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**A CHANNELING HANDBOOK**  
**BY CARLA L. RUECKERT**

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## PREFACE

Although the art and practice of channeling is at least as ancient as written history, and although a scholarly work of research comparing and contrasting various kinds of channeling throughout history would undoubtedly be fascinating, this volume is in no way intended as such a work. It is, rather, a workbook for the practicing channel, or for one who is contemplating the attempt to learn how to produce channeled material. It is my response to the veritable explosion of new channels, and especially to the many new-age weekends which teach the mechanics of channeling, which are very easy to master, but which do not give students a firm metaphysical basis for the appropriate use of this gift.

I became a channel in 1974 and have pursued that gift to this day. I have taught students the mechanics of channeling, but I hope that I have done a good deal more than that, for it has always been my intention to make available not only the how-tos of being an instrument but the whys. Channeling is not a parlor game. There can be emotional, mental and even physical difficulties which spring from the misuse of this practice. It is my hope that this volume will help those who wish to avoid such problems. The ideas which are offered herein are my opinion only. It is hoped that they will help you. If they do not, please leave them behind without a second thought.

I would like to acknowledge my enormous debt to several people, for although I was given the gift of faith and the temperament to sustain an effort which I thought well-begun, I would never have begun channeling were it not for the encouragement of Donald T. Elkins, my beloved friend, partner and companion of many years, who died in 1984. His faith in my gift far outmatched mine from the beginning, and his encouragement was equaled by the disciplined compassion of his counsel to me as I encountered situation after situation which had been unfamiliar to me previously.

James Allen McCarty has also encouraged and supported me in every imaginable way in the very humble service that I perform, and this book would have been physically impossible to create without his emotional support and the nimbleness of his and Kimberly Howard's fingers.

Thanks go also to my family and faithful friends and those many members of our meditation group over the years, without whose enquiring questions and hunger for truth there would have been no call generated for our

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contacts to answer; without whose personal love, encouragement, support and tolerance I would be poor indeed in the currency of shared love.

The most central and deep thanks I offer to my personal Lord and Savior, Jesus the Christ, whose promise of redemption and living Spirit sustain me every moment of my life, and to the community of Christ's own with whom I worship, Calvary Episcopal Church, Louisville, and to my spiritual director and priest, Father Ben Sanders, whose godly encouragement and censure alike have strengthened me.

Spring is creeping quietly into our inland hills, touching the burgeoning pussy-willow and unfurling our winter hearts to warm, free bloom. Peace to each of you from Kentucky.

Carla L. Rueckert  
Louisville, Kentucky  
February 10, 1987

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*To all, visible and invisible,  
who seek to be channels  
for love and light.*



**CARLA LISBETH RUECKERT**

Carla L. Rueckert has degrees in English literature and library service, and has worked as a librarian and researcher. She was co-founder with Donald T. Elkins of L/L Research in 1968, and has co-written two books with him. She acted as channel for the Law of One material, and presently teaches meditation and channeling. She lives with her husband and five cats near Louisville, Kentucky. Photo by Glenda Love Jagers

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