



DO YOU HAVE WHAT IT  
TAKES?

# 3 DAY CHALLENGE

Harness Your Psychic Abilities with Ease  
and Confidence!



# WELCOME

## ABOUT THE CHALLENGE

The Harness Your Psychic Abilities with Ease and Confidence 3 Day Challenge is focused on helping you unlock the door to your own potential in a safe and easy manor.

Over the next 3 Days you will learn how to protect yourself and your family from unwanted and uninvited energies, learn to trust your intuition, learn how your Soul, Loved Ones and Guides communicate, and learn how you can use different tools to help you navigate life and create a life you love filled with Happiness, Love & Connection.

Sending you lots of love, light, and positive energy as you move forward and start using your intuition and natural abilities to guide your way in life. Good luck and have fun!

*Linda Blais* 



# MEET LINDA

Hey I'm Linda!

I am a Psychic/Medium & Spiritual Advisor.  
I specialize in Spiritual Discovery and Alignment.

I am focused on helping you to own your power and  
fill your life with Happiness, Love & Connection.



## Fun Facts:

Family is my everything. I have been married for 20 years, I have a teenage son, and a Morkie puppy named Lexi.

I always check my emails, messages, and notifications as they arrive and respond asap.

I have always seen Spirits and love being able to help others learn to connect with their Loved Ones and keep that relationship alive.

I am a no nonsense, drama free, stress free, straight to the point kinda gal.

# PRE CHALLENGE

## ASSESSMENT

Learning where you are starting from is a great jumping off point and allows you to see your progress as you move forward.

Take this quick assessment to help you acknowledge your starting beliefs and experiences.

### Have you ever experienced Deja Vu?

Deja vu is your Soul's way of telling you that you are exactly where you should be and on a path that leads you to your best life.

Yes

No

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### Have you ever known something was going to happen before it happens?

Premonition is your Soul and Spirit Guides way of warning you of upcoming dangers, obstacles and concerns.

Yes

No

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### Do you believe in God and Life After Death?

Growing spiritually and connecting with God, your Guides, and The Other Side are all apart of your Purpose for living a life.

Yes

No

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### Are you afraid of the unknown and things you can't explain?

Fear is natural and normal. It is your mind's way of protecting you from a possible danger. When you learn how to safely connect with energies and use your natural gifts life becomes easier and more enjoyable.

Yes

No

# CHALLENGE

## DAY ONE

Protecting yourself and your family from negative energy so you can safely open the door to your intuition and psychic abilities is the first and most important step.

### Protection from Unwanted and Uninvited Energies

The White Light Prayer is simple and effective at surrounding you and your family from not only negative spirits but negative energy and people.

Start saying The White Light Prayer every night when you go to bed and picture a beautiful bright white light surrounding you like a protective bubble.

Next, say this prayer every time to reach out to your Loved Ones, Guides, and unknown energies.

Dear God,

Please surround Me (and my family) with the White Light of the Holy Spirit and protect me (us) from any and all negativity

Thank You

Amen.

Start TODAY and begin to enjoy a more positive life experience.

### TRUSTING YOUR INTUITION

We have all made the mistake of not trusting our gut and doing something we knew we shouldn't, keeping our fingers crossed that everything will be okay.

Not trusting your intuition always leads to pain and disappointment.

Today I want to encourage you to check in with how you are FEELING.

Do you feel good or do you feel bad?

As you move throughout your day and make decisions ask yourself does this option feel good? What does your gut say? If it doesn't feel good, don't do it.

What does your gut say about the people around you? Do they feel good or bad? Are they trustworthy or should you be cautious?

Asking these simple questions on a regular basis teaches you to pay attention to what your Soul is telling you and unlocks your own unique psychic abilities.

# CHALLENGE

## DAY TWO

Learning all the different ways your Soul, Loved Ones and Guides communicate with you makes navigating life EASY.

You have already started trusting your Intuition, it is now time to up your abilities and start paying attention to the world around you.

### How Your Soul, Loved Ones & Guides Communicate

Your Soul has been working hard to lead you your entire life. Through gut feelings, your conscience, and joy you can begin allowing the magic within you to step forward. Your Soul is your Inner GPS guiding you towards your best life.

Your Spirit Guide works in very much the same way but they can manipulate the world around you to send you signs and messages. The trick is PAYING ATTENTION. Your Guide will send repeating patterns like numbers, send messages through dreams and other people, send opportunities and warnings, and so much more. Your Spirit Guide may choose to cause forgetfulness, a spill, a detour, and so much more in order to keep you safe. Learning that there is no such thing as an "accident" or coincidence makes recognizing these messages so much easier.

