

## WHAT IS MEDITATION?

Meditation is an altered state of consciousness that opens one up to receiving messages from the spirit world. It sensitizes one's senses so he or she can become more aware of the unseen forces of the spirit world. Meditation is done by various Shamans, Priests, Tibetans, Spiritualists, and Mediums throughout the world. There are many types of different meditations. One just needs to find the best method for him/herself.

## WHY MEDITATE:

- It allows us to connect to the spirit world.
- Meditation is the first step in the spiritual development process.
- We learn how to tune ourselves to the spirit world.
- To communicate with loved ones that have crossed over.
- It can change our lives dramatically. We see things in a different perspective.
- We become more sensitive to energies around us. Energies that can only be seen with the unseen eye.
- We become more connected to divine sources.
- We begin listening to and trusting our inner guidance. We become more adventurous, taking control of our own lives instead of being easily led and influenced by others.
- We start to think for ourselves instead of society dictating it for us.
- We can use a healing meditation to strengthen and restore unbalanced energies in our aura and chakra system. Allowing us to harness and control our health better.

## HOW TO MEDITATE:

- Each person's experiences will be different, so don't compare your experiences to anyone else.
- Find a place where you will not be disturbed.
- Light a candle and/or incense to set the mood/atmosphere. A fragrance or the use of an essential oil instead of incense is optional.
- Try to set a time period of 30 to 45 minutes approx. A minimum of three (3) times per week.
- Hold a crystal or a feather. You can place the feather/crystal on your solar plexus chakra and hold it in your hand.
- Candles, incense, fragrance, feathers, and crystals are not necessary, but can help with protection from negative spirits and create a positive upbeat atmosphere. Types of crystals don't matter. I suggest certain ones that are inexpensive and just as effective as more expensive ones. More expensive crystals are not going to get you faster results. The spiritual process is a slow process for a reason. Just trust in the divine source and your spirit guides.
- Position doesn't matter. Lying down or sitting in an upright position. For some, lying down may cause them to fall asleep. Any position that is relaxing and comfortable to you.
- Listen to soft music. Music should not have lyrics to it. Meditation, classical, reiki, or spa music are examples of suggested music types to listen to.
- Close your eyes and let your mind shut down. Try not to think of anything. If a thought surfaces, let it fade away. Don't be discouraged. Practice makes perfect. If shutting your mind down is difficult for you, try an alternate type of meditation, or listen to a guided meditation off YouTube, Amazon Prime music, or listen to a guided meditation CD.

## ALTERNATIVE MEDITATION METHODS:

- Close your eyes and imagine bright golden rays of the sun beaming down on you. Feel it, imagine it, and let your thoughts wander.
- Imagine a rope, a cord, or a beam of light extending down to the center of the earth's core. Let this beam of light expand widthwise as far out as you want it to go, and then retract it back to the size it was when you began, or any size you feel comfortable with.
- Imagine being lifted up to the Heavens and then sitting on a cloud allowing the clouds in front of you to shape shift. Then from a distance a white phoenix comes flying towards you and lands beside you. It lowers its body, allowing you to mount it. Then you soar thru the sky looking down upon the oceans, countrysides, and places you have always wanted to visit.
- Imagine a place of solitude. A place you are familiar with, or a place you alone create inside your own mind. Began to explore it. You are safe and there is no harm that can come to you within this place.
- Imagine yourself in the fairy realm. Meeting and greeting fairies, gnomes, nature spirits, unicorns, etc.
- Imagine yourself anywhere that is comfortable, enjoyable, and relaxing to you. A place of comfort and solitude.

## MEDITATION TOOLS TO HELP STIMULATE ALTERED STATE OF CONSCIOUSNESS:

- Crystals: Amethyst, Citrine, Selene, Black Tourmaline. Size approx. 2 to 3 inches in size or larger.
- Incense: Any scent that appeals to you or that you are drawn to.
- Fragrance: Essential oils or use a scent burner with your choice of fragrance.
- Candles: Any type or color, whatever your desire is. One candle is significant.
- Feathers: Hold it, lay it under your pillow, or place it on your body during meditation.
- Music: classical, piano, reiki, spa, or any other meditation music. Can be found on YouTube, Amazon Prime music, or purchase a CD. Music without lyrics is a must.
- Be creative: Experiment with different methods and find what works best for you.
- Protection from negativity: Holy oils, Rosary, or Crucifix/Cross/Star of David, or placement of a crystal grid around your

meditation space or area. Hanging a Crucifix/Cross/Star of David somewhere in your sacred space or meditation area. Holding a rosary during a meditation will draw peaceful loving spirits to you. Saying of a prayer or any other method that you may be drawn or compelled to do.

## WHAT TO EXPECT:

When meditating try to quiet the mind from every day thoughts. If you can't shut down your thoughts completely, just think of being surrounded by picturesque scenery. As you are meditating, try to tune yourself to the spirit world, try to feel, see, or smell things that you normally wouldn't otherwise. If you notice any of these sensations, then your spirit guides are letting you know they are there. One time in the beginning, I was holding a feather, and the feather started to vibrate while I was holding it. It was enough vibration, to me, to know that it wasn't the wind or another source. This was an indication that spirit was present and its way of letting me know. During my third or fourth time of trying to meditate, I had my first breakthrough. I started receiving images of waves of golden light streaming from the back of my head around to the front of my head. Then during this imagery, I started to see what appeared to me a bird's beak and eyes form. Then the beak and eyes became distinctly obvious. At that moment the wings come up behind the face of the bird. The bird appeared as a golden eagle. This image changed my life forever. From that moment on, I was hooked. There was definitely something out there watching over us that can communicate with us. Like I have mentioned before, each person will experience different results, and results will be individualized for them. In time the pieces of the puzzle will come together, no matter how bizarre they may seem. We are not alone in the physical, and our loved ones want nothing more than to be able to communicate with us.