

MEDITATION FOR INTUITION & SPIRITUAL CONNECTION

A Simple Guide for Beginners

You do not have to shut off your brain. You only have to begin.

Healing Hearts Medium

Created by Theresa

Intuition & Psychic Development • Meditation Resource

Meditation Changed My Development

Before I began developing as a medium, I had never really meditated.

When people tell me, **“I can't meditate because I can't shut my brain off,”** I understand completely. That was me.

You don't have to shut your brain off.

We can't stop every thought from entering our minds. Meditation can be as simple as bringing your attention to your breath. Follow your breath as it comes in through your nose, notice it moving into your body, then slowly release it and follow it back out.

That's it. Don't overthink meditation.

When I began my mediumship development class, my teacher started every class with at least ten minutes of meditation. Looking back, I can honestly say meditation was **the single most important part of my development. Nothing else even came close.**

When I became quiet, I created space to notice what I might otherwise have missed.

I like to think of it as making a quiet place for Spirit to sit with you.

Today, I meditate every day for at least ten minutes, and before I do a reading, meditation is a must for me. I ask Spirit, the Universe - or whatever you personally feel connected to - for guidance. Then I breathe and allow myself to become quiet.

The thoughts don't magically disappear, but the chatter - the **“monkey mind”** - begins to settle.

If ten minutes sounds impossible right now, **start with two.** I personally love guided meditations because they give my mind something to follow and help me stay on track.

Don't worry about being “good” at meditation. Just begin.

1. What Meditation Really Is

Meditation does not require an empty mind. It is the practice of gently bringing your attention back to something - often your breath, your body, a sound, a guided voice, or the present moment.

Thoughts will come. You may remember something you need to do, hear a noise, feel restless, or start planning your day. That does not mean you failed.

The practice is noticing that your mind wandered and gently bringing your attention back.

2. Theresa's 2-Minute Beginner Meditation

- Sit comfortably and let your hands rest.
- Close your eyes if that feels comfortable, or soften your gaze.
- Breathe in naturally through your nose and notice the breath entering your body.
- Follow the breath down into your body.
- Exhale slowly and follow the breath back out.
- When a thought appears, notice it without fighting it, then return to your breath.

- Continue for two minutes.

Two quiet minutes count.

3. Build From 2 to 5 to 10 Minutes

Stage	Time	Focus
Start	2 minutes	Simply follow your breath.
Build	5 minutes	Notice thoughts and return to breathing.
Develop	10 minutes	Settle, breathe, then sit quietly.

There is no prize for meditating longer. Consistency matters more than forcing yourself to sit for an amount of time that makes you miserable.

4. What About the Monkey Mind?

Your brain is designed to think. Trying to fight every thought usually creates more frustration.

- Notice the thought without judging yourself.
- Return to the feeling of your breath.
- Repeat as many times as necessary.

If you bring your attention back fifty times, you did not fail fifty times. **You practiced returning fifty times.**

5. Why Meditation Can Help Intuitive Development

For me, meditation became foundational because it reduced some of the mental chatter that could drown out subtle impressions.

- Changes in your emotions or body.
- Mental images or symbols.
- A word or thought that seems to arrive unexpectedly.
- Your own intuitive reactions.
- The difference between usual mental chatter and a quieter impression.

Meditation does not guarantee spirit communication or prove that an impression comes from Spirit. It simply gives you a calmer space in which to notice your experience.

6. Meditation Before a Reading

Before a reading, I personally consider meditation a must. My routine can be simple: I become quiet, breathe, and ask Spirit, the Universe - whatever I am communicating with - to help and guide me.

Quiet first. Listen second.

7. Guided vs. Silent Meditation

Guided meditation: A voice leads you through breathing, relaxation, visualization, or another focus. I personally love guided meditations because they help me stay on track.

Silent meditation: Use your breath, a word, a sensation, or another simple anchor.

Music or sound: Some people prefer gentle instrumental music or ambient sound.

There is no single correct style. The best meditation is often the one you will actually practice.

8. When Meditation Feels Difficult

- I can't stop thinking: You don't need to. Return to your breath.
- I'm restless: Start with two minutes or try a walking meditation.
- I fall asleep: Sit upright or meditate earlier in the day.
- I get distracted by sounds: Notice the sound, then return to breathing.
- I don't feel anything spiritual: Nothing special needs to happen.
- I missed a day: Begin again the next day.

9. Set a Simple Intention

- "I am here to become quiet."
- "I am open to guidance that supports my highest good."
- "Help me notice my intuition clearly."
- "For the next ten minutes, I am simply going to breathe."

Use language that fits your own spiritual beliefs. You do not have to use mine.

10. A 7-Day Meditation Challenge

Day	Time	Practice
1	2 min	Follow your breath.
2	2 min	Breath + notice thoughts.
3	3 min	Breath + body awareness.
4	5 min	Try a guided meditation.
5	5 min	Silent breathing.
6	7 min	Set an intention, then breathe.
7	10 min	Choose the style you liked best.

11. Meditation Reflection

How long did I meditate?

What helped me stay focused?

What distracted me?

How did I feel before and after?

Did I notice any intuitive impression?

What type of meditation would I like to try again?

12. Continue Your Practice

There are thousands of guided meditations available online, and different voices and styles may work better for you at different times.

I will also be adding selected meditation resources to the Healing Hearts Medium Resource Library, along with guided meditations I have created myself.

Use the Resource Library's meditation offerings to explore different styles and find what helps you become quiet, grounded, and present.

A Final Thought From Theresa

You do not need to shut off your brain to meditate.

Follow your breath. When your mind wanders, come back. Start with two minutes and let your practice grow naturally.

Meditation became one of the most important parts of my own spiritual development, and it remains part of my daily practice.

Make a little quiet space for yourself. You may be surprised by what you begin to notice.

**With love,
Theresa
Healing Hearts Medium**

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