

Clairsentience Meditation

Welcome to this clairsentience meditation. This is designed to assist you in opening your clairsentience ability also known as clear feeling. This is the third 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....

This meditation is not about doing. It's about being. Begin to allow yourself to drop into being. As we quiet our minds, we go to a place beyond thinking, where you are connecting with something bigger than your logical mind can even perceive. Here, you will begin to find presence and become aware of awareness.

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 stillness and where it is safe to release all thought. You will be able to come back to all thought after this meditation and when you are ready.

In a comfortable seated position with your bare feet on the ground, feel yourself breathing. Give attention to your breath. Don't try to breathe. Don't think about breathing. Just let your breath be. Feel the gentle and gradual rise and fall of your chest. Breathe in through your nose and exhale through the mouth. Your posture embodies dignity so be aware of how you are sitting. Meet this moment with grace in an upright and attentive posture.

When you are ready, become aware of and notice your entire body. Are there areas of stiffness or pain? Release them now. Travel 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 neck. If there is tension anywhere, recognize it and find ease and comfort in that area.

See a vibrant energetic gold rose out in front of you. Let any tension, pain or stress 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.

Honor any thoughts that come. They are part of you. Thinking is natural to the human mind. Your thoughts are indeed 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. Make an agreement with your logical mind that you will come back to all the thoughts it wants to think when you are done with this meditation. Let the ebb and flow of thought come and go.

Now, put your attention in your lower abdomen area. Your second chakra is located here. This is the center of your clairsentience ability. Here you begin to strengthen, unravel and become in tune with your clear feeling ability. This chakra is directly connected to your emotions and feelings. It is orange in color and spins like a disc in a clockwise direction. See

this vibrant orange chakra spinning with vivacious life force. It is alive and well. As you begin to work with this chakra more and more, in time, you will begin to feel it. You might feel it now. What are the sensations? Focus here and begin to tune into this chakra. Let your attention be present in this space for a few moments.

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 willing to know what you don't know.

Clairsentience can present in sensations inside your body, such as a pulse or awareness of movement inside your belly. It may present outside your body, like an itch or a poke on your skin. It can also present in feelings of emotion such as happiness or sadness. A gut feeling you have may also be your clairsentience coming forward.

Now, be aware of any sensations or emotions *inside* your body. Resist analyzing anything at all. Just be mindful of all the sensations coming in. Do you feel any movement anywhere inside? Do you feel a poke, a grumbling, or a pulsation sensation? Pay attention to the temperature throughout the inside of your body. Is there a hot or cold spot anywhere in particular? Perhaps there is a pressure in your heart or lung area or a wave of sensation in an arm, foot or toe. Let nothing go unnoticed.

Be present with all these unique sensations of feeling for several minutes as they reveal themselves to you fully.

Now, take your attention *outside* of your body and notice any sensations here. You may feel a poke or a gentle touch or tap, pressure or a tickling sensation. Perhaps you feel a sudden breeze on your skin. A sensation of chills or goose bumps is commonly associated with your clairsentience. Perhaps there is pinch sensation somewhere, or an itch? You may even feel numbness to your limbs now. Your hands and arms might begin to feel as if they can float. This too is common and your validation you are linking with your heightened senses.

Be present with all these unique sensations of feeling outside of your body for several minutes as they reveal themselves to you fully.

Now, be aware of any emotions. Let them float in gently on their own time. What is the emotion presenting? Happiness? Curiosity? Certainty? Is there a person, an act or an event linked to that emotion? Be neutral now, and just observe and *feel*. Don't make the emotion yours, rather, be the observer of them. Emotions may present in color. If happiness could be a color, what would that color look like to you? If a feeling of calm could be a color, what would *it* be?

Be present with each of these unique emotions for several minutes as they reveal themselves to you fully.

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

Any sensations of touch, either inside or outside your body as well as any emotions you feel may present very gently. They may come and go in what seems like an instant or linger for many moments. This is all okay. Just be aware. You are beginning to feel on a higher and unique vibrational level.

Now, say out loud, "I am a spiritual being first and foremost, having a human experience. I have access to my heightened senses at all times. My clairsentience is opening fully. I am *feeling* 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 what you felt inside and outside your body as well as any emotions or gut feelings that arose.