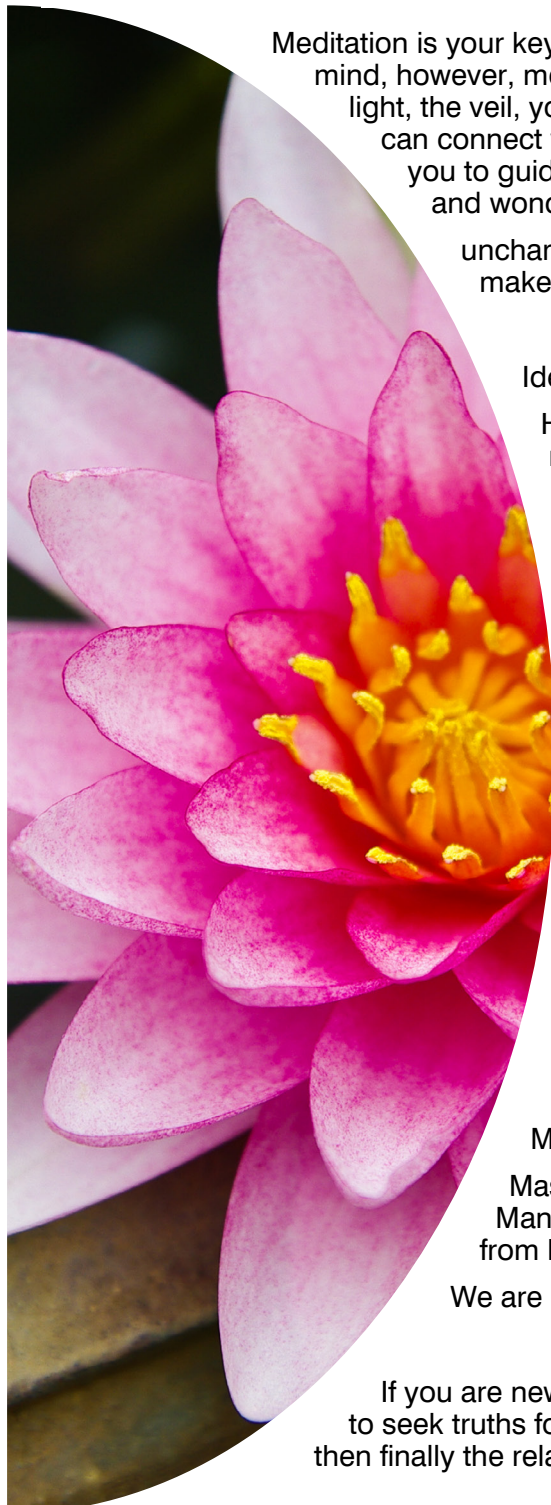


Meditation

with K the Intuitive Specialist





Meditation is your key to obtaining a deeper level of peace and clarity in your mind, however, meditation is also the doorway to the unknown, through the light, the veil, you can find yourself between two worlds, this is where you can connect with who you are and the many spiritual beings available to you to guide you on your journey in life. There is a sense of mystery and wonder, no longer is it

uncharted waters. You must apply simple rules and practice makes perfect.

Ideally you would meditate in the early hours of the morning.

However, a quick 10-20mins a day will serve you. Many meditate lying down, and many sit upright. The best way to meditate is to sit upright, this way you will not fall asleep but it is up to the individual for comfortability, it's your body, your choice.

The mind can be unruly at times, it just won't switch off, however, it can. You are the master of your mind. You can remove the issue with the child, you can stop making the lists in your head, you can stop thinking about the fight you had with your partner. This sacred space and time you are carving out for you and only you. Your

desire is to find peace first. Clarity will come from this and the bonus - when the messages begin - is what you receive from Spirit if you dared to ask. Please dare to ask. The mystical beings of the solar system are there waiting to take you on your own personal journey with them.

Many have experienced messages from beyond in my circle, Masters like Jesus, Aphrodite, Moses, their passed love ones. Many do not believe in God and yet they received a message from him.

We are Spirit, they are Spirit and we are all one.

If you are new to meditation. Start with no expectation. Invite your mind to seek truths for you. With practice, peace and clarity it will happen and then finally the relationship with Spirit begins.

So let's begin with 10 easy steps to meditation

1. Your Posture

Mind and body intertwine. So find a comfortable spot to either lie down or sit. If you are able to sit cross legged and comfortable that is the best position. It is called the lotus. If you sit in a chair, feet must be gently resting on the floor, do not cross the legs. If you prefer to lie down, be prepared that you could fall asleep, however, this is not an issue. The meditative state is still working with you. You need your body in a comfortable position to connect.

