

Clairgustance Meditation

Welcome to this clairgustance meditation. This is designed to assist you in opening your clairgustance ability also known as clear tasting. This is the fifth meditation in 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.

There are many dimensions of our being. We are now becoming aligned with that dimension in us where there is no time. We are becoming aware of the space within where there is tranquility and where it is safe to release all thought. Honor any thoughts that do come. They are part of you. Thinking is natural to the human mind. Your thoughts, too, are part of the meditation process. When they arise simply say hello and goodbye to them for the time being. Should they arise again, say hello and good bye to them again. You will be able to come back to all thought and the on goings of your daily life after this meditation and when you are ready.

This meditation is about being, not doing. Allow yourself to drop into being now. Breathe in and breathe out. As we quiet our minds, we go to a place beyond our thinking minds. Here, you are connecting with something far greater than your logical mind can ever perceive. Here, you will begin to find presence and become aware of awareness.

In a comfortable seated position with your bare feet on the ground, feel yourself breathing in and out with long, slow and steady breaths. Breathe in and out from your belly. Don't try to breathe. Just let your breath be. Feel the gentle and gradual rise and fall of your chest and abdomen. Your posture embodies dignity so be aware of how you are sitting. Meet this moment with grace in an upright and attentive posture.

Take a moment to be present with your entire body. If there are areas of tension, release that now. Continue to move to each area of your body, starting at your feet. Relax this area. Now focus on your legs and relax. Move to your mid-section. Release tension from this space. Give attention to your arms, shoulders, hands, head and then your neck. If there is tension anywhere, recognize it and find ease and comfort in that area.

Imagine a beautiful gold rose out in front of you. Ask all tension go to the gold rose. Then watch the gold rose as it travels up and out of your space. Let it return to where it needs to. You may also choose to allow tension to release through your grounding cord.

Now, bring your awareness to your tongue and mouth area where your taste senses rest. We are awakening this heightened sense now. This is the center of your clairgustance ability. Here and now you are strengthening, unraveling and become one with your clear tasting ability. Feel into this very alive and well, area of your body for a few moments.

In your mind's eye envision your tongue. Watch your tongue for a few moments in its vibrant pinkness. See it steadily grow bigger and bigger and bigger in size. How does your tongue appear now in its largeness? How is it shaped? If you could feel it, how would it

feel? Open your mouth and inhale deeply through your mouth as you are imagining your tongue in this larger way. You might feel a pulse now in this area or twitch sensation. This is common as you begin to give awareness to this area. Let the sensations happen. Breathe deeply through your nose in this heightened space for a few moments.

Now, take a moment to imagine a lemon. See it in all its beautiful yellow color. Imagine the lemon being cut in two and watch as the poignant juices escape. Now, actually stick out your tongue and lick the juicy part of the lemon. Notice the tastes and sensations in your mouth. Do you taste the sour of the lemon? What is happening with your tongue? Is the lemon hot, cold or warm? Your brain does not know the difference between thought and reality. In this moment, you are tasting the lemon yet in a heightened way.

Now, repeat this process again with a salty food that comes to mind.

Repeat this process a third time with a sweet tasting food. Are you drawn to chocolate? Mints? Licorice? What is your favorite sweet treat? Bring it to your mind's eye now in all its clarity. When you are ready, taste it. Be present with this for a few minutes.

Finally, if you could taste metallic, what would that be to you? Imagine something around you that is metallic in nature. A quarter? A pipe? A watch? What unique tastes present as you imagine this item and then lick the air as if you were licking it? Is it hot or cold? Is it tasteless? Is there a rust kind of flavor to it? Taste is not limited to food. Metallic, too, has a unique kind of flavor.

Let's go on a tasting journey now. With your energy body, explore the room around you. Move around your immediate surroundings and find things that interest you to taste. Glass, ceramic, wood, anything with a painted surface all have a certain kind of taste. Wood may taste grainy, woody, or earthy. You might find an item made of plastic or rubber. Each of these also come with their own unique taste signature. Take several minutes to explore this.

Our senses are the way we know the physical world we live in. Our heightened senses, or our clair abilities, are how we tune into our higher selves, to our Guides and to Spirit. To become in tune to these heightened senses you only need be open and aware of them. Be open now. Be willing to know what you don't know.

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

Now, say out loud, "I am a spiritual being having a human experience. I have access to my heightened senses at all times. My clairgustance is opening fully. I am *tasting* the messages I am meant to today."

Be with this certainty for a few moments.

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 any sensations, feelings, tastes or even smells that arose.