

# YOGA AND MEDITATION : CONNECTING US TO THE OTHER SIDE

 Sebastian Thomas  Jun 29th, 2016  0 Comments  |  |  | 



Meditation and yoga are powerful tools, but did you know that these tools can help you possibly connect with your loved ones and others who have passed away?! Well, Medium Fleur, a popular Medium out of Hollywood, California who travels the globe helping individuals connect with the dead, gives thanks to her practice of yoga and meditation to bringing out the best of her abilities.

Asana Journal sat down with Fleur to find out more about her incredible abilities as a Medium, and how yoga plays an important part in her life...

## **How were you first introduced to yoga?**

I was introduced to yoga in college and fell deeply in love with the practice when I travelled through India. Yoga is a part of my daily life, I meditate everyday and I never travel without my mat.

## **What is your favorite type of yoga to do and why?**

My favorite type of yoga is Vinyasa flow and Bhakti Yoga. The first thing I do when I roll out of bed is a morning meditation. The time I spend meditating before I start my day keep me aligned and in tune with myself and my work as a psychic medium. I meditate like an athlete trains- an athlete takes care of the physical body to maximize performance, I meditate to keep a clear connection to the spirit world.

## **Can you tell us about how practicing yoga helps your mindset wise as a medium?**

I was born with the ability to communicate with the spirit world, but when I first started to do readings I found that sometimes my own mind chatter got in the way. With the help of meditation and yoga, I have taught myself to turn up the volume on the spirit world and turn down the noise of my own mental thoughts.

Are there any other types of relationships or connections between yoga/ meditations and connecting with the dead?

Meditation and yoga can help us bridge the gap between the physical and the spiritual. When I connect with a person on the other side, I am always struck by how wonderful they feel. The soul without the physical body does not experience the pain or negative emotions that can keep us from being a less-than-kind version of ourselves while in the physical world. When we shed the outer layers, what remains is the best part of ourselves. However, that soul or best part of ourselves was always present to begin with. We don't need to cross over to let our soul shine. Yoga can be a helpful tool to remind you that you are a soul. After a yoga or meditation session, the heart is open and the soul shines outward.

## **What do you find is the hardest thing about practicing yoga?**

Committing to a daily practice! Especially when life gets busy.

## **What is your advice to others looking at getting into yoga?**

Yoga can get you closer to your intuition. The biggest concern my students have is how to access their intuition, on demand. They complain that they can receive a message from the other side or get an 'intuitive hit' when they least expect it, but can't access it when they want to. I have found that daily life distractions are the biggest obstacle to a clear connection. Our brains are so busy processing the constant input we receive that it rarely has a moment to rest and tune inward. When we haven't trained ourselves how to turn off the mind chatter, intuition can not be accessed at will.

## **Have you ever connecting with a dead person while in the middle of a yoga session or while you were meditating?**

I begin every session with a meditation, both in my office and on stage. Mediumship works like a radio dial, the spirit world is able to better communicate with me when we are operating at the same frequency. Meditation helps me zero into the right frequency to be the best translator I can be.

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