

Psychic Ability Assessment

Energy Work and Psychic
Development Live and Online
Course Companion

*Take the Assessment to find out which of
your psychic abilities are the strongest!*

BY LILITH CALLISTA SILVERKROW



Introduction

Have you ever wondered what psychic abilities you have innately? In my years of working with other witches, psychics, and spiritualists, I have found a few things in common- and the most important one of all is: they all have some type of psychic ability, that awakens when they start diving deeper into their spiritual journeys. Everyone has some level of psychic ability; even you!

It is my hope that you find the information you need to assess your psychic ability, and apply them to your daily life. Your intuition is the biggest most important thing in your spiritual journey. I am an advocate for using your gifts for your highest and greatest good. Sometimes all we need is the knowledge of our gifts, to start using them daily in our lives.

Use this guide to get confirmation, squish doubt and realize, you aren't the only one on the planet who experiences these things! Go forth and explore your magick!

“*Everyone has some level of psychic ability; even you!*”

About Me

Hi, My Lovelies!



I am a Spiritual Mentor, and Coach, Specializing in Psychic Ability, Spiritual Awakenings, and Subconscious Mind Reprogramming with a heavy focus on finding your Authentic Sovereign Expression.

Years ago, I bumped into NLP (Neuro-Linguistic Programing) and became absolutely fascinated with how the mind works. I also started to notice a similarity between NLP concepts and Psychic ability... As a psychic, I sat in meditation, trying to tweak and to learn more about how I could serve my spiritual community best, and the combination of the modalities turned out to be a win-win! Although I do not exclusively practice NLP anymore, I do combine NLP techniques, with other mind, body, soul healing modalities as a way to help you break the code to being yourself.

I now help people tap into their authenticity and sovereignty by assisting them to master their mind, and their senses and awaken to the innate gifts and abilities they have within. The transformations have been mind-blowing, and I'm so excited to share some of my work with you!

I hope you enjoy this Psychic Ability Assessment Guide!

I know I enjoyed making it!

See you soon!

Lilith



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The Different Types of Clairs

There are many types of psychic clairs and we'll be testing each one of these clairs out in this assessment. Most people have psychic ability, but have no idea how to identify or name each of their gifts.

Below are a list of Psychic Clairs, what they do and how they interact with your senses.

Some people have all of these clairs naturally, while others may have one or two clairs that really stick out to them. No matter what, all of the clairs are accessible and can be learned, whether or not you have that skill initially or not.

Take a look below and get familiar with each of the psychic clairs.

What are your Spiritual Gifts?

Clairesentience "Clear Feeling"

Clairealience "Clear Smelling"

Claircognizance "Clear Knowing"

Clairgustance "Clear Tasting"

Clairvoyance "Clear Seeing"

Clairaudience "Clear Hearing"

Assessment Directions

What psychic abilities do you naturally have?

Answer the questions for each of the abilities. If you score high on a section, then this means that your psychic ability is the strongest in this area, and you should lean on that Clair to tap deeper into your psychic ability. Each Section has statements, each true one is worth one point. Total your points at the very end to find out your strongest psychic ability.

Circle all the numbers that apply, then answer the questions at the end of this worksheet.

Give yourself 1 point for each statement that is true for you. At the end, tally for each Clair and find out which abilities are your strongest.



Things to Do Before Starting the Assessment

1 Ground and Center your energy! And Remember to Breathe!

2 Allow yourself to be perfectly honest with all of the questions and take your time.

3 Come back and re-assess every 3 months! You will be surprised at how your abilities strengthen up!

01

Clairaudience

The ability to Clearly Hear-

Clairaudience is the ability to receive messages from spirit/Divine/Universe through music, other people, voices in the mind internally and externally.

1. I can clearly hear music playing in my mind.
2. I can close my eyes and hear the voice of someone close to me in my life.
3. I can sometimes hear words or a voice in my head that doesn't feel like it comes from me.
4. I hear ringing, buzzing, or clicking in my ears often.
5. When I read I hear a voice, or voices of characters in my mind.
6. I am sensitive to sounds.
7. Radio frequencies bother me.
8. Certain people's voices are really hard to listen to.
9. I can clearly hear what people are thinking, before they say anything.
10. I have been told I have really good hearing, sometimes I can hear conversations when people are whispering or even from rooms away.
11. I have been told that I have really good listening skills.
12. I get a little voice in my head that tells me if I am doing something right or wrong.
13. I've heard someone whisper/ or say my name, but no one was there.