Your Loved Ones are unique in that each one will communicate with you in the way that feels good to them. This is why learning to trust your intuition and your five senses is so important. Your Loved Ones visit you often and the easiest way to know they are near is when you think about them without anything stirring up a memory or thought of them. If you ignore those thoughts they will begin to do physical things to get your attention by using your five sense: sight - you may see lights, shadows, or movement; hearing - you may hear your name being call, talking or music; scent - you may smell something that reminds you of them; touch - you may feel spiders in your hair, a breeze, or a touch; taste - you may crave a certain food they loved or made.

### LEARNING TO TRUST YOUR OWN PSYCHIC ABILITIES & RECEIVE MESSAGES

Today your challenge and goal is to start paying attention to the world around you. Instead of dismissing things as nothing, a coincidence, or your imagination I want to encourage you to look further into it.

Ask yourself if this is a message , what the message is, and who the message may be from.

Remember to be patient and kind with yourself as you learn to trust your own experiences and to not dismiss how you are feeling.

# CHALLENGE

## DAY THREE

It is time to start looking for Guidance, Support, and Answers on purpose by using tools to wake up your natural gifts.

### Tools to Help You Navigagate Life & Activate Your Psychic Abilities

Often times when we are working with our own psychic abilities and trying to receive messages from our Guides and Loved Ones we are too hard on ourselves and ignore messages and our experiences or dismiss them as our imagination. Other times, we need tools to get us "into the zone".

I often light a candle and hold a crystal when doing Readings. This is a signal to my brain to step back and allow my Soul to step forward and be in control.

When working with my Guides I enjoy meditating and journaling.

If I am looking for guidance or inspiration I may choose to pull a card (or 3) from a Tarot Deck and see what my intuition says.

Experimenting with different methods and learning what tools work best for you is the best way to harness your power and psychic abilities.

You do not have to use all these tools but choose the ones that feel good to you and start using them today.

Always remember to say The White Light Prayer when attempting to communicate with energies outside of yourself and have fun with it. If the messages don't make sense or you don't receive anything, keep trying. As with all things...practice, practice, practice.

### Tools to help you harness your psychic abilities:

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Candles      | <input type="checkbox"/> Meditation     |
| <input type="checkbox"/> Tarot Cards  | <input type="checkbox"/> Prayer         |
| <input type="checkbox"/> Crystals     | <input type="checkbox"/> Dreams         |
| <input type="checkbox"/> Pendulum     | <input type="checkbox"/> Deja Vu        |
| <input type="checkbox"/> Journal      | <input type="checkbox"/> Music          |
| <input type="checkbox"/> Spirit Board | <input type="checkbox"/> Personal Items |



# DISCLOSURE

The Harness Your Psychic Abilities with Ease and Confidence 3 Day Challenge is a guide to help you open the door to your natural abilities.

There are NO GUARANTEES and you will get out of this Challenge exactly what you put in.

Linda Blais is NOT RESPONSIBLE for any doors you may open or latent abilities you awaken. Take this challenge at your own risk.

THIS IS YOUR LIFE and ONLY YOU can control what you do, who you want to be, where you want to go, and what you want to believe and experience.

Readings, Courses, Coaching, and Memberships DO NOT come with any guarantee of any kind.

Linda Blais WILL NOT be held responsible for any decisions made or actions taken based on information received during a Reading, in any of the Courses, during a Coaching Session, or Membership.



# POST CHALLENGE

## QUESTIONNAIRE

Don't just read through this challenge and forget about it. Use the knowledge you have gained and practice every day to open new doors and possibilities.

The more you use your intuition and natural abilities the easier it will be to receive and recognize when you are receiving guidance and messages.

**Are you saying The White Light Prayer every day and trusting your intuition to guide you?**

**Are you learning how your Guide and Loved Ones communicate with YOU?**

**Are you trying different tools and methods to receive guidance?**

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**DO SOMETHING  
TODAY THAT  
YOUR FUTURE  
SELF WILL  
THANK YOU  
FOR.**

*Our actions and decisions today will shape  
the way we will be living in the future.*

# FINAL WORDS

WHAT'S NEXT?



Thank you for taking part in the Harness Your Psychic Abilities with Ease and Confidence 3 Day Challenge.

I hope you learned some new things and are confident in using your natural gifts safely moving forward.

Remember: it takes time and practice, be patient and kind with yourself.

If you are ready to take things to next level please check out the Heart & Soul Courses:

- Lighting Up Your Life with Happiness, Love & Connection
- The Heart & Soul Path to Freedom
- The 5 Week Spiritual Life Makeover
- Spirit Guides

GET STARTED TODAY

