

MEDITATION METHOD

Teacher Training

Module Seven: Part Two

“Dropping In”

- Your Soul Container
- Creating Space: Physically + Within your Environment
- The Higher Self

What is dropping in?

Dropping in is what I refer to as coming into your Soul being. It is the sacred moment where the realms of the physical and Source energy intertwine, allowing you to tap into the depths of your intuitive essence.

By dropping in, you open the gateway to profound insights, messages, and connections that transcend the boundaries of your everyday existence. It is in this state of deep presence that you can guide others on their personal journeys and create a transformative space where the magic of intuition and intention unfolds.

Your Physical Body is also important when channeling and going within.

Your physical body serves as a powerful conduit for internal guidance, information, and sensory experiences. It is not only your vehicle and vessel but is also a sacred instrument through which your soul expresses itself. Embracing self-acceptance within your physical form becomes a key to unlocking deeper realms of intuitive connection and expanding the field of limitless possibilities.

While appreciation of your body is not a prerequisite, creating a space of comfort and care (or simply neutrality) can greatly enhance your ability to access and harness your abilities as a teacher. Your embodiment serves as an inspiring example, encouraging your students to create a nurturing environment within themselves and take them on their own path of discovering their own self and worth.

Ways to teach self-acceptance via meditation:

- **Cultivate mindfulness:** Practice non-judgmental awareness of your thoughts, emotions, and sensations during meditation. Embrace them with a sense of curiosity and acceptance, allowing them to arise and pass without attaching judgment or criticism.
- **Loving-kindness meditation:** Incorporate ease/gentleness or metta meditation into your practice. Offer yourself words of kindness, understanding, and forgiveness. Treat yourself with the same compassion and care you would extend to a dear friend. Extend compassion, love, and acceptance towards yourself, repeating affirmations or phrases such as "May I be happy, may I be healthy, may I accept myself just as I am."
- **Body scan meditation:** Engage in body scan meditations to develop a deeper connection with your physical body. Direct your attention to each part of your body, observing sensations and accepting them without resistance or judgment.
- **Letting go of expectations:** Release expectations and preconceived notions about your body and what it's suppose to do or look like. Embrace each your physical body as it is, allowing yourself to be present without judgment or attachment to specific outcomes.
- **Embracing imperfections:** Recognize and accept your imperfections, both within your daily life and physical body. Embrace the humanness of your experience and let go of the need for perfection. Carry the attitude of acceptance, compassion, and non-judgment into your day or evening ahead.
- **Embodying gratitude:** Cultivate gratitude for your body, mind, and the opportunity to engage in with the Universe. Reflect on the gifts and strengths you possess, fostering a sense of appreciation for who you are in this moment.

Remember, self-acceptance is a journey that unfolds over time. Be patient and gentle with yourself as you explore and cultivate a deeper sense of one-ness in your meditation practice and in your life as a whole. By doing so, you create a stronger foundation for your intuition to develop. You become a living example for your students of what it's like to show up for all aspects of your life!



Environment and Setting Up Your Space

Technically you can learn to channel and receive messages from anywhere (and trust me, you will!), however it helps to have a dedicated space to devote your practice in.

It should be quiet, safe place where you know you won't be disturbed.

- **Comfortable seating:** Arrange seating such as cushions, pillows, or a cozy chair that supports relaxation and allows you to sit comfortably for extended periods.
- **Blankets and pillows:** Add to enhance physical comfort and create a cozy atmosphere
- **Candles:** Creates a soft, soothing ambiance to invoke a sense of focus and tranquility. Choose scented candles if desired, aligning with aromas that promote relaxation and inner connection.
- **Essential oils and incense:** Infuse your space with calming or uplifting scents that resonate with your personal preferences and promote a peaceful atmosphere.
- **Personal artwork and pictures:** Display images that brings you joy, inspires you, or resonates with your spiritual journey. Surrounding yourself with meaningful visuals can help you feel more tuned in. You can also position yourself to gaze out the window if you have a view that moves you.
- **Refreshments:** Keep water or herbal tea nearby to hydrate and nourish yourself during or after your practice. Staying hydrated supports clarity and overall well-being.
- **Crystals:** Place crystals around your space or hold them during your practice to amplify and channel energy. Choose crystals that align with your intentions and intuition, such as clear quartz, amethyst, or selenite.

Remember, interruptions happen! It's essential to remain adaptable and flexible. If you do get interrupted, remind yourself that you can easily shift back into your intuitive space whenever you're ready, embracing the understanding that distractions are a normal part of life.

By curating your intuitive space with comfort, aesthetics, and personal elements that resonate with you, you create an environment that supports your focus, relaxation, and receptivity to deeper messages and guidance.



The Higher Self

The higher self is the purest embodiment of your being, representing the truest expression of who you are. It is the version of yourself that your Soul envisioned and with which you can feel the deepest alignment. Within the higher self resides your untapped potential, purpose, and the most loving ways of living.