Score: ____

02

Inner Clairvoyance

A psychic sense that allows you to see visions, dreams, or physical manifestations of energy or spiritual beings.

Clairvoyance simply means “clear seeing” A person with a vivid imagination would be considered to have clairvoyance. Inner: To clearly see with eyes closed.

1. I can clearly visualize objects, people, and locations.
2. I have a great imagination.
3. When I read a book, I can visualize the story as if a movie plays in my mind.
4. I sometimes have lucid dreams.
5. I can remember my dreams at night.
6. I never forget a face.
7. I can visualize the movement of energy.
8. I daydream a lot.
9. I have prophetic dreams
10. Memories of the past show clearly in my mind.
11. I can visualize myself doing something I've never done before.
12. Sometimes Music gives me visuals
13. I can create clear images in my mind, and can freely manipulate the energy.
14. I can clearly see where an object is, if it is lost (A friend asked me where something was in her house, and without really knowing, I could see what cabinet the item was in!)

03

Outer Clairvoyance

A psychic sense that allows you to see visions, or physical manifestations of energy or spiritual beings. Being able to see Chakras would count as outer Clairvoyance!

Clairvoyance simply means “Clear Seeing” A person with a vivid imagination would be considered to have clairvoyance. Outer: To clearly see with eyes open.

1. I can see floaties, and energetic particles in the air.
2. I see movement out of the corner of my eyes.
3. When I make an energy ball in my hands, I can see the “smoke” rising from my palms.
4. I can see the Aura- sometimes as smoke, and sometimes as colors.
5. I can visualize with my eyes open.
6. I can see entities and spirits with my eyes open.
7. I can imagine what I might look like in a new outfit.
8. I can see the outlines of energy in all objects.
9. When I give a person direction, I can clearly see the path that they need to take with my eyes open, but the pictures still show in my mind’s eye.
10. I can clearly see something happening as I am explaining it. (For instance, giving directions, or remembering where something is in the house.)

Score: ____

04

Clairsentience

The ability to Clearly Feel something. This is intricately linked to those that are empathic and also those that have some sort of Somatic Ability as well.

- 1.
2. I can feel the energy of a room.
3. I can feel energy circulating through my body when I meditate.
4. I can feel when people's emotions are running high or low.
5. I get "sympathy pains" when I touch someone who doesn't feel well.
6. I get a gut feeling that I know something is right.
7. When I am lost, I instinctively feel which direction is right.
8. I rely on my gut to make decisions, if it doesn't feel right, I do not pursue.
9. I sometimes can clearly feel an emotion from the past as if it is happening right now.
10. I can feel when someone is lying or hiding something from me.
11. I often feel other people's emotions when I am working on someone energetically.
12. I can feel when other people are pulling on my energy or thinking about me.
13. I can sense energy shifts and changes in others and can define the energy of the feeling I receive.

Score: ____

05

Claircognizance

The ability to Clearly Know something. It's that Knowing that you have when something is about to happen. For instance, have you ever just known the phone was going to ring, or even knew who was calling?

1. I instinctively Know how to talk to other people.
2. I know when a decision is right.
3. Without understanding why, I know things that I haven't been taught before (This could be words of a song, or a spiritual principle that was never taught to me, etc..)
4. Without understanding why, I clearly know if a person is trustworthy upon meeting them.
5. People come to me for guidance and direction and I know exactly how to handle it without any prior experience.
6. When I am lost, I instinctively know which direction is right.
7. I sometimes can clearly identify an emotion from the past as if it is happening right now, but do not react, (because I am aware of it).
8. I often know when something is going to happen before it does. (This applies to all or most areas of my life)
9. I know how a person feels just by being around their energy.
10. Healers Question: I know exactly where to place my hands when working on a client or instinctively know when a client's energy is unbalanced.
11. There are days where I am lead to do things I don't consciously think of.
12. I know when something bad is about to happen. Sometimes I can predict illness or death.

