

The Art of Channeling

Capturing the Essence of Style

Artists often work closely with stylists, designers, and models to develop a creative concept for Projects

According to the dictionary, The Art of Channeling is the action of channeling all that is within oneself and that one needs to truly understand who one is and how one feels. We need to understand who we are and how we function. It's also the act of preventing oneself from dispersing but rather go in a determined direction.

Spending time with yourself on a regular basis can help you reflect on one's patterns in life situations.

Authenticity and truthfulness with oneself is an effective key to channeling correctly, and to regularly thwart the traps of the ego.

In such cases, you can integrate what you're aware of and learn to feel comfortable.



Helping Ourselves through the process

We can give ourselves time to welcome and let go of our difficulties by writing or using artistic creativity such as drawing, music, dancing etc...

The goal of channeling is to get out of the mind and be able to return to the heart & act in alignment.

This will get you to capture the right messages beneficial to you, and answer questions you could have been asking yourself...

Here are some essential questions : Who am I? What do I want and what do I want to become ?

For this, art, sport or any passion of any kind is an interesting way of letting go and make a way for the new to manifest for the simple reason that the mind focuses on something where the notion of pleasure is.



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