

LESSON 1: MEDITATION.

During this course we will explore many aspects of psychic & spiritual development from chakras to astral projection, however we will start the course with what is possibly the most important lesson of all. Meditation is the most powerful tool available to us when it comes to developing spiritually and psychically. For this reason meditation is used extensively in all kinds of psychic development courses. At the end of this lesson there is an exercise on how to use a Binural Beats recording to reach deep levels of relaxation more quickly & effectively.

A quote by Yogananda (A pioneer of Yoga in the West). "Meditation, or consciousness focused upon itself, is the ultimate revealer of who you really are, and what you truly are. You can discover an inner guidance within yourself, and that inner guidance will guide you to the destination you need to go. You have already been guided to many things which are opening you to be aware, but the greatest tool for self knowledge is meditation".

What is Meditation.

During our day our minds are constantly active in the process of thinking. There is a constant sensory input that comes from living our lives. Whether we are watching television, reading or even having a conversation, with everything that we do we are constantly engaging in inner thought. We are so used to doing this that we are not usually fully aware of all of the thought activity that is going on. This constant churning of the mind can make our thoughts clouded thereby making it harder for us to concentrate or focus on a single thing.

Meditation allows us to calm the mind and reduce the activity and inner conversation that we have with ourselves. This helps to clear the mind and allows us to become more focused. We experience a sense of inner peace and relaxation and our minds will feel refreshed.

"When the sea is rough, sediment is churned up and the water becomes murky, but when the wind dies down the mud gradually settles the water becomes clear." (www.aboutmeditation.org)

Why Meditate.

The main reason for meditation in psychic development is to make the mind as calm and quiet as possible thus allowing us to better connect to the spirit world and our higher self's. The higher self is our existence in the higher dimensions or the spirit world, otherwise known as our soul.

We all have a connection to our soul but the strength of that connection is weakened by the continual chatter of our conscious thoughts. The connection becomes stronger when our conscious mind closes down when we are asleep. This is why our dreams are important, however it is often difficult to remember our dreams and even when we do it can be difficult to understand the messages within them.

When we meditate we can calm the mind and strengthen the connection to the higher realms and become closer to spirit but because we are still awake we can remember and understand what we find there. This makes meditation the most powerful tool in understanding our self's, our lives and the reasons why we are here and what we need to learn. Through meditation we strengthen our intuition and the knowledge of our higher self's will come through.

Meditation Techniques.

Meditation involves concentrating on something, to focus the attention of the mind and thus help

prevent the random thoughts and chatter that is usually going on. This may be something that is looked at like a candle flame or a picture but it is often something that is listened too. This can include a single repetitive sound like our own breath or repeating a mantra to reach a state of deep relaxation where the mind will become open and lucid.

More specific results can be gained by listening to a guided visualisation, where we use our imagination to visualise ourselves in a particular place or situation according to what we hear. This is usually followed by a period of silence which creates a space where our higher self can come through and information can be passed into our conscious mind.

Best Way to Meditate.

For the best results you should set aside a particular spot that will be used every time you meditate. It should be a quiet place where there are no distractions.

You should be comfortable to a point where you are able to be still for a long time but not so comfortable that you are likely to fall asleep. Many people find that the best way to do this is to sit up straight on a chair.

If possible you should meditate before a meal rather than just after eating.

Ideally the best time of day to meditate is early in the morning. Although meditation is beneficial to us whatever time of day we choose. It is said that early morning meditation is more effective as our mind is still relatively quiet after sleep and before the hustle and bustle of the day has begun. However it is much more important that you have plenty of time in which to meditate. If you are worried about how long you are spending and thinking about where you need to be or what you need to get done then you will not be able to relax properly.

Physiological Effects.

Meditation is a fantastic way to relax and unwind. This can benefit the body by reducing stress as well as lowering blood pressure and pulse rate. Also when you concentrate on a particular part of the body it increases the blood flow to that part and the cells receive more oxygen and other nutrients. Today, many of the film stars and fashion models include meditation in their daily regimen. Meditation can also reduce anxiety attacks, decrease muscle tension & even help to build self confidence.

