



## Divine Harmony Cycle Code

### H12 – Intuition

This exercise is to find your dominant clair. Remember the 4 spiritual senses through which we receive information from our soul and the higher realms are through these 4 main clairs.

1. Claircognizance – Knowingness – You know, you don't how you know but you know
2. Clairvoyance – Seeing images - You see things and can easily visualise
3. Clairaudience – Hearing – You hear voices, sounds
4. Clairsentience – You feel – You recognise feelings

Write the 5 questions on a piece of paper and relax. Then ask each question one by one, closing your eyes and notice what comes up for you after each question. Then compare all your answers below and write the letter to which your answer corresponds most to. Then see what letter shows up for you most, that is your dominant clair. Scroll down for answers. Note that you can also have more than 1, that's fine too.

I will be adding a short meditation in the next couple of days to help you develop your dominant clair. Make sure to check this download again.

#### **1. Think about the last time you went to beach, what did you notice?**

- a. Saw the colours, sand, blue sky, green trees
- b. Remember conversations/noises
- c. You felt happy/sad/good/cold/hot
- d. You learnt that you need to take extra clothes/towels

#### **2. How do you learn best?**

- a. When information is written or visually sketched out
- b. When information is communicated verbally— directly or via audio
- c. Through personal experience—by doing or feeling
- d. Through research, learning facts, and diving deeper into your own knowing

#### **3. When you watch a great movie, what do you remember most?**

- a. The scenery/cinematography, visual effects, costumes, appearances
- b. The score or soundtrack (your music library is full of movie soundtracks)
- c. How it made you feel
- d. The storyline, the characters, and the acting



**4. What do others say about you?**

- a. You help them see things in a unique, new way
- b. You're a great listener and always there for them
- c. You give excellent advice
- d. You are loyal and trustworthy

**5. Think about the last person you met**

- a. You remember what they were wearing
- b. Remember the sound of their voice or any other noise
- c. You felt happy/upset
- d. You remember something they mentioned that you learnt

Answers: The most number of As is clairvoyance, Bs is clai audience, Cs is Clairsentient & Ds is Claicognizance