Score: ____

06

Clairintellect

Clear Intelligence - clear thinking; have a thought and then moments later have it come true

1. I can collect information in my mind on how to solve problems, fix things, or navigate situations clearly without instruction.
2. I connect the dots in my mind to understand a concept that is explained to me only once, and somehow it is integrated for future use.
3. I can clearly see patterns in my own and other people's lives, and can easily connect the dots, as if reading a book, or viewing a whiteboard.
4. When someone speaks to me, I sometimes only notice keywords in the conversation, but can put the whole picture together, when this happens, I may not be actively listening.
5. When listening to a guided meditation, I can instinctively move ahead a few steps, before the narrator gives me instructions.
6. I can mimic other people perfectly and can logically calculate their next move.
7. I can Characterize and Summarize a person and instinctively know who they are as a person and what they are thinking.
8. I think of a song I want to hear, and then my playlist shuffles to that song, or the radio station plays the song that I was thinking of.
9. I think of a friend calling and moments later I receive said call... "I was just thinking of you"
10. I can think of something and it just appears or happens for me. (Some say this is instant manifestation, but I already knew it would happen.)

Psychic Ability Assessment

Score: _____

07

Clairaliene

The ability to clearly smell something. Just like Clairgustance, clairaliene is a Clair that doesn't get the full attention that it deserves.

1. When someone mentions their favorite food, I can clearly smell it as if they were cooking it right now.
2. Certain perfumes and scents remind me of certain people that I know now or from my past.
3. With no reason at all, certain scents linger around me, even when there is no evidence of a scent nearby.
4. Certain smells invoke an emotion inside of me.
5. I am sensitive to odors, whether good or bad.
6. Sometimes when I am talking to someone who is over the phone, I can smell their scent
7. I get a whiff of a scent that reminds me of someone that is no longer living- even though nothing of that scent is present in my space.
8. When I smell food, I can identify the spices used in the recipe, sometimes I can even recreate the flavors.
9. I can smell sickness in a person, or when death is near.
10. I can imagine smells as if they were real (Imagine a freshly baked chocolate chip cookie, can you smell that?)

Score: ____

08

Clairgustance

The ability to clearly taste something. While this is a fairly rare way of using psychic senses, it is a completely valuable way to communicate, an essence of something you can taste.

1. If I close my eyes, I can taste what a lemon tastes like, and my cheeks pucker.
2. People say I am a good cook, although I've never had any training.
3. When I look at a menu, I can taste what something might taste like according to the ingredients listed.
4. I can invent new recipes, through imagining what things might taste like.
5. I instinctively always know what spices to use.
6. I can taste the spices in the food and replicate a dish perfectly.
7. My mouth waters, and I can taste what I have a craving for.
8. I am a foodie, and love to try different tastes and textures of food.
9. Sometimes I can taste things that I haven't eaten before or haven't had in a really long time.
10. Sometimes a taste in my mind reminds of certain memories, or memories of other non explainable things.
11. I can sometimes tastes the chemicals in foods or beverages and instinctively stay away from ingesting them.

09 Empath

Clear emotion; highly sensitive people, sense what others around them are feeling or thinking

1. I do not like to be around too many people or crowds; I feel overwhelmed.
2. I am naturally introverted.
3. When I am near a person who has suffered in some way, I tend to feel their suffering as if it is my own.
4. Sometimes I get "sympathy pains" in my body, when someone near me says that they have a headache, or their back hurts.
5. I take on the energy of the people around me, like a chameleon, in order to fit in.
6. I have been told that I am emotionally sensitive.
7. After being around people for a long time, I need to recharge my batteries by creating private space for myself.
8. When I watch the news and hear of suffering, it hurts me deeply.
9. I am naturally attracted to highly energetic people or low energy people, there is no in between.
10. I need other people around me to help me break out of my shell.
11. I have a hard time saying No to people.
12. I have suffered from anxiety.
13. I have suffered from depression.
14. I can only be around a few people at a time, my social battery runs low after being around people I know.

