

THE LITTLE BOOK OF CHANNELED WISDOM



By Olga Fienko Psychic/Medium/Channel for Spirit

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The Little Book of Channeled Wisdom has been channeled by Olga Fienko and contains insights about different aspects of life. It is hoped that some of the information herein may help with questions that you may have about yourself and things you may have been contemplating. Some of this material may give answers some of it may bring up more questions. It is hoped that you will turn within and ask your SELF to guide you along the path most appropriate.

I hope you enjoy this book and may it give you much joy and clarity. © Olga Fienko 2017

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LOVE

The energy of love is the highest energy upon all galaxies, all dimensions.

Love does not fear. Love is its own true essence and is always unconditional. Where love abides there cannot be fear, for love encompasses the essence of justice, of truth. Love is the truth, the essence.

Love of self, love of others, love of just being.

Create within yourselves the truth and you will find that you have created the reality into which you have become.

Have you this day a day of joy?

Speak from your own souls.

Accomplish within yourselves that which you have come to learn.

Encourage within yourselves the opportunity to increase your love, your wisdom and that which is the truth of yourselves.



THE SELF

Be hospitable with yourself, this is the most underestimated act that each of you forgets. You are hospitable with others but not with the self. Allow the self to be and feel welcomed. Treat the self as you would treat another. The self is sometimes berated and cast aside and forgotten about because we must do what we must do. Remember the self needs encouragement and to be held in respect. There is nothing wrong with this. The alignment of self with self is very important to the outcome of the spiritual path. Your souls' purpose must be in alignment with who you are and your journey. Do not feel discouraged in searching for what you are looking for. The paths are many, follow whichever path is in accordance with your own belief. The souls' path has greater significance in arriving at a destination of self fulfilment.



BEING PRESENT

There is a lesson for all who are troubled with their life who feel a need to understand and gain insight into their own beauty and the opening up of their hearts.

The greater understanding is that there is no other joy but that of being alive and in the constant ever present moment.



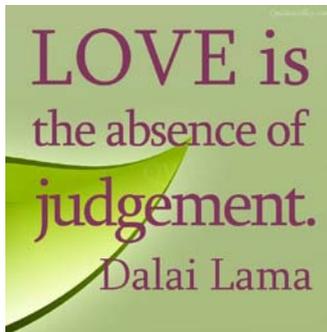
ENLIGHTENMENT

It is not a journey of rehashing the same issues but moving on and learning so you can gain greater insight into the wondrous experience of enlightenment and being still. We understand this takes time for some and it may be quicker for others. There are no time limits or restraints except for the human condition. In the spiritual realms, time is nonexistent as part of the integrity of being for to have time is to monitor, and the spiritual is not a monitoring phase. It is more the purpose of the physical and human condition to want to monitor, measure in different ways. It is best to understand from your own point of view than to ask forever the approval and constant acceptance of others.



JUDGEMENT

It is a difficult lesson for the human being to understand that the only judgement comes from self not from anywhere else and the rest are all mirror projections of what is the mind's unnecessary chatter and internal dialogue.



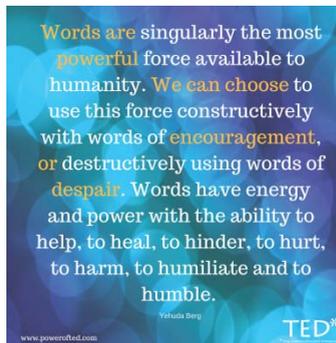
FREE WILL

There are many spiritual guides that come into the life of a human being. It is our privilege to assist and help when we can. We cannot however interfere with the processes that are borne out of the spirit's need to have that which comes to him. We do help with thoughts, signs and other people that may give advice. Ultimately it is the individual's choice to go its own way. If an individual is more in tune and aware with itself, its spirit, it can become more aligned and understand his/her options and paths without necessarily bringing about danger or violence. However if it is the soul's choice to experience this in a lifetime, then it will occur because the soul needs to experience a particular way of being in order to move onto the next part of his or her experience.



