



## *Doubts, Fears and what if I'm Making it all up. By Olga Fienco*

When I first began channeling I was always seriously doubtful about the truth of what I was being told. Perhaps the skeptic in me was far more fearful than my own self. Even though I know somewhere within me that this knowledge was far more loving than what I the personality could understand, still I felt a deep fear that the words coming out of my mouth were me “making it all up”!

It was a very strong feeling, although I had the loving support of my partner Guido, who gently reminded me and still does, that I couldn't possibly know all this stuff and that I was not speaking as I would normally speak. This was true, the language, the attitude, were far more loving and expanded than I had ever been. I know that our doubts and fears come from a very deep place of insecurity.

For me it was the possibility of being labeled a “fraud”. Of someone “finding out” that I was indeed making all of this up. I realized one day after my partner had read a channeling we had recently done and urged me to read it that the words were so beautiful, so loving and carried a message so enlightening that it hit me that the “intelligence” behind these words had to be more than human. Gradually, as I became more confident to share this knowledge and allow myself to trust, my readings for others also became a lot freer.

The realization of what knowledge lies in “the great unknown” is essentially at our fingertips. The more you discover your personal truth, the more trusting you become. I feel that the personality loses a little bit of a hold it has upon me. It's difficult not to be moved by what is said nor can you deny the effect it has on the person you are reading for. Surely that is the indicator that you are being guided and are open to the words and wisdom of the spiritual realms.

Here is a channeled message I received upon asking about our doubts and fears.

## Can you give some practical advice on how to overcome doubts and fears when channeling?

*We would not be in communication with you if we did not know that you could relay our messages. It is through constant doing and patience that you will become more adept at the receiving of information. If you try not to judge what is given you, it will be a much easier process. You will feel more at ease and not try to make of a session what words you feel fit in best, but by accepting the love and truth experienced is the easiest way to allow truth in.*

*The practical advice is to keep doing it. Know that you are doing this as a service to yourself and others. Not to judge yourself or others and to appreciate that you are an instrument in the process and therefore are conveying a message. Just like the Morse code - if you do not interpret the code but receive each as what is being transmitted and write it down as it comes, you cannot then change the truth, nor are you making things up. Have diligence, patience and sincerity in your desire to help others and be a channel of truth.*

Here is an excerpt from the book “The Earth Adventure - Your soul’s journey through physical reality” by Ron Scolastico on the subject.  
(Underline is my emphasis)

*“As I slowly return to my ordinary state of consciousness after a reading, I occasionally feel my own personality challenges and problems descend upon me like a heavy, dark cloak.*

*At that time, fresh from my experiences of truth, it is clear to me that the thing that causes these subjective feelings of darkness within me is my self-generated fear, and the personal negativity that arises from my fear.*

*During such experiences, I can clearly feel myself again taking up my cloak of personal fears, doubts, and pains as I come floating back from my magnificent expanded self into my sometimes tight-fitting Ron Scolastico personality.*

*Of course, like most of us, I sometimes struggle against my personality self, usually trying to browbeat it into becoming the perfect ideal that I experience during the readings.*

*At other times I am more loving and understanding, and I can rejoice in being my Ron-self. But always, the profound and extraordinary beauty of the true self, of the source, that I experience during the readings lures me on. To fully manifest that every day as the Ron-self would be truly fulfilling.”*

## Tips for alleviating fears and doubts:

- Meditate as often as possible. Meditation is the best way to stay grounded and to learn to go within and trust what is.
- Practice, practice, practice! If channeling is something you really want to help yourself and others with, you have to set aside time everyday or at least 3 times a week to do. Make it part of your meditation practice.
- Don't be discouraged if things take a little longer than you thought. We are all different and it will happen for you as quickly or as slowly as is necessary. Don't rush. Take the time to record your channelings by recording them with a device or writing it down. This will also serve as a way of establishing how your channeling is progressing.
- From time to time you will doubt yourself and what you are doing, but remember it's all part of the process, of learning and trusting.
- Choose to remain positive. In particular with self-talk. You will want to berate yourself at times, we do it everyday, but pay attention to your words. Remember your word is your wand. Make it count!
- Enjoy the journey. This is the most important aspect of anything you do. You do not have to arrive, compete or be better or worse than. You are you. That is all you need be and you will bring you to the readings you do. This is also what makes a reading special, because there is no one else like you and like other professions or services, we each bring part of who we are to the process.
- Remember you are a human being. We are fallible!

So as you discover your new found gift of channeling, as you become more confident in yourself and your ability, you will also become less doubtful and more aware of the beauty this gift can open up for you.

I hope you've found this article to be helpful and I wish you every blessing upon your path of discovery.

With love  
Olga