



# Spirit Circle Foundations



**WEEK 2**



[www.psychicmediumbella.com](http://www.psychicmediumbella.com)

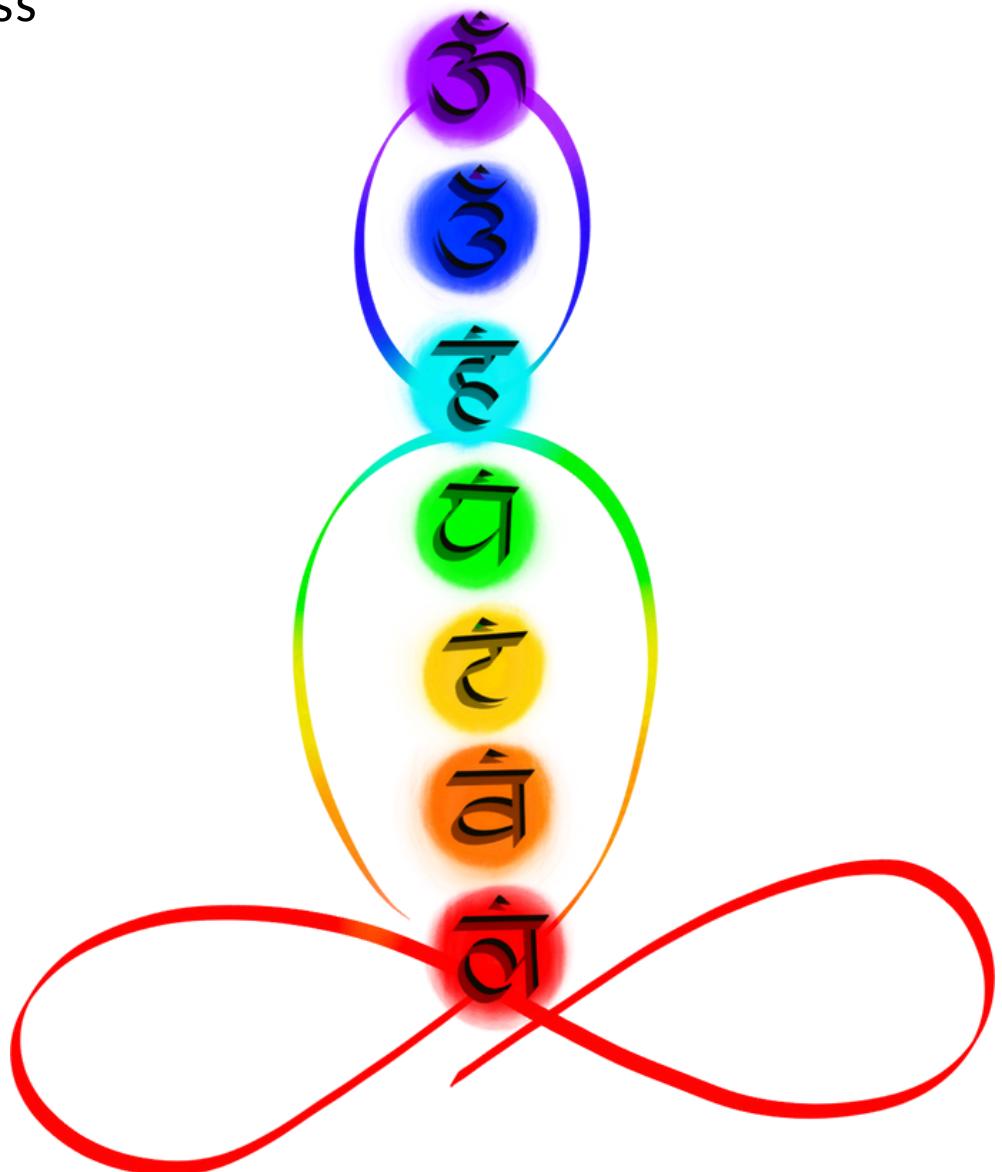
# Spirit Circle

## Foundations

### Week 2

#### What We're Learning This Week

- How chakras help us read energy
- What clairsentience feels like
- How energy builds up and clears
- Aura awareness



# *Clairsentience (Clear Feeling)*

Clairsentience often shows up as:

- Gut feelings
- Emotional shifts
- Physical sensations
- Chills
- Just knowing

## How it shows up for me most:

# *Chakra Awareness*

*(Fill in During Class)*

<b>Root</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>Sacral</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>Solar Plexus.</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>Heart.</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>Throat</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>Third Eye</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	
<b>crown</b>	<b>What I noticed</b>
<hr/> <hr/> <hr/>	

# *Energy Hygiene*

## Things that clear my energy:

- Shower
- Walking
- Water
- Rest
- Journaling
- Other: \_\_\_\_\_

# Homework

- Notice which chakra responds first when reading energy
- Clear your energy daily (shower, walk, water)
- Practice a 3-point psychic read on someone you trust

## What felt strongest this week: