

*The Magic Meditations Workshops*  
*Free Workbook*

*An accompaniment to the Magic  
Meditation CD series*

*Accessing Your Intuition*

*Ina R. Ames*

## Accessing Your Intuition 76.30 Total

### 1. Accessing Your Intuition Introduction 1.53

This is the introduction to Accessing Your Intuition. The key point here is that you will learn to access your intuition consciously and on command rather than accidentally or sporadically. At the end of this CD, you will have four different methods of accessing your intuition anywhere, anytime.

### 2. Muscle Relaxation Exercise 4.47 Breathing Exercise

The first exercise in this track is the Muscle Relaxation Exercise. It is a simple exercise that allows you to relax all your muscles, starting with your feet and then going up your body. You may have previously performed this type of exercise in gym class. By tightening your muscles and then releasing them, your body becomes more relaxed.

The 4-4-4-4 Breathing Exercise is a breathing exercise that demands concentration. You must focus to inhale to the count of four, hold the inhalation to the count of four, exhale to the count of four and hold the exhalation to the count of four. Such controlled breathing relaxes your body. Focusing on the steps (in, two, three, four etc.), clears your mind of stress and everyday concerns that can make you tense, plus it begins the process of controlled breathing and meditation. Use this exercise throughout the day to immediately reduce tension. Sustaining an even flow of breath as you inhale and exhale takes practice.

*Here's how to do it!*

*4-4-4-4*

*We are now going to do the 4-4-4-4 breathing exercise. You will be inhaling to the count of four, holding to the count of four exhaling to the count of four and holding to the count of four. Try to have an even flow of breath as you inhale or exhale.*

*Take a deep breath and as you exhale, relax, take another deep diaphragmatic breath and as you exhale, relax even further and let out all the air.*

*In two, three four.  
Hold two, three, four.  
Out two, three, four  
Hold two, three, four.*

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Hold two, three, four.  
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Hold two, three, four.*

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Hold two, three, four.*

### 3. Chakra Meditation

9.08

This is one of my all time favorite Chakra Meditations and, for that matter, any meditation. We have an energy field within us and surrounding our body called the Auric Field. There are energy centers throughout our body called chakras. This meditation focuses on the major chakras. In this meditation, you're noticing your chakras, opening them up, allowing the energy to flow within your body, and then both within your body and out

into your auric field. You end up by having your energy flowing within and without your body.

This exercise is an amazing healing exercise. You don't have to have special training to heal yourself. Do the Chakra Meditation and you will be healing every inch of both your physical body and the "auric body" of your auric field – healing within and without your body. (Always remember, however, that a meditation doesn't substitute for medical attention when that's needed. When you need medical attention, get it. Use the Chakra Meditation to supplement medical care when it's needed. Use the Chakra Meditation as preventative medicine.)

You may be among those who find that when you do the Chakra Meditation and the next exercise (the Expanding Consciousness Exercise) that you seem to "fall asleep". You hear the CD but as if it's far away. You are getting deeper into the meditation and so it sounds distant. This happens for some people but not everyone. It is neither an advantage nor a disadvantage.

Others, especially "auditory" learners, often feel relaxed and deep into meditating but the words and music won't sound distant. Whatever happens is more often determined by your personal learning style (visual, auditory or kinesthetic) than by doing the exercise the "right way". There is not "right way. However you respond is fine.

The final part of this Meditation is an affirmation that I've heard is either from Ram Daas or ancient (or both). I acknowledge whoever originated it. I love this and use this affirmation often.

*It goes: "I am filling myself and my auric field with the purest white light in the universe. It fills me within and without. Only good can come in. Only good can go out. I give thanks."*

Now if you're not religious, don't consider this a prayer. Consider it an affirmation of strength.

I say this when I'm driving and feel unsafe. I say "I am filling myself, my auric field and my car with the purest white light in the universe. It fills me within and without. Only good can come in. Only good can go out. I give thanks." It takes away whatever fear or bad feelings there are. It forces me to focus which is a good idea when driving in what might be unsafe conditions. I say it other times when I feel at risk. Sometimes, I say it "just 'cause'".

The other cool thing about the Chakra Meditation is that, after practicing a while, you can immediately "go to the Chakra exercise and allow the energy to flow through your body." I only have you do this once in these six CDs but use it often in the Workshops. This is very useful in many situations. Try it.

#### 4. Locating Intuition

2.31

There are many theories about and approaches to intuition. One perspective suggests there are three types of intuition - mental, emotional and kinesthetic. Most people are predominantly one type but with lesser degrees of the other two as well. This track allows you to explore what type of intuitive (person) you are.

#### 5. Sanctuary Building 3.08

I love building my Sanctuary. Each time I do it, I look forward to finding what might be in my gift box or what new additions my imagination has made to my Sanctuary.

If you've built a Sanctuary before, please allow yourself to have it be like a new experience. You never do know what you get in your creative imagination. If you've never built a Sanctuary before, understand it doesn't have to be perfect. It can stay the same or change every time you do the exercise.

Your Sanctuary is your Sanctuary. Okay, I know that was redundant, but it's true and important. This is a place to go in your creative imagination where you have incredible power, can play, grown, heal, can practice plenty

of skills, and meet people you've never known. The possibilities are limitless. It is, first and foremost, *your* Sanctuary. No one can go into your Sanctuary without your inviting them in. You can "redecorate it" any time you want (and no credit card bills, either!)

The Sanctuary contains many rooms and each performs a different function. This allows you to go into your Sanctuary and create what you want in your life. If you want to add to your abilities, you go to your Ability Room. If you want to play, go to your Play Room. For healing or the simple experience of joy, go to your (non-slip) Crystal Room. You can visit with people alive or past, real or imagined in your Vision and Healing Room. You can use your People mover to move people into the room (and out again). You can use your healing table to heal yourself or bring in healers. (Again, don't use this as a substitute for needed medical attention.) Finally, in your Vision and Healing Room you can use your Time Machine to visit the past and heal old wounds or travel forward and create a future you'd like to live.

After you've entered your Sanctuary and been bathed in a healing light, you build and explore your Gift Box and see if there's a gift for you. Or create one you want! I love this. It's such a delight. The purple and gold heart in this exercise happened for me once when my heart was hurting. Mostly I just get delightful gifts that make my heart sing.

Finally, after building your Sanctuary, you get to go to your Ability Room.

## 6. Sanctuary Ability Room

3.58

### Sanctuary Play Room

Your Ability Room allows you either to practice an ability you have or to create a new one. Many professional athletes use similar visualization techniques when they practice an ability or skill in their creative imagination. That's what we're doing here.

To create or practice any ability, you put on either an ability star or an ability suit. This room is an adaption based on an ancient Tibetan exercise. Bob Fritz\* introduced me to the idea of an ability suit and I liked it. I later added the idea of an ability star as an alternative choice. The important thing is

that you allow yourself to build your confidence in your ability to ski, dance, love, be generous, empathize or whatever is important to you. You simply put on your ability suit or star and practice having that ability. I use this room in several of the CDs to practice abilities related to the topic – such as your ability suit (or star) for calling forth intuition or for dissolving barriers or for opening to the Law of Attraction. It's used often throughout my Workshops. This is a room you can use any time. If you think of an ability that you'd like to practice, you can simply go to your Ability Room in your creative imagination and practice that ability. Or, because you have this guide to the different CDs, you can go directly to the correct track on one of the CDs you own and practice that way. Do whatever suits your needs.

\*(see the "About Us" page of the web page and scroll down to acknowledgements)

## 7. Sanctuary Crystal Room

1.31

I love the Crystal Room. I love imagining a room made of all crystals and that it's non-slip. I guess I just love crystals. And where better can we go to heal and experience joy? I just love sitting in the Crystal Room surrounded by crystals in my creative imagination. It's so healing. There are also several exercises in the Crystal Room. On the CDs, our primary exercise is the dissolving doubt/fear exercise. What a wonderful way to abolish fears appropriately. Most fears have two components, a protective part and a part that stops us unnecessarily. In the Crystal Room, we use the dissolving doubt/fear exercise to dissolve the part of that unnecessarily stops us with a rainbow from the crystals while allowing the protective part to recede into our body where it belongs (remember, this is in your creative imagination).

## 8. Sanctuary Vision and Healing Room

2.22

This room reminds me of what they use to call in the 1970's, an "all purpose room". It houses your healing table, time machine and people mover. The people mover is used in several Workshops so you can bring people into the Vision and Healing Room with you for various exercises including healing. The healing table is like a massage table where some of the healers you

bring in through the people mover can help you heal. The time machine allows you to travel back into the past and heal the past or into the future and create a future. Remember that you can always go to your Vision and Healing Room any time you want.

#### 9. Sanctuary Intuition 1.58

The Intuition Room takes under two minutes and in those two little minutes you get to meet your intuition (as an image or sound), create a line of communication with your intuition, and create a signal which will bring forth your intuition for you anywhere, any time. It's a pretty powerful two minutes! You can always go to the CD(s) to use this or once you've listened to this a few times, or you can simply use your signal and to summon your intuition anytime, anywhere. The purpose of this is exercise is to develop the ability to access your intuition consciously, mindfully and consistently instead of occasionally and sporadically. It is also to empower you to be able to use your signal wherever you are – the office, the supermarket – and bring forth intuition.

#### 10. Sanctuary Exit 0.37

This is a no brainer but it's an important track because it begins the transition from the workshop to your normal consciousness. You create a signal that only you can use to open your Sanctuary. It reminds you that no one else can come into your Sanctuary without your permission.

#### 11. Defining Intuition 6.40 The Fear of Intuition

Again, we are looking at the nature of Intuition, but this time from a different perspective – from the perspective of consciousnesses. We are also looking at intuition as the access to the Super conscious, the all knowing. What if intuition is access to the Super conscious? Then that means intuition holds the key to a gracious generous benevolent universe that wants to provide you with the information you want and need in creating your life. This track explores intuition as a state of consciousness.



We also begin to explore our fear of intuition. There are many reasons people fear intuition. Most stem from fear of losing control of our lives if we listen to intuition. Intuition is one of four parts of our decision making team. In this track, we begin to realize that we have free will around listening to our intuition and that intuition is access to Super conscious.

## 12. 4-4-4-4 Breathing Exercise

2.07

*Here's how to do it!*

*4-4-4-4*

*We are now going to do the 4-4-4-4 breathing exercise. You will be inhaling to the count of four, holding to the count of four exhaling to the count of four and holding to the count of four. Try to have an even flow of breath as you inhale or exhale.*

*Take a deep breath and as you exhale, relax, take another deep diaphragmatic breath and as you exhale, relax even further and let out all the air.*

*In two, three four.  
Hold two, three, four.  
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Hold two, three, four.*

*In two, three four.  
Hold two, three, four.  
Out two, three, four*

*Hold two, three, four.*

*In two, three four.*

*Hold two, three, four.*

*Out two, three, four*

*Hold two, three, four.*

### 13. Dissolving Doubt Fear Exercise

7.41

This exercise is done in the Crystal Room (with the fabulous Crystal Room background music). Basically, you visualize your fear as a thread in your body which you can take out. You separate the thread into two parts – the part that protects you and the part that stops you unnecessarily. You allow a rainbow from the crystals to dissolve the part that stops you unnecessarily and return the part that protects you into your body. Always remember that this is a visualization and there are no real threads. This visualization gives us the freedom to dissolve the fears we have easily while honoring what protective and good messages they have for us.

### 14. Intuition Ability Room Exercise

1.10

You may prefer to go to the Ability Room, put on the intuition ability star or suit and access your intuition that way. This provides a quick, immediate access to intuition.

### 15. Golden Energy Exercise

5.26

I love the Golden energy exercise. This is one of the exercises where you go directly to the Chakra Meditation and allow the energy to flow through your body. You are then surrounded by a beautiful bubble of gold energy that transforms your perspective regarding money, relationship and love. It's like a mini-vacation.

### 16. Sanctuary Exit

0.35

This is a no brainer but it's an important track because it begins the transition from the workshop to your normal consciousness. You create a

signal that only you can use to open your Sanctuary. It reminds you that no one else can come into your Sanctuary without your permission.

#### 17. Relaxation and Meditation Exit 2.06

This exercise bring you back to waking consciousness (if that's your wish) if you're listening to the CD(s) during the day, or it allows you to drift into a deep sleep if this is your regular bedtime.

By counting backwards from five to one, you transition back to full waking consciousness. If it is your regular bedtime, you ignore the waking cues and drift off into a resting and relaxing sleep that allows you to awaken at your regular time refreshed.

Relaxation and Meditation 12.58 minute version 12.58

#### 18. Relaxation and Meditation Introduction 1.26

This is the introduction to the Relaxation and Meditation Workshops - all three lengths. The reason for having three lengths is so that you can relax and meditate regardless how much or little time you have. Chose the length by the amount of time you have available. The shortest version is on each of the other Workshop CDs.

(TADB) The Take a Deep Breath transition is used throughout the series. First, it has you take two deep breaths periodically throughout the Workshop. This is good. If I had my way, I would require everyone to take two deep breaths as transitions throughout their day. Off of a phone call? Take two deep breaths. Going to lunch? Going to a meeting? Going into rush hour traffic? Take two deep breaths. Heading to bed? ...You get the idea. Deep breathing extends your life. It relaxes your muscles. It provides your body with needed oxygen. It allows you to focus for a few seconds on something other than life's petty details. Second, the TADB transition signals that we're moving from one exercise to another.

