

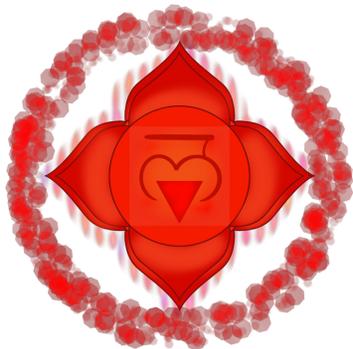
5 - Things You Can See (*You can look within the room and out of the window*).

4 - Things You Can Feel (*The silkiness of your skin, the texture of the material on your chair, what does your hair feel like? What is in front of you that you can touch? A table perhaps?*).

3 - Things You Can Hear (*Traffic noise or birds outside, when you are quiet and listening to the things in your room that constantly make a noise but typically, we don't hear them*).

2 - Things You Can Smell (*Hopefully nothing awful*).

1 - Things You Can Taste (*it might be a good idea to keep a piece of chocolate handy to spark this 'Clair', it is also a good idea to try to use your gifts, specifically, Clairgustance - clear tasting*).



5, 4, 3, 2, 1 - Technique

GROUNDING