By establishing a connection with your higher self, you gain access to invaluable guidance on where to go, what to do, and how to be. It serves as a guiding light, illuminating a vivid picture of what is possible in your life and empowering you to make choices aligned with your highest path.

Remember to also use your CLAIRS to sync with your Higher Self connection and observe how it syncs with them when you tap in.

Journal prompts to coincide with your Higher Self connection and use with your students:

- What is my soul's purpose and how can I align with it more fully?
- What insights can my higher self offer regarding a specific challenge or decision I am facing?
- How can I deepen my connection with my intuition and trust its guidance?
- What limiting beliefs, blocks or patterns am I holding onto that are hindering my growth?
How can I release them?
- What steps can I take to nurture and prioritize self-care and self-love in my life?
- How can I enhance my spiritual practice and connect more deeply with the divine?
- What areas of my life can I invite more joy, abundance, and fulfillment into?
- What lessons or opportunities for growth are presenting themselves to me at this time?
- What actions can I take to live in greater alignment with my values and authenticity?
- How can I cultivate greater compassion, forgiveness, and understanding towards myself and others?

These questions serve as gateways to tap into your higher self and access its wisdom and guidance. By exploring them with an open heart and a receptive mindset, you can gain deeper insights into your truest self and the aligned pathway that awaits you.



Claiming the “drop in” space for yourself or your students

Claiming the drop-in space is about consciously setting the intention to enter into a state of deep connection with your inner self. It's a moment of consciously aligning your physical and spiritual aspects to access your intuitive wisdom. By claiming your drop-in space, you create a sacred container that allows you to fully immerse yourself in your practice, free from distractions and external influences.

In this space, you can let go of the outside world and turn your attention inward, opening yourself up to receive messages, insights, and guidance from your higher self and the universe. It's a space where you can cultivate stillness, presence, and deep awareness.

As you step into the drop-in space, set the intention to connect with your true self and invite your intuition to guide you. Allow yourself to be fully present in the moment, letting go of any expectations or judgments. Embrace the silence, the stillness, and the inner sanctuary that this space provides.

Remember, your drop-in space is a personal sanctuary where you can nurture your mindfulness abilities and deepen your connection to your higher self. It's a place where you can explore, expand, and embrace the vastness of your intuitive potential.

Use the 4 clairs to connect to the drop-in with statements such as:

- “I See You” (Clairvoyant)
- “I Hear You” (Clairaudient)
- “I Feel You” (Clairsentient)
- “I Connect With/Know You” (Claircognizant)

By using your journal to record your experiences, staying consistent with your connection practices, and tracking your progress, you can deepen your relationship with your drop-in space and witness the effects it has on your intuitive abilities and personal growth. You can also note the ways it may come through differently when solo verse teaching a class or holding space for a client. By documenting these experiences, you can gain a deeper understanding of how your abilities unfold in different settings and tailor your approach accordingly. This awareness will support your growth as a teacher, allowing you to adapt and enhance your ability to connect with and serve others in a way that honors your own intuitive wisdom.



GO WITHIN:

- ◆ How does seeing your physical body as a soul container soften your relationship to it? Reflect on the ways in which this perspective has shifted your perception of the body.

- ◆ How can you create a greater sense of comfort in your body to facilitate a deeper drop-in experience? How can you provide this for your clients/students as well?

- ◆ Where is your dedicated practice space? Why does it feel good and work for you? What qualities of a space would you want to provide your clients/students?



GO WITHIN:

◆ How do you perceive and connect with your Higher Self? Describe your experience and sensations when you tap into the energy. Reflect on the qualities, feelings, and insights that arise when you align with this elevated aspect of you.

◆ Where in your body did you claim access as your Soul space? Note if it's a physical part, feeling, emotion, or a combination of sorts.

◆ What other parts of your body also seem to stand out as intuitive gateways? How do they contribute to your sense of connection overall?



GO WITHIN:

◆ How would you like to further explore and deepen your practice of connecting with this space?

◆ Furthermore, how can you share your intuitive experiences others? Reflect on the ways in which you can authentically and compassionately communicate and guide others in their own intuitive connections. Consider how your unique voice and teaching style can inspire and support students in developing their intuition and connecting with their higher selves.



GO WITHIN:

◆ How has your perspective on your physical body and intuition evolved throughout this lesson? What key insights have you gained about the connection between your body, intuition, and higher self?



**Outline a meditation experience
that guides someone to drop into
their higher self/soul space:**

A series of horizontal dotted lines for writing.



SPACE FOR NOTES

Area for taking notes, featuring horizontal dashed lines and a faint starburst graphic.



Invitation:

"Embrace the truth of your physical body as a sacred vessel for your soul's journey. As you soften your relationship with your body and tap into your intuitive wisdom, you unlock the healing power of your higher self. As a teacher and leader, let your intuition guide you to create a dedicated practice space and share the magic of your gifts with authenticity, compassion, and the unique voice that only you possess." - Danielle