COMMUNICATION

Choose wisely the words that you speak for these things are very much a part of the imprint of your coming to learn more about self. Do not treat words lightly. Be very respectful with words. Announce things with great love and abandon. Do not say things for the sake of saying something.



DEALING WITH THE MIND

The mind is a beast.

How do you tame the beast? The mind is the natural enemy of the human. You are never going to be able to totally tame your thoughts. For your thoughts run rampant and are only the combination of what is troubling you and what is the underlying emphasis of your consciousness. Therefore to bring peace unto your consciousness you must feel that peace in turn. As human beings it takes much effort to completely shed all concerns. For this would entail being free from all thoughts. But because your mind is an active part of your mechanism, you cannot totally separate yourself from your mind. You need to accept the mind and allow it to be, rather than control its nature. It is like any other animal or beast as it were. You can only nurture and encourage it, but you cannot totally claim its authority.



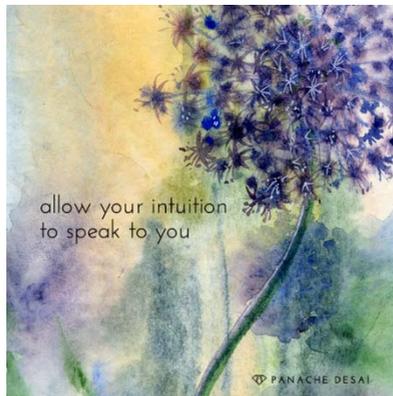
SILENCE

Silence is also very important for it commands respect and brings you into the knowingness of what it is to just be. It is a rather beautiful thing to do to engage in silent conversation with yourself. When one does this we ask that one meditate for this brings great solace and understanding of the current situation one finds oneself in. Spend time each day alone for 15 or 20 minutes enjoying the company of yourself. This will increase your awareness of who you are and also energise the self and the soul. While exploring silence one can go to many different places and understand and see the truth that lies there for that truth is the only truth that should be respected and held up for it is the truth of your own soul.



THE SOUL

Your soul is your essence, your spark your seed. The best way to communicate with the soul is through meditation. For the soul is deep within oneself and all around. You are in constant communication with the soul. However you do not understand its words for you are always around the outside of you. That's why when you begin to draw silence towards you, you become more in touch with that part of you called the soul or the spirit. And be prepared to be a receiver not just a transmitter. It is like tuning into the airwaves of that which is your particular radio station. That is your soul. If you pick up on its radio waves then you will be able to communicate and be in tune with. It will not commence easily for you, but you will see that it will gradually become easier for you to do so.



RIGHT AND WRONG

In essence, right and wrong are only a judgement of your mind, they are not the truth. For right and wrong do not exist in truth. It is as it is and has always been.

Question your own selves for that which is the answer. Safeguard your own truth. Hold onto that which is your own and do not fear being wrong. Rather rejoice in being as you are, for that is the truth. That is what you are looking for.



RELATIONSHIPS

It is very reasonable for the human emotional heart to want to accept only one as being the true, the only, the love, that which is the exceptional.

When you have met the one, you are only meeting that which is yourself.

The one cannot only be in the other, for the other is also searching for the one. Therefore two ones make two, not one.

To be searching for the one is to be looking for the SELF.

The 'one' is only a fictional state of mind. It is rather the state of wholeness not separateness that brings two people together.

If the one is consciously looked for it negates all that is within, for one cannot be in another truly.

Therefore there is not one for each one of you but there is the self, which is the truth.

When you find qualities which are similar to yourself in another then you become entwined, you understand each other, you become attuned.

But you can have many different feelings and relationships with others and find parts of yourself in many.

