



Claircognizance

Everyday ways to sharpen yours.

Practice these "Clair-ity" Approaches to sharpen your psychic senses everyday. When you go to use your psychic-knowing... you'll be primed and ready.

1 Recall what you've learned after reading a book, etc.

After watching a show, reading a book or having a conversation... recall what you've learned. List out the facts in your mind. take inventory of small details too.

2 Tune-into historical events before you know about them.

Pick a time period or event, especially one that has fascinates you, and see if your intuition picks up any details. Then check your work.

3 Watch movies and try to guess or predict the ending.

Try guess small details, too. "Where will the next scene be?" "Is the next character introduced male or female"

4 Make a list of your important ideas and thought.

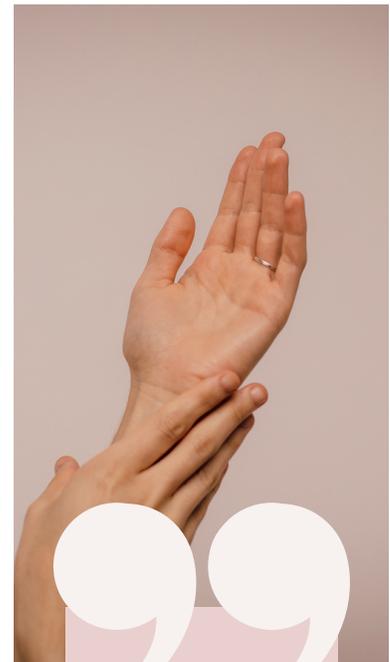
Making your thoughts "last" by writing them down will help you remember your impressions. The easier you can access them, the more your brain. gets used to noticing them.

5 Ask others their thoughts on things.

Strike up a conversation. and expand your perspective with someone else's ideas.

6 Before bed, take inventory of your thoughts today.

If you had made a list of all the important thoughts you had today (in your mind or on paper)... recall them. it helps!



PSYCHIC HEARING HELPS YOU RECEIVE WORDS, AND PHRASES FROM SPIRIT, AND SHARING THESE MESSAGES IS PROFOUND FOR OTHERS.



Clairsentience

Everyday ways to sharpen yours.

Practice these "Clair-ity" Approaches to sharpen your psychic senses everyday. When you go to use your psychic-feeling... you'll be primed and ready.

1 Notice how the room feels. What's the vibe?

Every space has energy. The energy builds up over time as imprints from people who visit and the nature around it embed into its particular frequency.

2 Notice how people you know or meet make you feel.

Every person has a particular vibration and feeling. Even still, that energy can change with their state of mind and emotions.

3 Feel out the collective energy of a group.

People's energy when in a group, sings like a harmony. Notice the collective energy where people gather.

4 Notice the energy shift when someone leaves the room.

If group energy sings in a harmony... how does the vibration change when someone leaves the mix? Notice it.

5 Try to think of feelings as vibration.

Have you ever heard the term, "You could cut the energy in the room with a knife?" Notice if the energy in the room is thick or thin.

6 If appropriate, make physical contact with people.

Psychic-feeling is heightened by physical touch and it is a great way to "receive" the energy of someone. Hug people. Hold their hands. Cuddle with the kids.



PSYCHIC FEELING CAN TELL YOU A LOT ABOUT A PERSON, PLACE OR THING. MOST PEOPLE ARE NATURALLY INCLINED TO FEELING. USE THIS OFTEN.



Clairaudience

Everyday ways to sharpen yours.

Practice these "Clair-ity" Approaches to sharpen your psychic senses everyday. When you go to use your psychic-hearing... you'll be primed and ready.

1 **Reach to hear sound you usually don't notice.**

The wind in the trees... the washing machine down stairs... a particular child's laughter at the park... Our hearing is richer than we usually notice. Take the time.

2 **Listen to music or the noise around you in the dark.**

Something about the dark heightens our sense of hearing. It helps to not be detracted by seeing. Try it!

3 **Write down a list everything you can hear.**

Make the list as long as possible. Do it in different kinds of environments. Do it at different times of the day.

4 **Notice a person's voice when you meet them.**

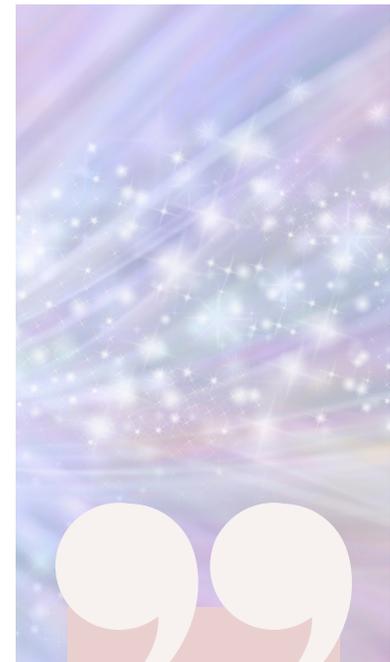
Enjoy their tone and their laugh. Take interest in what words they use and how they articulate the sounds of them.

5 **Listen to your favorite songs again and again.**

Even if you think you know the song well, try to notice a new instrument or sound in the song each time you practice this.

6 **Close your eyes and reconstruct someone's voice.**

Pick someone you love and recall their voice. Imagine them saying certain phrases. It might be hard at first but the more you start observing sound, the easier it will be.



PSYCHIC HEARING HELPS YOU RECEIVE WORDS, AND PHRASES FROM SPIRIT, AND OFTEN SHARING THESE MESSAGES HELP OTHERS.



Clairvoyance

Everyday ways to sharpen yours.

Practice these "Clair-ity" Approaches to sharpen your psychic senses everyday. When you go to use your psychic-seeing... you'll be primed and ready.

1 Observe the room using the "Clairity" Method.

In a new or (familiar place), look more closely at your surroundings and the detail in items around you. savor each detail. Become more intimate with every texture and color.

2 Close your eyes and reconstruct the room.

Recall back by memory all the fine and intimate details of what you observed earlier.

3 Keep notes about your dreams in a journal.

Dreams are very visual. The more you take notes about your dream the stronger your visual impressions will be.

4 Draw overhead sketches of spaces you've been.

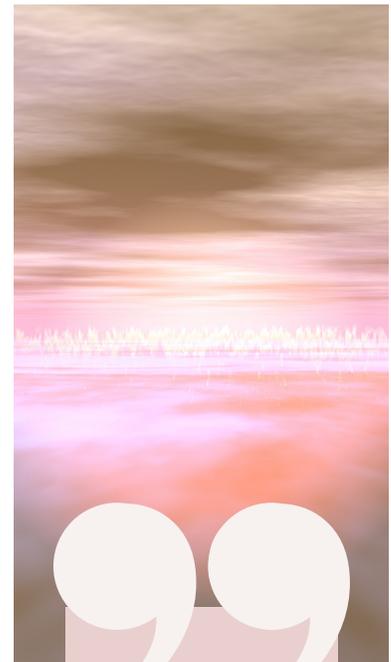
Just like a filmmaker does when they plan a shot, draw an overhead sketch to account for the environment.

5 Be extra observant when meeting someone new.

Notice their smile, their eye color, their clothing. Notice as much as possible.

6 Close your eyes and reconstruct the room.

Before bed, reconstruct your day like editing a movie highlight reel. Take the time to go back and re-see what you saw today.



PSYCHIC SEEING IS A FAVORITE WAY TO RECEIVE INTUITIVE GUIDANCE AND IT CAN BE USED IN ALL SORTS OF DIFFERENT KINDS OF READINGS.