*Here's how to do it! (3 means a 3 three second pause)*

*Take a deep breath (3) and as you exhale, relax (3). Take another deep diaphragmatic breath (3), and as you exhale, relax even further.*

Diaphragmatic breathing is an especially efficient form of respiration. The air always goes into your lungs. The diaphragm is a dome-shaped muscle that is under your lungs and protects your lungs, heart, and other organs from what's below it. As you relax the diaphragm, your lungs have more room to expand which allows for more air and a "deeper breath". The more air you bring into your lungs, the more oxygen goes to your bloodstream.

To experience diaphragmatic breathing (without the depth) pant like a puppy dog. Hold your hand gently on your upper stomach. You'll feel the diaphragm moving up and down. (Relaxation, not tension, is required.) The next step is to begin to pant like a puppy but to "pull in" more air. Your inhalation becomes longer and the diaphragm relaxes so your lungs can expand more.

## 19. Muscle Relaxation Exercise

### 4-4-4-4 Breathing Exercise

4.45

The first exercise in this track is the Muscle Relaxation Exercise. It is a simple exercise that allows you to relax all your muscles, starting with your feet and then going up your body. You may have previously performed this type of exercise in a gym class. By tightening your muscles and then releasing them, your body becomes more relaxed.

The 4-4-4-4 Breathing Exercise is a breathing exercise that demands concentration. You must focus to inhale to the count of four, hold the inhalation to the count of four, exhale to the count of four and hold the exhalation to the count of four. Such controlled breathing relaxes your body. Focusing on the steps (in, two, three, four etc.), clears your mind of stress and everyday concerns that can make you tense, plus it begins the process of controlled breathing and meditation. Use this exercise throughout the day to immediately reduce tension. Sustaining an even flow of breath as you inhale and exhale takes practice.

*Here's how to do it!*

*4-4-4-4*

*We are now going to do the 4-4-4-4 breathing exercise. You will be inhaling to the count of four, holding to the count of four exhaling to the count of four and holding to the count of four. Try to have an even flow of breath as you inhale or exhale.*

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## 20. Expanding Consciousness Exercise

4.38

This is a good place to discuss “the creative imagination”. Often throughout these Workshops I ask you to imagine, “in your mind, in your creative

imagination.” My friend Mary would like to know where else a creative imagination could be besides your mind. Good point. However, I say “in your mind, in your creative imagination” to remind you to be aware of several truths. Your imagination exists only in your mind. It isn’t a physical thing.

I hear people say “I don’t have a very good imagination” and my nose crinkles. Everyone has a perfectly good imagination. Some of us have practiced using it because we were encouraged as children. So we have more experience. But your imagination is no better or worse than you best friend’s imagination. She or he may simply have more practice. (Or you may!) So when you’re told to imagine in your mind, in your creative imagination, know that your imagination is both present and developing.

I can’t put my hands on my chakras, or infinite resources, or my intuition or many of the other concepts discussed here. My chakras -- like love, patriotism, fidelity and integrity-- live in my mind, in my creative imagination. If I can’t touch it (if it’s not physical), it only lives in my creative imagination. Even a dog I saw yesterday only lives in my mind because it’s not in the room right now!

The only way you can have the Expanding Consciousness Exercise work for you is for you to realize that you are expanding your consciousness in your creative imagination. There is no need to “be” the room, the building, the state or province, which is good – because there is no right way to do this exercise. It’s designed to have you expand your consciousness so do what’s asked and take what you get. Whatever you experience is perfect for you this time. Who knows about the next time? Only that it’ll be perfect for you then!

Enjoy the exercise. My favorite part is where I finally get out to the Universe and sit down and look down on mother earth. The first time I experienced “infinite resources” was in 1982 when I was practicing this exercise. I sat on a meteor (now you know this is in my imagination!) and looked down on mother earth. I wondered what it would be like if everyone, every man, woman and child, was fed, loved, educated, and had a home. Suddenly, there was a vibrating white aura around the earth. It was a most incredible experience of loving and knowing – knowing that the universe had

been designed so that there were infinite resources for all. That's the source of my promise for the world – by 2026, a word vibrating with infinite resources.

## 21. Relaxation and Meditation Exit

2.07

This exercise bring you back to waking consciousness (if that's your wish) if you're listening to the CD(s) during the day, or it allows you to drift into a deep sleep if this is your regular bedtime.

By counting backwards from five to one, you transition back to full waking consciousness. If it is your regular bedtime, you ignore the waking cues and drift off into a resting and relaxing sleep that allows you to awaken at your regular time refreshed.

## 22. *Introduction to the CD Series*

5.13

This is blatant advertising, but allows people to hear an introduction to each CD so they have some idea if the individual CDs are for them (they are!)