

How-To

How-To Start Meditate with Spirits

If you want to make connections with your spirits on a deeper level meditating is a great way to make that bond. Be sure that you have the vessel of the spirit you want to connect to with you before you start.

The best way for beginners to meditate is to start by allotting fifteen minutes of solitary time - without noise, TV, phones, family or any other distraction. Some find using soft music, candles, incense or other atmospheric tools useful in setting the appropriate energy for meditation.

It is not necessary that you sit in an erect posture, such as a Yoga position, in order to meditate. You can sit in your favorite chair, lay on the floor, lay on your stomach, or use any position of relaxation that suits you best.

Relax your mind, clear it of any plaguing thoughts from the day. Let your body go limp, do not have tension in your joints or muscles, completely relax.

Some prefer to have their eyes closed, others to keep them open... whatever works best for you. If you're not comfortable and in the proper frame of mind meditation isn't going to work for you.

Once you feel you are in the zone of relaxation hold the vessel in your hand, place it on your chest, hold it between both hands, place it on your closed eyelids, on the top of your navel... whatever is most comfortable for you as any of these choices work.

You can start by just having a conversation with the spirit through telepathy. Let the spirit know you are welcoming them to come through to you in whatever method they deem fit and concentrate on the center of your forehead as you do this to help open your third eye channel and make a stronger connection.

Repeat this method of meditation at least 5-15 minutes a day for the first 30 days. The time of day isn't important, whatever time best fits into your schedule because you will need complete quiet.

The more you meditate the more you will come up with the methods that are most active for you and the length of time you meditate with likely lengthen as your communications with your spirits grow more and more.

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There is no wrong way to meditate. When your heart and mind are in the right place and you are truly welcoming your spirit to join you then you can't go wrong!

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