THE

Intuitive Awakening

COURSE

Chapter 5 FAQs

Answers to Frequently Asked Questions – Chapter Five

At the end of this guided Chakra Meditation, you were given the opportunity to request a message from your Spirit Guides. For some of you, this may have been the first time you have ever asked for (or received) guidance, and I wanted to share some very common scenarios that can come up at this point for students.

At a Glance:

1. I felt tingling sensations and heard ringing in my ears during the Chakra Meditation — what does this mean? (page 3)

2. I felt ungrounded after doing this meditation (page 4)

3. Can I speed up/slow down the guided meditation? (page 4)

4. I saw random images and shapes when doing this meditation - what might that mean? (page 4)

5. I felt I was picking up on negative energy when I did this meditation (page 5)

6. When I did this meditation, I saw the colour of my crown chakra as white (instead of violet) — what is the significance of this? (page 6)

7. How am I supposed to visualise my chakras during this meditation? (page 6)

8. I found it hard to visualise in my mind's eye when I did this meditation — should I persist with it? (page 6)

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11. I saw a large eye (in my mind's eye) staring back at me while I did this meditation — what might this mean? (page 8)

12. How do I balance an overactive chakra? (page 8)

13. In this chapter you talked about negative cords. Where can I find out more about that? (Page 9)

14. In this chapter you mentioned past life regression therapy. Where can I find out more information on that? (Page 9)

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Question #1: I felt tingling sensations around my face and head, and I had ringing in my ears when I did the Chakra Meditation. What does all of this mean?

Answer: Let's start with the ringing in the ears and what that might mean:

Ringing in the ears can be a sign of clairaudience when it is something that occurs intermittently, and if it doesn't last long. Sometimes, it can happen as a way for Spirit to tell you that you're on the right track in what you're thinking or considering.

Other times, it can happen when you have been working on developing your intuitive gifts and your clairaudient channels of communication are opening. The ringing is essentially a sign that you are adapting to these channels being opened.

As for the facial tingling:

It is actually quite common for clairsentient people to feel tingling around this area while meditating or 'tuning in' to Spirit, and it can mean one of two things:

1. It signals that your third eye is opening at that moment and being used. The third eye is the centre of our intuition and imagination. This means that activities such as meditation, visualisation and intuitive development open up and 'exercise' your third eye chakra. If you are sensitive, you might feel the third eye chakra waking up. This happens especially when you are new to intuitive development, meditation or visualisation. You're using your third eye chakra in a new way, and you are sensitive enough to feel the energy opening up.

2. If you feel tingling when you communicate with your Spirit Guides, or if you do any activity which utilises the third eye chakra energy, then the tingling may be your Spirit Guides' way of impulsing you. It is a way for them to say "hello, we are here", and it is also a manifestation of your clairsentience.

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Question #2: I feel ungrounded or 'spacey' when I do this meditation. Do you have any suggestions as to why this might be?

Answer: The majority of people who feel ungrounded or spacey during or after this meditation are overwhelmed empaths. If you believe this may be the case for you, I recommend that you read my book The Empath's Toolkit.

If you are not an overwhelmed empath, bear in mind that some souls are also naturally more ungrounded than others, in which case you will need to go slowly with this process, and pace yourself so you don't get out of balance. If you do a lot of psychic or spiritual development in a short period of time, it can be ungrounding. Such activities need to be integrated into your life more gradually and moderated with 'lower chakra' work. Follow the instructions in this chapter for strengthening your lower (i.e. root, sacral and solar plexus) chakras.

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Question #3: The guided meditation was too slow/fast for me — can I speed it up/slow it down?

Answer: Yes, feel free to change the speed on your audio player if that is an option (many computer audio players allow you to do this).

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Question #4: I am seeing strange shapes and random images in my mind's eye that seem to make no sense while I do this meditation. What is the significance of these?

Answer: Not all clairvoyant images that we see in our mind's eye will mean something — some are just our third eye opening up and throwing out random images, especially if you're in the beginner or lower intermediate stages of intuitive development.

You might be interested in having a read of this article, which details an exercise you can do to ascertain whether the images you are seeing may have meaning for you or not.

If the images do have meaning and need interpreting, be aware that the significance of symbols can vary hugely from one person to the next. This is because we all have our own inner 'menu' of feelings, visuals and past experiences that Spirit can use to guide us. A visual that means one thing to you may mean something completely different to another person.

For example, let's say that both you and I see a crucifix and an apple in our mind's eye, respectively.

Personally, I am not a fan of crucifixes or cross imagery because I had some negative experiences when I was a Christian.

I also don't like apples because they give me indigestion! I'd like to eat them but I can't, so for me, apples are a symbol of something that other people can enjoy, but I must avoid.

But let's say that you are a Christian, in which case you may experience the crucifix in a more positive sense. And perhaps you love fruit or cooking, so you have different associations with apples. Only you can interpret symbols according to what they might mean to you.

