guidance will sit with the intention to get the guidance and to be made more aware by it. Also it is helpful to allow a quieting of the self and dropping into the self. Close your eyes.

The person whose intention it is to receive, is to sit with that intention and also drop into the self. It often helps to hold hands as in an attunement

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I start by reciting a personal prayer stating my intention. I ask to be in the love, the light and the wisdom of the universe. I ask that what needs to be known for the highest good, be known at this time. I ask that all our guides be present at this moment and I demand in the name of God that all negativity leave this space.

It is important to remember not to reach. Receiving an image is like becoming one with the knowledge. It literally takes less effort than thinking. See the screen behind your closed eye lid as blank. And let yourself watch the "movie" as it begins to roll. Note what and how you are seeing: is it a still scene, are you seeing colors, is it a part of the body, is it historic, is it something that happened in your life that inexplicably is present here now, is it an object, is it words, feelings ? Be willing to let it be anything. Let it be there and unfold without having to understand what it means, or where it will take you.

Are you aware of the essence of the person before you? You cannot receive anything that the person in front of you has not given permission for, at some level. How does your body feel, while sitting with this intention for another? Note any differences from how you felt before. See if your body continues to feel that way or if it shifts. Let your entire self come into awareness in this one potent moment, where all possibilities exist. Allow yourself to be silly or wrong, or out of complete understanding. I often say something like, I don't know what this means, but..., or I am having some difficulty understanding this, but.... The important thing in this part of the exercise is to be in your truth of the moment so that you can facilitate getting your mind's doubt out of the way. Don't speak at this time, just be willing to receive.

Let yourself just be with the information before you move with it. If you lose the essence of the image, close your eyes and be willing to not speak until you pick it up again. If some of the information is familiar or you feel it is something that you need to hear yourself, do not let that throw you off. I have come to learn that the information I am receiving for another, often is something that I have been struggling with and could not get until that very moment. Often there is a gift in it for you. Also because there really is no separation, people that come to you are the people that you need to help *you* grow. It is a symbiotic kind of relationship.

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Take 5 minutes

When you are ready, begin to speak, just speak. You can get input back in a little while but trust that the information is valid information.

The person the information is being received for is just to take in the information.

Take at least 3 minutes

Ask for feedback from the client, exchange information and feelings about the information.

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