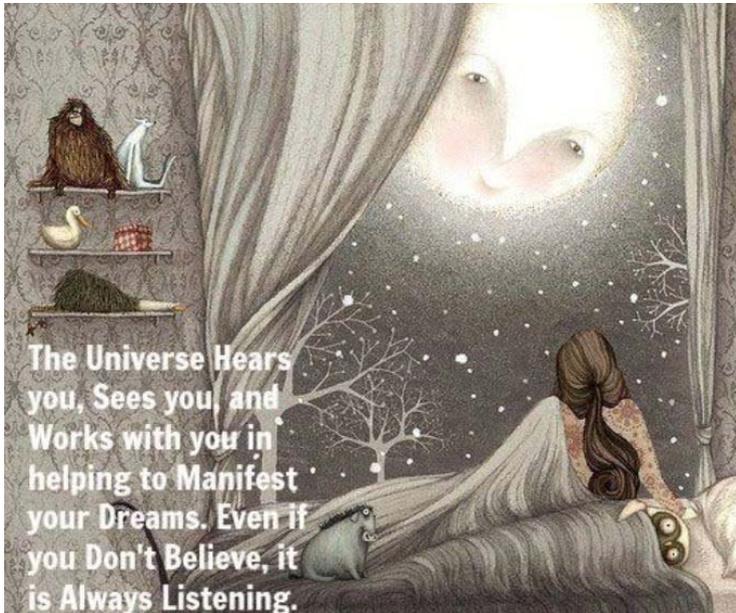
It is this that can destroy a relationship - for all bets are cast upon one rather than allowing the variety of qualities that is the self to be seen in others.

Therefore, understand that you are the totality of your being, not just the collection of that which is reflected in others.



DESIRE

It is in the giving up of – that you finally retrieve that which you long for. For when you are absent of desire you are able to open up the space in order to achieve and attract that which is the truth and also the beauty that is yours.



KARMIC RELATIONSHIPS

If you are to be part of another's life then you instantly take on part of, not all of, their karma. For to be in partnership with one means you have already experienced partnership previously. And there may have been previous incarnations in which there has not been a resolution of that which was expressed. (Therefore, it is always imperative that the path of one should be left to that person to complete and one's own karma be dealt with independently).



PAIN AND SUFFERING

In your sufferings, you suffer so much that you cause yourself pain for no particular reason. Some of you enjoy the suffering and pain for it is within your belief system that to suffer is inevitable. However suffering is not necessary unless one is indebted to that suffering. In other words, to suffer means to be part of a particular instance in which something has changed. But change can only be if one has changed oneself in one's essence. The true essence of a soul has no hurt, has no pain – but is free, free to be. It is the imprint of the personality of the characteristics of the belief systems of all that has been taught one that causes the pain and suffering. When you reach into your soul and see its light and beauty you cannot therefore have suffering. For the light and beauty exist per se in their own being. If all of you could see the beauty you have within rather than the darkness of yourselves you would emancipate as a whole rather than as different levels of individuals.

Why?

INCARNATION

When the soul decides to take on an incarnation it already has advanced knowledge of the lessons to be encountered upon that lifetime. It chooses the body in which it will incarnate for it is the most appropriate body for that lifetime. It already has chosen the parents and therefore there is a deep connection from previous karmic lives together. There are no chances in what is learnt through the incarnation process. It is also one of the most difficult journeys for the soul and is a great sacrifice for the soul to take, for it can be free and live in the ethers if it wants to. But because the soul also has a yearning to learn and grow it chooses to incarnate and be of use not only to itself but to others in the process. For once it incarnates in that particular form it also implicates the lives of others in that process.



DEATH

When one is not incarnated one is still there as a presence. It is very much like turning the light on and leaving it on constantly (without being covered or dimmed). The spirit out of incarnation is free and lighter. The word death is much maligned in the current Earthly mind. Death is only the beginning of a new form. The soul or spirit knows it is no longer in form and therefore passes through without too much difficulty. There are those however who are not enlightened and become fearful about what is to come. To be enlightened is to be in light with oneself. To have the ability to stay in the light, to gain knowledge from the journey one has chosen for oneself.

It is more of an adjustment to make rather than changing to something completely different.





ABOUT OLGA

I have been practising as a Channel/Psychic/Medium for the last 18 years and have helped many people with messages from the Spirit World. I believe everyone was born with intuitive abilities, some choose to use it and work with it. My hope is to help empower others through channeling messages so that they can become more able to enlist their own intuition and listen to their own messages from their hearts. I believe my path is to be in service through creativity and inspiration. I hope I will be able to be of service to you.

To book a reading with me please visit

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I look forward to hearing from you.
Many Blessings

Olga xxxxx