



The Real Spirits of the City

Meet your spirit guides with psychic channeler Jane Kennard

By Rachel Greene



Last Thursday I spent a couple of hours in conversation with total strangers that have known me all my life . . . and when I say "all my life," I really mean all my lives—from the very beginning, through hardships and persecution, and on to all the shining moments of realization enabling my continued evolution.

When it comes to matters of spirit, not too much shocks me these days. When I'm really present and aware, I can sense my spirit guides when they're communicating with me and I try to follow their advice as best as I can, knowing the direction they lead me in is for my highest good . . . one way or another. Such was the case with my initial visit to Canada, which eventually resulted in a permanent move here; after hearing a voice in a dream while I was living in London, I awoke the next day with a mission. I went to the travel agent and used my last £50 to put a deposit on a ticket to Toronto. My roommate at the time thought I had completely lost the plot when I explained to her how I had made the decision to travel to a country that never previously held any interest for me, and where I basically knew no one; explaining the intensity of the dream and the sincerity of that voice was difficult, but ultimately I understood the only person who really needed convincing was me.

My recent conversation started when I was invited to join local

Victoria psychic channeler Jane Kennard in a private session to "meet" my spirit guides. Armed with a list of questions and a lot of curiosity, I arrived at Kennard's home ready for anything. With a cup of tea in hand and an explanation of how the session would proceed, Kennard asked me if she could hold something that only I had worn as she prepared herself to enter the deep state of meditation required to open to the channeling process. While channeling, Kennard's body remains in a state of complete relaxation but she is not consciously present, so her assistant Joanna is always ready to record the session, take notes and generally assist Kennard with comfort and lighting.

After our initial meet-and-greet, Kennard mentioned that my guides had come to her the night before and (luckily for us all) had quite the sense of humour and had been keeping her entertained in preparation for my arrival. One in particular, a male with what sounded like an Italian accent, was apparently overjoyed at the idea of talking with me; during my dialogue with him, I discovered his was the voice that drew me to Canada.

Over the course of the session, I conversed with three of my own personal spirit guides, one who presented as a male and two others who presented as females; each had a very distinct way of communicating and their presence and knowledge of me, from

the inside out, brought tears to my eyes and a joy to my heart that I have never before encountered. And Kennard and Joanna both encouraged me to ask for clarification from my guides at any point if the answers didn't make sense or were too "out there".

Even though I may not be able to physically touch these entities, the awareness of their existence and the opportunity to ask them directly how I can be more open to communing with them was incredibly empowering and encouraging. And having Kennard facilitate my chance to "speak" with them simply reinforced the importance of remaining open to their information as a way of living up to my life's full potential. With Kennard's help, I was put in touch with the most ancient and all-knowing parts of myself, whose primary purpose is to connect me to the sound of my own soul singing its song of love.

Before we parted ways, Kennard completed a guided meditation in order to disconnect herself from my guides and me. I left feeling as though I might explode from the amount of love and light within me, all the while thinking how lucky I was and how wonderful it would be if more people had the chance to experience or observe this kind of communication—which you can at Friday night's Dialogue with Spirit Guides presentation and demonstration. I strongly encourage anyone to go and have your faith in the mysteries of the universe renewed. **M**

Dialogue with Spirit Guides
7:30 pm Friday, October 23
Uvic's David Lam Auditorium
Tickets \$20 at Instinct or the door
250-386-0826 • circleswithincircles.com