Some students like to do a search online for dream symbolism (as this is very similar to clairvoyant symbolism) but I'd take these meanings with a grain of salt, and run them past your own feelings about what the symbol means. Such interpretations are usually the result of someone else's personal associations.

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Question #5: I feel I am picking up on/feeling negative energy around me when I do the Chakra Meditation. Do you have any ideas on how to deal with this?

Answer: The Chakra Meditation is a healing and a clearing of your own personal energies, and sometimes when we are clearing out our chakras, we do come across negative energies that we ourselves are carrying. So as part of this exercise, you may be bringing negative energy to the surface for release, and you may be stirring up

unconscious memories as well. The energies in our chakras are a reflection of our lives, our past, our challenges and our life lessons, and there is sometimes a negative component to those things. This isn't anything to be worried about.

If you felt that the negative energy was not yours, perhaps you are an empath, and are picking up on negative energies in your environment (sometimes buildings contain negative emotional residues or negative thought forms). Or perhaps you are carrying other peoples' negative energies.

I cover clearing foreign negative energies in my book The Empath's Toolkit.

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Question #6: When I do the Chakra Meditation, I see my crown chakra as violet instead of white. Why might this be?

Answer: Some believe that the true colour of the crown chakra is not white, but violet. If you Google it you'll find out more about that. Personally I think we see the chakra colours according to how we are taught, so perhaps you have been taught in the past that the crown chakra energy presents as purple, and not white, and have forgotten this. Either way, it does not matter too much, so however you 'see' this chakra, go with it!

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Question #7: How am I supposed to be visualising my chakras? Am I to picture myself sitting in a chair, as if I were someone else? Or am I to imagine that the chakras are inside of me and see them expanding from inside to outside?

Answer: Most people visualise the chakras inside of them and then expand them from inside to outside.

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Question #8: I find it really difficult to visualise & couldn't see anything at all during this visualisation. Should I persist or abandon the exercise?

Answer: I would say around 5% of the students who have done this course have had trouble with visualisation and just cannot 'see' anything at all in their mind's eye, despite trying on many occasions. (The inability to visualise is called 'aphantasia'.)

This is not a deficiency — it just means that visuals and clairvoyance are probably not going to feature in your path of intuitive development. This course is going to offer you a variety of ways to connect with Spirit, and along the way you will come across one or more techniques which don't do anything for you. This is completely normal and to be expected, so please do not be discouraged if that has happened with this Chakra Meditation.

Something you can try instead is going through the relaxation process as presented in the Meditation, and asking your chakras to open up. Students who have 'talked to' their chakras in this way can sometimes feel their chakras opening up, if they are clairsentient.

There is also a transcript of this meditation available in the Members Area, which you can use as a basis for coming up with your own process if you wish.

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Question #9: How often should I be clearing out my chakras in future, using the process presented in this meditation?

Answer: There is no set frequency for clearing your chakras in this way. I know some students who do the meditation (or some form of it) weekly and others who do it monthly or a few times per year. It's completely up to you.

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Question #10: I always fall asleep during the Chakra Meditation. I can't seem to stay awake at all.

Answer: I am wondering if it would be a good idea to go with the fatigue that descends on you, and to see where it takes you. It could be that you need some healing that will be better received if you are having a little nap? Either that, or you are sleep deprived and need to have a good sleep before you use this meditation.

Another piece of feedback I have had from previous students about this meditation is that some people find it easier to stay awake if they do the meditation sitting up

(rather than lying down.) You may also wish to use the meditation transcript to come up with a process of your own (it could be that you are able to stay awake more easily that way).

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Question #11: During this meditation, I keep seeing a large eye staring back at me, in my mind's eye. Is this normal? What could it mean?

Answer: Seeing a large eye while you are meditating is not uncommon. It usually is a sign that your third eye is awakening, which makes a lot of sense because this guided meditation actually helps to open up your third eye.

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Question #12: In this chapter, in places you talked about how to balance chakras that are underactive. I saw some of my chakras as being very large in comparison to the others. How do I balance what I sense is an overactive chakra?

Answer: Here are some links to my articles which cover overactivity for each major chakra:

- Overactive root chakra
- Overactive sacral chakra
- Overactive solar plexus chakra
- Overactive heart chakra
- Overactive throat chakra
- Overactive third eye chakra
- Overactive crown chakra

And here are some articles which cover underactivity for each chakra (these go into a lot more detail on chakra underactivity - more than I had room for in Chapter Five):

- Underactive root chakra
- Underactive sacral chakra
- Underactive solar plexus chakra
- Underactive heart chakra
- Underactive throat chakra
- Underactive third eye chakra
- Underactive crown chakra

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Question #13: In this chapter you talked about negative cords. Where can I find out more about that?

Answer: You can find out more about that topic here.

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Question #14: In this chapter you mentioned past life regression therapy. Where can I find out more information on that?

Answer: I wrote an article on that modality, which you can find here.

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