2. Eyes

You can close your eyes or leave them open. Most find the ease of resting the eyelids. As you close your eyes, the third eye will then open, the Doorways to the Light begins.

3. Focus - Set your Intention and say Prayer

Through meditation we wish to experience all possibilities. First we must decide, are we asking for peace, clarity or a journey with Spirit?

We are on auto pilot for so many things in our lives, this practice needs direction and you are the driver firstly, then the passenger. So spend 5 minutes before going into your meditation thinking about what your needs are for this practice today. Then let it go as you breathe deeply into your meditation. No need to go over it again, you already have set your intention with the universe, ready for your soul connection to journey on.

Prayer is essential. We open the psyche to the light only. You wish to be safe in your meditation and connect to the oneness, yourself and the divine source of all.

Archangel Michael has channeled this one through me for you.

I am here, thank you Angels, Guides and Masters.

I feel your presence and I am safe.

I know I am of love and loved by you

Your protection on this journey calms me.

I give thanks.

Blessed Be.

4. The Breath

Breath is the tool that will anchor your body. It will allow you to slip into that theta vibration you are needing. In my teachings, Spirit recommends 7 strong, deep breaths. You must pay attention to these breaths, breathing in and out will slow your mind and body down, allowing it to be in that restful space.

Counting breaths is an ancient meditation practice. I usually use my fingers to count down. I just tap slightly each finger to count. When you come out of the meditation, try to take one more deep breath, this will bring you back into your body, whole and

connected.

5. Emotions & Thoughts

Often our thoughts can override us. Our emotions can drive us and sitting quietly can be difficult. If you are suffering this way, a quick and easy way to clear yourself is - 'ground' yourself first.

Go outside, be barefooted and stand on the grass with legs slightly apart and bent just a little with your hands stretched out. Take 7 deep breaths blowing the breaths out strongly. You could feel a

little light-headed, but that is good, this means you are clearing the mind and preparation for meditation will be more successful.

6. Sacred Space - Silence

Silence is the best form of healing. There are two ways of

meditation, in silence or with music. Your choice. If you are working with music, make sure you love the music. If it resonates with you, then you will have a successful meditation. Remember you have choice, it's your sacred space and time, no one else's.

Sitting in silence creates a knowing of oneself. It is the connection of the 'I Am'.

I have taught many people to spend 15 minutes a day with ear-plugs in, no sound, just the soul. The benefits are amazing! Try it.

7. Length of Time to Meditate

Meditation is a practice and so begin daily for about 10 minutes a day. Don't force yourself, but do commit to the practice.

Then you can extend to 20 minutes a day and as you become more successful with this practice you can take yourself away for an hour or more. It is up to the individual how long you wish to spend with YOU. Remember, best time in the morning.

After you have come out of mediation there is another practice where you record what you have experienced or document names, dates and people that were given to you in your meditation. It is fascinating to go back over those pages and pick up more insight as to what Spirit has shared with you.

God gave me a rule once, 'K' he said, 'Set your day with me in meditation, ask for all you desire, then leave it up to me and the universe to deliver. At night, meditate again with the thankfulness of what came in your day'.

I have been practicing that rule for the last 20 years of my life.

8. Your Sacred Space and Place

Create a special place to for you. Perhaps you have crystals, that bed to lie on, or that favourite chair; perhaps even a little shrine where you can light a candle or incense and give thanks. Whatever you desire to make your space comfortable for you, do it! Word of warning, choose good incense if you are going to burn them. Many can give you a headache and the pungent smell can be an irritation to the eyes and nose. Use only real oils to burn. I have used many in my meditation circles and the best one is a brand called Magik Sticks. I use them on a daily basis to prepare my office for work and before the beginning of all workshops. It sets the tone and people feel welcome.

9. Spirit

Spirit guides, Spirit Masters, deceased love ones, Angels, God and deities, all are available to you. A relationship will be formed as they introduce themselves to you and you accept them in your meditation. Don't worry if it is your first time and you don't see any of them. It takes time to build a relationship as it does when we make friends here on earth. Trust is important with both parties. Spirit, they are my best friends, without them I would not be who I am today. I love them and their guidance and interaction with me. I love that they love me and care enough to come sit with me on a daily basis and share their knowledge. They can do the same with you. Trust, believe and allow the relationship with them to develop.

10. Love and Thankfulness

Meditation is for the individual. It is a spiritual practice between you and your soul. The benefits - to connect your mind, body and spirit. At first it might seem uncomfortable, but with practice you will learn to enjoy it, perhaps even become a junkie like I am and love it.

Before we go into meditation we should always practice

thankfulness for what is about to transpire, and when we come out of meditation we give thanks for all that is. Blessed Be.

Blessings, 

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