

## Clairience Meditation

Welcome to this meditation. This is designed to assist you in opening your clairalient ability which is your gift of smell. This is the sixth meditation of a series of meditations in the collection, *Tuning into Your Clair Abilities*. You may find it easiest to record yourself reading this meditation out loud and then listen to it in your own voice while in meditation. Or, you may download the recorded version at [MichelleBeltran.com](http://MichelleBeltran.com).

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There is a dimension within you that is beyond this reality. It is that space void of minutes and days, and has no semblance of time. Here, it matters not how old you are, what you look like, who you know, or where you live. Whatever your life situation is now does not matter. Your life now has no relevance in this dimension of inner knowing and stillness. It is this place we go to in meditation today. Release the need to know yourself through concepts and thoughts. We are going to a place where there is 'not knowing' and where it is safe to release all thought, worries, concern and daily on goings. You will be able to come back to all of that after this meditation and when you are ready.

In a comfortable seated position with your bare feet on the ground, begin to give attention to your breath. Breathe deeply through your nose. Inhale and exhale through your nose. Relax, close your eyes and breathe in. Feel the gentle and gradual rise and fall of your chest and abdomen. Feel the expansion and compression of your lungs. Listen to your breath as you breathe through your nose. Every few breaths, breathe in and out through your mouth. Try to focus *most* breathing through your nose. Remember to sit upright. Your posture embodies dignity. Be mindful of how you are sitting.

When you are ready, become aware of and notice your entire body. If there are areas of stiffness or pain, release them. Travel to each area of your body, starting at your feet. If there is tension anywhere, recognize it and relax that area. You might imagine a gold rose near any areas of tension, pain or stress. See these sensations go to the gold rose. Pluck the gold rose up and out of your space and let it return to where it needs to. You might also see some of these spots of tension and stress float out of your body and down your grounding cord.

Thoughts may enter your mind. This is okay. Let them come. Say hello and then goodbye to them. Use the awareness of the thoughts coming in as an opportunity to now shift your attention back to your breath. Be thoughtless. There will be moments of streams of thinking followed by cessation of thinking. Let the ebb and flow of thought come and go.

Take your awareness to your nose now. From this area you begin to strengthen, unravel and become in tune with your clairience ability. Let your attention be present in and centered in at your nose for a few moments.

Now, in your mind's eye envision your nose gradually growing bigger and bigger and bigger in size. How does your nose appear now? How is it shaped? Is there color? Is there a feeling here? Is there a tingle or itch? Breathe deeply through your nose now as you are imagining it in this larger way. You might feel a pulse now in this area or twitch sensation. This is common as begin to give awareness to this area. Let the sensations happen. Breathe deeply through you nose in this heightened space for a few moments.

As you begin to become more aware of and in tune to your clairience, it awakens. Trust, intend and expect this ability is strengthening. Once you set this intention, know that the Universe has heard you. Your only task is to let this ability now flourish. Even after this meditation is over, it is still blossoming.

As your attention to your clear smelling ability flourishes it may present very subtlety. This is fine. Smells or a 'whiff' of an odor may present quickly and leave. This too, is okay. You are beginning to smell on a higher frequency.

Now, as you breathe in through your nose pay attention to any scents in the air around you. Say out loud, "My clairience gift is opened fully. I am smelling and receiving the messages I am meant to today." Holding the area we are tuning into with you hand matters. Put your hand to your nose now. Notice any aroma coming from your hand. Can you smell the aroma of soap you may have used today? Fragrances on your skin or clothes? Just notice this symphony of smells with ease, welcoming and whiffing them in. Be with all these smells for a few moments.

Now, take yourself to a memory of a time when you baked something. In your mind's eye imagine that all over again. Are you with someone? Where are you? What were you cooking? Bread? Pie? Cookies? An extravagant dinner? Whatever this was, recall this memory.

When you are ready, recall now the scent of this warm, fresh, succulent treat you cooked as if it had just come out of the oven. Imagine it right in front of you now, move your nose right next to it. Take a long and deep whiff of it in all its wonderful aroma. What do you smell as you do this? Is there a cinnamon smell? Buttery smell? Perhaps you smell mint or fruit? You might have cooked something greasy. Even oily and greasy has a scent to it. Did you over cook it? Then there is a charred or burnt smell. Smell that aroma fully. Pay attention to how the image you have created in your mind's eye of what you cooked can also inspire sensations in your body even though this wonderful treat is not anywhere near you.

Now, envision someone you love deeply – a parent, sibling, spouse or friend who has passed to the Other Side. See them as if they were with you right now in this very moment. You might recall a favorite memory you had with them to help you see them with more clarity. What are they doing? Are they wearing something in particular? Do you recall the weather that day? Look at your surroundings? Were you indoors? Outside? You might even recall what they were saying to you. If so, hear those exact words now. Allow that memory to grow clearer and clearer. Inhale deeply through your nose and pay attention to all the odors and fragrances of the surroundings. Go to every part of it and breathe in the smells associated with this place.

Be with all this for a few moments.

When you are ready, go to this loved one. Stand right beside them. Touch them if you feel the desire. Now, notice any scent this person carries. Did they smoke a pipe? You can smell that now, if you choose. Did they wear a particular perfume or cologne? Inhale deeply and smell that special scent that reminds you of them. That fragrance, like a signature, unique to only this person you love. It might be a natural smell or an artificial smell. Whatever it is, breathe fully and deep through your nostrils. Waft the air as you inhale, if you desire. Allow yourself to wallow in the myriad of aromas. Breathe in and breathe out.

Be with all this for several minutes.

Begin becoming aware of your breath again. Breathe in and breathe out through your nose. Bring your attention to your body and gently begin wiggling your toes and your hands. Breathe in and breathe out. Notice sounds around you. Breathe in and breathe out. When you are ready, open your eyes and write down any smells, tastes or even images and sensations that presented.