



## RECEIVING SIGNS THROUGH CLAIRAUDIENCE

By Lourdes Lebron

How do you receive signs from the universe, spirit guides, angels, etc.? Well, signs come in through the senses. One of the most interesting senses to receive signs through is hearing, or clairaudience.

Clairaudience often comes across as music/songs. When there is a song stuck in my head as soon as I wake up I know there is usually a message for me in the title, lyrics, or piece. If the same song plays on the radio, the universe is emphasizing the message. One time, I was entering a parking garage with my family and heard that most beautiful music. There was no one playing music around and no rational reason only I could hear the music. This was a sign for me that spirit guides and angels were around me.

Clairaudience can also come across indirectly. Overhearing conversations where a topic on my mind comes up lets me know that the universe wants me to hear that message. Although I hear things in sessions all the time, the most impactful messages come through when I am not working on a session and am not expecting them.

Surprisingly, Clairaudience can also come through in dreams. Some dreams are so realistic you can remember what you heard or did. Those “realistic” dreams may actually be your spirit guides or angels reaching out to you; you are more receptive to higher vibrations when sleeping. This past week when I was sleeping a voice very clearly suggested that I create a specific Reiki Infused Photo and post it. It was so insistent, and felt so right, that I immediately woke up and did it.

After reading this you may wonder how to tell the difference between your own thoughts and messages from the universe. After all, they both can come across in your own voice. Messages from the universe have a peaceful resonance about them; they are gentle, yet firm. More importantly, they will always guide you towards actions that benefit others or bring inner peace.



Are you interested in developing your clairaudience? One of the first things to do is spend a few minutes each day being quiet and paying attention to what you hear around you. I live in the city so I can hear airplanes, cars, radios, dogs, kids, birds, etc. within a short period of time. The more you are aware of in your outer world, the more you will be aware of when you tune in to your inner world.

Meditating, even for 5 minutes a day, can assist you by helping you focus on your breathing, energy field, and thoughts. When you are familiar with your inner voice you will be able to notice when the voice has a different tone and feel, and is actually a message from above.

Of course, my favorite method to develop clairaudience is Reiki. : ) Reiki works by releasing energy blockages, and I have a YouTube playlist and session to assist with this goal.

As with any skill, the more you practice the better your results will be. Hope this helps you to develop your own clairaudience skills and recognize the signs you consequently receive!