

Developing Your Clairs

Clairvoyance

1. One minute exercise to look at your environment (objects, colours, shapes, where they are place, distance, etc). Close your eyes and rebuild the environment then write in your notebook.
2. Call higherself before going to sleep and ask a question. Write your dreams, everything you remember as soon as you wake up, without moving. Note the colours, scenery, etc . Give a title to dream. Notice the connection of the dream and connections in daily life and other dreams.
3. Notice the details when you meet new people or go to new places – face features, dress, colours, shapes etc. At night close your eyes and remember the visuals.

Tip – Take note of symbols, they can reveal a lot

Claicognizance

1. After reading a book/watching a show – write down what you learned and open your mind to the dynamics of people involved from an observer perspective.
2. Close your eyes and let a historical event come to you and free write about it. Read it again later and find if new info comes through when you close your eyes.
3. At the end of the day write all that you learned during the day. Getting moral of the story, the most important thing.
4. Find something in your house that does not belong to you, think about the item and let any information about the item come to you and write all that comes to you for one minute.

Tip – Don't doubt how you know what you know, just write it down.

Clairsentience

1. Close your eyes and notice what you notice, feel the energy around you.
2. Close your eyes and let a memory from childhood come to you, notice how you feel about yourself, people, event.
3. Before you go somewhere, close your eyes and notice how you feel before you go to the place and write down. When you go to the place compare with the energy you felt.

Tip – Always protect your energy wherever you go

Clairaudience

1. Close your eyes and notice sounds within yourself body, then your house then your further out. Write them down.

2. Listen to a music in the dark, different types of music. Listen to the different instruments. Write down the sounds.

3. At the end of the day, remember all the sounds, pitch of voices, noises, songs and write down.

Tip – Respect your need for silence as well.