

The background features a teal and blue color palette. At the top, there are ethereal, glowing teal wisps or smoke-like patterns with small golden sparkles. In the lower half, three lit white candles of varying heights are placed on a dark, reflective circular surface. A small, dark, faceted crystal sits between the two shorter candles. On the left side, a portion of a white flower with a teal stem is visible. The overall mood is serene and spiritual.

# *Spirit Circle Foundations*

**WEEK 4**

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# *Spirit Circle Foundations Week 4*

## **Listening, Words & Clairaudience**

### **What We're Learning This Week**

- How clairaudience works
- Training focus and listening
- Receiving words without forcing meaning

# Clairaudience Awareness

Clairaudience usually sounds like:

- My own inner voice
- A word dropping in
- A phrase
- Music or sound
- Knowing tied to words

# Music Focus Exercise

What I focused on:

What distracted me:

Spirit Writing

Words or phrases I received:

# Homework (Practice This Week)

- Practice the music focus exercise at least twice
- Write down any words or phrases that drop in during the week
- Practice saying “I’m hearing...” or “I’m aware...” instead of “I think”

What I noticed changing: