

Appendix 9: Meditation & Intuition

Beyond the Great Abyss, by Becca Chambers

There are a host of reasons to meditate, from the physical relaxation that affects every part of your body and meditation's proven stress reduction health benefits, to the lower mental and emotional stress levels you can feel washing through you almost immediately. But there is another reason as well. In a state of deep but focused relaxation, your brain waves slow from the typical every day, "getting things done" mode of the *beta* brain wave state, to the slower *theta* state, which is associated with creativity, spirituality, intuition, and the subconscious. Meditation is one of the key ways to increase your intuitive ability.

Intuition is the ability to derive information from the energy around you; to actually sense the frequencies of the wave lengths of energy, and turn that into information, about the present, the past and even the future, almost like a radio or TV receives wavelengths and produces images and sound. Empirical studies show that we all have this ability; that it is the dominance of our left brains steeped in Western culture's skepticism and logical thought processes, and always buzzing busily and loudly, as is normal in the beta brain wave state, that blocks reception.

Hundreds of studies have shown that without any training most people have some intuitive ability (statistically beyond that of chance), and the rare person will have an extreme ability. Exactly how this is done on the physical level is not well understood though the theory is that quantum mechanics with its mind-bending time, energy and space qualities is involved. [Jeanne Mayell](#), a highly gifted intuitive and counselor describes the process as follows:

The left brain analyzes, organizes, and thinks linearly. The right brain sees the whole picture at once, and can even see images from the future. Research studies with monks who have achieved a deep level of meditation show that the left brain becomes darker during moments of peak meditation. This means that "the analyzer" (left brain) quiets down and stops chattering at us, allowing us to experience the world more directly (i.e. with less filtering) through the right brain. In other words, when we quiet the left brain, we may be experiencing reality more as it truly is which is quantum, non-local, and non-linear.

Intuition can be received through different routes. Especially in the beginning, for those people just developing their ability, it is likely to be accessed through kinetic sensations (through our bodies) or through the subconscious (dreams). A higher level of intuition is to be able to access information while the conscious mind is still awake and in control. This type of intuition may come as visions, sounds (voices), or just a sense of "knowing." The trick is to get the conscious mind to relax enough to allow the unconscious to filter through uncensored. In this in-between state of consciousness you are in control of what information you are asking for and receiving, yet still able to receive it.

As intuition is mediated through the deeper, unconscious parts of our brain and any methods which help to strengthen and bring those parts of our brain to the surface are useful. This is why art, music, dance, meditation, and the more classic "psychic" devices of tarot cards, tea leaves, crystals, etc., can be so helpful.

Whole Body Vibration is also very helpful as it has many effects on the nervous system and brain that optimize brain function, such as increasing neurotransmitter levels and stimulating neuron growth and connections. Vibration also powerfully promotes relaxation and the consequent slowing down of your brain waves, so some people will almost instantly go into a meditative state when vibrating.

The Nuts and Bolts of Meditation:

Most importantly, you are trying to relax as deeply as you can, without falling asleep. What works for you may not be the same as for someone else, so feel free to try different methods and use and adapt them as best fits you.

Sit up straight, in a chair or on the ground, to stay awake while relaxing. Put your hands, face up with your thumb touching your middle finger, on your knees (to keep your energy building and focused within). Close your eyes but focus on an object in the distance. Some people find the company of other people strengthening, while others do best alone.

To aid in quieting the mind many people find gentle, repetitive music helpful, or a recorded guided meditation (link to websites). Some prefer total quiet. Chanting a mantra (a simple sound usually, such as "om") over and over will often help focus the mind and keep it from becoming distracted. Telling yourself not to think about something generally does not work. Much more effective is to give your mind something repetitive and "mindless" to focus on, and to gently pull yourself back to this when your mind wanders. Another popular method is to focusing on some bodily function, such as your own breathing, or going through your body, head to toe, releasing tension and relaxing each part step by step.

Holding crystals in your hands can be helpful as they have the ability to resonate to vibration (this is why crystal glasses shatter at certain sound frequencies) as well as having vibrations themselves which you may be able to feel in your hands as your ability becomes stronger (kinetic intuition). These effects from crystals will amplify your natural ability, which is why it is so wonderful to meditate on the beach, where you are sitting on millions and millions of sand crystals.

You can set an intention at the beginning of a meditation as to what sort of information you want to receive. You can ask any question you wish, though it is best to leave the question as open-ended as possible, so as to not force the answer into a preconceived (conscious mind) direction. For example, regarding a new person in your love life you might ask, "What will being involved with _____ bring me? It is a good idea to name the person specifically as this will help you to tune in to their vibrations. Once you ask the question, let it go, focusing only on your relaxation method.

You can also use the meditation as an opportunity to focus your desires out into the universe. Set an intention such as, "I would like to meet a man who I can love, and who can love me in return, in a healthy and fulfilling relationship." Strong emotions in particular are potent carriers of energy, or vibration. We can see this in our own lives when we think of the intensity of grief, love, joy, pain, despair....

A word of caution though; the very strength of our own emotions can lead to inaccuracy. When we are looking at issues related to our own lives, where we cannot help but be emotionally attached to the outcome, we may see what we desire or fear rather than the truth. This is why even gifted intuitives will often consult other intuitives regarding their own lives. And even with a gifted intuitive, it is wise to remember that the *interpretation* of messages is mediated by the conscious mind. Intuitive messages are often conveyed in symbolic language, which can carry enormous information and impact, but they can also be difficult to interpret and apply to your life. This is where mistakes and inaccuracies in intuition most commonly occur. Remember, you should only follow advice that resonates with you and your experiences, using both the left and right sides of your brain to guide you.

Meditation is a powerful way to connect, through intuition, to your inner self and the outer world at the same time. Information is power. Thus, intuition empowers you and will be an invaluable tool in navigating your life, helping you to make wise decisions and avoid dangerous pitfalls.

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