Score: ____

106 Somatic Psychic Ability

*Psychic Ability Used through the body,
Energy flow, a combination of
Clairsentience, and Clairempathy*

1. I can feel the flow of energy in my body very strongly.
2. When I touch someone, I get an understanding of some aspect of them emotionally, I might instinctively know where they might be holding tension or stress in the body.
3. My body sways when I am in meditation.
4. I can ask my body yes or no questions and receive an answer.
5. I can feel the energy of an object when I touch it, and it gives me energetic information in the body.
6. I can clearly feel when my Chakras are Spinning or Not Spinning and can feel when they need attention.
7. I have a good relationship with my body and can feel when something is shifting.
8. I listen to my body when something feels weird or strange.
9. My body sways or shakes when I am not in meditation but speaking or talking to another person deeply.
10. When I am near a person, I either feel repelled by them, or drawn to them like a magnet.
11. I feel compelled to touch things. All the things ... I love physical sensations.
12. I love hugs and gentle touch and intimacy.
13. My emotions cause physical illness, or pain in my body.

Score: _____

Psychic Ability Assessment

11

Intuition

A nudge or push from the body that signals a psychic response.

1. I know when someone needs my help without them ever asking.
2. I follow my gut feelings to guide me on getting something done.
3. I trust that I know the right path in life.
4. I instinctually know what to do to lift a persons mood or help them feel better.
5. When I'm near someone who may be suffering, I know where to place my hands to send them healing energy.
6. I instinctively know how to do something that I've never been taught before.
7. I hear, feel, see, taste, sense, or know, all at once sometimes, and I know what to do, say or react in certain situations.
8. I have most of the indications/signs from each of the other psychic clairs.
9. I know when a message is coming through from spirit and I may or may not follow it.
10. When I feel extremely passionate about something, I can work on it for hours and it's like I'm in a complete zone of genius, everything just flows.
11. I never question certain things, or have second thoughts, my intuition guides me to choose the best path and I follow.

Score: ____

12 Mediumship Abilities

The ability to tap into and talk to other energies besides the person that you are working with.

1. I know when someone is about to die. It's a feeling, a knowing that this will be the last time that I'd see them.
2. I have dreams of people that have passed away.
3. I avoid people who I feel like are about to die.
4. I feel like spirits of the dead are often around me.
5. I can see shadows out of the corner of my eyes.
6. I get chills or cold spots when speaking to someone who has passed away.
7. There was a time I was near a person who just passed away, and I could see/feel their spirit leaving their body.
8. I can hear, taste, smell, or see signs that come from a deceased loved one.
9. I am afraid of haunted places because I can feel spirits surrounding me. Or I love haunted places because I can feel spirits surrounding me.
10. I can astral project easily and speak to Entities in other dimensions and planes of existence
11. (Somatic Psychic Mediumship) I can tell the difference between my subconscious mind, ego, higher mind, spirit guides, and the departed. The energy is all different and I am aware of each of them.
12. I speak to spirit guides, ancestors, angels, Saints Gods and/or other non physical beings.

12

Mediumship Abilities

The ability to tap into and talk to other energies besides the person that you are working with.

12. (Somatic Psychic Mediumship) I can feel my head/ body being moved by something outside of me.

13. I can Tap into peoples energy and become a proxy naturally, whether by accident or intentionally.

14. I can FEEL when there is an energetic presence of someone who has passed away near me.

Score: ____

13

Channeling Abilities

*The ability to stream outside information through
divine means.*

1. I get ideas out of what seems to be thin air.
2. I say things that I wouldn't normally say, it doesn't feel like it's coming from me. This could be words I don't normally use; I.E phrases, sentences, or something that clicks for another person, but I have no idea where it came from.
3. I can see deeper messages in music, tv, books, tarot cards, etc. Things really stick out to me, and I know clearly that the message is for me.
4. If I am speaking to someone, I suddenly have a flow/download of information for the person, but I usually forget what I've said if someone asks me to repeat it.
5. When in trance or deep meditation, I can communicate with Angelic Presence, Divinity, Extra-terrestrials, Ancestors, Ascended Masters etc.
6. I can use inspiration from either books or media, to channel a similar effect (example: watching home improvement shows and improving your own home through channeling the tv expert)
7. I am really good at acting or improv (getting into character)

13

Channeling Abilities

The ability to stream outside information through divine means.