Binaural Beats & Meditation.

Binaural Beats are Not a "New Age" Fad. Binaural Beats have been researched for almost 170 years. The human brain goes through many frequency cycles during each day. Different frequencies produce different effects to the human consciousness. Using this information, it has been discovered that the brain's receiving and operating frequency can be altered by sound waves. Many of the most powerful brain frequencies are under 20 Hz. Since the ear itself does not respond to frequencies below 20 Hz, Binaural Beat Technology came about which uses the inner wiring of the brain to produce the frequency with perfect accuracy. This is a great way to achieve altered states of consciousness that are perfect for meditation.

Binaural Beats work by broadcasting two separate frequencies in each ear. For example, if you wanted to tune your brain to a 7 Hz frequency, you could play 200 Hz in your right ear, and 207 Hz in your left ear. The brain will compensate for the difference between the two and produce a third tone that will be exactly 7 Hz. This will result in your brain frequency being lowered and tuned to

the desired 7 Hz operating stage..

You can buy quality binaural beats meditations from the unexplainable store by clicking on the link below. You can also download a free sample to see if this type of meditation is for you before you spend any money. I use these meditations myself and I feel they are a fantastic aid to further spiritual development. If you would like to purchase a meditation, try a free sample, or simply find out more, please click on the link below to be taken to the unexplainable store website.

Binaural Beats Meditation Exercise.

There are lots of different Binaural Beats recordings on the market that can help with all aspects of Psychic Development. In later lessons I'll teach you how to use specific recordings for various uses from balancing your Chakras to contacting your Spirit Guides and more, but for now I'll teach you how you can use a recording to reach a state of deep relaxation that is conducive to Psychic Development work.

In order to do this exercise you will need a Binaural Beats recording. It is important to use good quality recordings from a trusted source which is why I have researched many Binaural Beats providers so that I can recommend a website that I believe provide the best quality recordings at a reasonable price.

1, Click on the link below next to the orange icon to download a Binaural Beats recording. The link will take you to a page on the Unexplainable Store website where you can buy a selection of recordings designed for relaxation & meditation. Scroll to the bottom of that page to see the various options available. I find the Theta Music & Bells Meditation works well for me. There is the option to buy either the Binaural Beats version or the Isochronic Tones version. Most people find that the Isochronic Tones work slightly faster than the Binaural Beats.

2, Find a quiet, comfortable place where you won't be disturbed. Make sure you have plenty of time, because if you know you should be somewhere else or doing something else, it will affect your ability to relax. I would recommend that you use a comfortable seat but try to avoid lying down as there is a higher likelihood that you may fall asleep.

3, Before you start the meditation, you should ground yourself as well as protect yourself. You should do this before doing any kind of meditation or psychic work. To ground yourself imagine a chord coming out of the soles of your feet and into the earth. Then for protection imagine you are surrounded by a bubble of white light.

4, Use headphones or earphones. Binaural Beats work by playing a different frequency into each ear, so you need to use headphones or earphones for them to work properly. A new technology has been developed to overcome this problem called isochronic tones, however from my experience even when I use isochronic tones I find the effects are far more powerful when wearing headphones.

5, It is helpful to prepare your mind before you begin. To do this you should think about the experience that you want to have and then imagine yourself having that experience. In this case the intention is to reach a state of complete relaxation so imagine yourself being relaxed as you listen to the recording. You can even try saying it to yourself a few times before you start.

6, As you start to listen to the recording, close your eyes then take a deep breath in & hold it for a second or two, then let it out slowly. Do this three or four times before breathing normally again.

7, Quiet your mind. Try to release all other thoughts from your mind and concentrate totally on the

sound of the recording. Your mind will start to wonder from time to time, when you notice this happening do not get angry but just gently bring your concentration back to the recording. This is something that becomes easier with practice.

8, Be patient. Experts say that it normally takes around 8 minutes for a Binaural Beats recording to take effect, but of course this will vary from person to person. I find that the more I use Binaural Beats the faster i feel the effects, and the more powerful they become. In later lessons we will explore some of the more advanced meditations available with exercises to help you achieve the best results and fulfilling experiences.