

## Clairaudience Meditation

Welcome to this meditation. This is designed to assist you in opening your clairaudient ability. This is the second 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. Say 'hello' to your breath. Relax, close your eyes and breathe in. Feel the gentle and gradual rise and fall of your chest. Feel the expansion and compression of your lungs. Listen to your breath. Breathe in through your nose and exhale through the mouth. Your posture embodies dignity so be aware of how are you are sitting. An upright posture is better.

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.

Now, put your attention on your fifth chakra. Your clairaudience is rooted at this point. This is your throat chakra. From here you begin to strengthen, unravel and become in tune with your clairaudience ability. Let your attention be present in this space for a few moments.

This chakra is known to be a blue color and spins like a disc. See this vibrant blue chakra spinning with beautiful life force. It is alive and well.

Be present with this for a few moments.

Now, in your mind's eye envision both ears gradually getting bigger and bigger and bigger in size. How do they appear to you now? How are they shaped? Is there color? Is there a feeling? Do they tingle or itch? Can you see the wide open and expanded ear canals? See if you can feel your ears pulsing as if they are breathing. Envision them pulsing gently and full of life. Breathe and be present with this image of your clairaudient ears as they reveal themselves to you fully.

As you begin to become more aware of and in tune to your clairaudience, 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.

Clairaudience is much like hearing a song playing on the radio, laughing children or birds chirping outside your window. As you move forward in your growth, you may feel like you are making things up. You are not. All the things that you 'think' you hear are real and have meaning. Learn to trust in this. Sounds may present very subtlety. This is fine. They may present quickly and leave. This too is okay. You are beginning to hear sounds on a higher frequency. You may feel as if you hear sounds inside your head or outside your head. In other words, you may receive an outer (physical) sound or an inner (nonphysical) sound. An outer physical sound may present much like a human voice. An inner nonphysical sound is more subtle and is like mind talk.

Now, say out loud, "My clairaudience is opened fully. I am hearing the messages I am meant to today." Now, imagine a radio out in front of you from which sounds come. Give your attention to all the sounds around you. There is indeed an orchestra if you will let it stream in. Focus on any sounds in the distance. What are they? Be with this for a few moments. Listen to the sounds close by you. Hear *this* fully. Go within now and listen to your breath. Do you hear someone's voice? Who is it? Is it yours? Sometimes messages from you clairaudience may come sounding like your own voice. This is okay. Be mindful of it. Next, listen to the sound deeper than your breathe. Listen to the sounds in the silence. There is a symphony even here. Is it humming? Imagine what it may sound like to hear dust fall and land. Can you hear the humming of the stars? Listen to the sounds of nothingness.

Be with all this for several minutes.

Begin becoming aware of your breath again. Breathe in and breathe out. 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 what you heard in the distance, near you, from within and in the symphony of silence.