- 8. I can create a project so quickly, that I can't remember the specifics of it.
- 9. I can only work on something when I am divinely guided to do it. I cannot force the energy to get something done.
- 10. I procrastinate to the last minute, then suddenly produce the best work possible under pressure and full concentration.

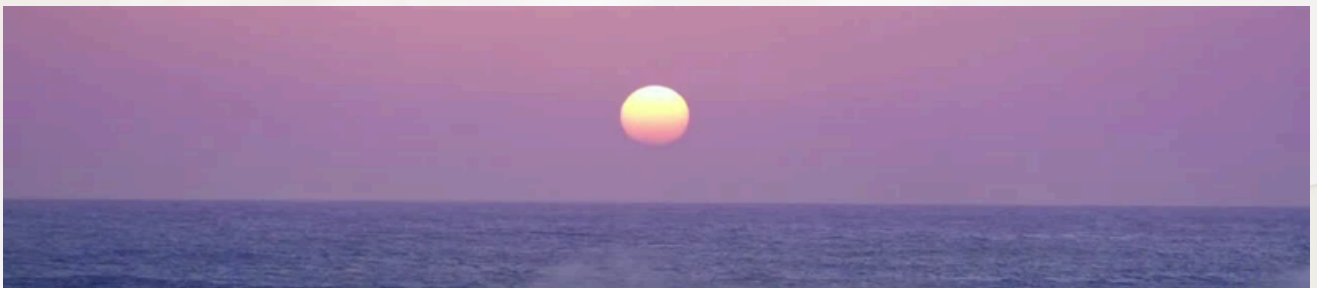
Score: ____

“

*What was your strongest Clair?
Which one would you like develop
more?*

*Which Clair Surprised you the most?
Answer these questions to begin your
journey of Psychic Development*

LILITH CALLISTA



Additional Resources



One on One Psychic Training

To apply for the Energy Work and Psychic Development one on one training, visit <https://calendly.com/lilithcallista/psychic-development-application>

Psychic Development Live Class

Live courses will be announced. Make sure to sign up to my newsletter to receive a chance to apply for your own psychic mentorship.

Manual and Workbook

Coming Soon! Make sure to sign up to my email list to keep updated on when Energy Work and Psychic Development Manual and Workbook will be released!

Level I Psychic Online Course

Energy Work and Psychic Development Online Course Level 1 Available now! Visit <https://lnbacademy.teachable.com/> to Enroll Today! Limited Spots available.

Dive into your own powerful intuition with Psychic Medium Lilith Callista Silverkrow

Lilith's passion and journey in life is to guide you on your path to spiritual and mental mastery by helping you find your true authentic and sovereign nature through the exploration and development of your psychic abilities and your mind.



Lilith Callista Silverkrow
Spiritual and Mental Mastery Specialist

Board Certified: PNLP, CCHt, EFTP, TTP,
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[Book an Appointment Today](#)

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Dive Into Your Own Powerful Intuition and Learn which of Your Psychic Abilities are the Strongest

If you have ever wondered if you had any type of psychic ability, this psychic assessment will help you to discern which abilities you have, and which ones are the strongest so you can work to develop them in a practical and natural way.

Lilith Callista Silverkrow teaches Psychic Development in a way that differs from the rest, using NLP, Self- Induced hypnosis and gives you a solid foundation for building your psychic abilities, and healing your shadows along the journey.

Lilith Callista Silverkrow is a Psychic Medium, Neuro-Linguistic Programming Practitioner, Life Coach, Clinical Hypnotherapist, Witch, Spiritualist, and Writer. She is the Founder of Love Nature and Beyond, a haven for coaching and personal development.

She is also the founder and head Instructor at LNB Academy, where she teaches the Energy work and Psychic Development Level One Course.