Introduction to Psychic Mediumship

Week 1

Personal Exercise 2

Clair Test

When you receive messages from the spirit realm, the information usually comes in four primary ways; visions, feelings, thoughts, and sounds. One of these will be strongest for you and is your “primary” clair. The other three amplify the primary clair and work as a support team.

Everyone has a different learning style and a primary way of taking in information when studying a new concept. Some people are highly visual while others are more hands on. These preferences determine not only how you take in the material world, but also how you receive communication from the spirit realm.

It is time to learn your primary clair! After carefully reading the following scenarios, choose the answer that best fits you. If undecided, you can choose up to two answers for each question:

1. When you first meet someone (business, friend, romantic partner, etc) what is your first impression? This first impression is generated by what we first notice about the person.

A. I focus on how the person looks. I notice how they are dressed, their hair, smile, shoes, or overall appearance.

B. I tend to notice how the person makes me feel. Do they make me feel comfortable, relaxed, tense, safe, etc.

C. I find myself unconsciously weighing if the person will bring value, such as, is this someone who can help my career, further my social ambitions or are they interesting.

D. I focus on their voice and/or the sound of their laughter.

2. When you think back to a vacation you have taken, what stands out in your memory?

A. I remember all the beautiful things I saw. The buildings or architecture of the structures, what the people looked like, the natural scenery (nature) or an event I witnessed.

B. Focusing on a trip causes me to remember how I felt. I remember if I was peaceful, stressed, excited, happy, feeling romantic, etc.

C. I remember the interesting cultural and/or historical information. While traveling, I seek out museums and/or events and people to learn interesting facts about where I am visiting.

D. What I remember about vacations is usually the sound of the wind in the trees, rustling leaves, the birds chirping, the music I enjoyed, or even the silence.

3. When you recall a movie you truly enjoyed, what comes to mind first?

A. The first thing that comes to my mind is how attractive the actors and/or actresses were, the costumes, the set design or scenery, or the lighting

B. I remember how I felt while watching the moving. I tend to recall if I laughed, cried, was anxious or moved in some way.

C. I focus on the lessons the movie taught me such as the plot of the movie and the twists and turns it took, or the life lessons taught by the movie

D. I remember the music whether it was the focus of the movie or background music and/or how the actors and/or actresses voices sounded.

Note your answers to the above questions. Most likely, you’ve answered two or three questions with the same letter, which signifies your primary clair, or the dominant way in which you process information about the physical and spiritual world.

This is what the answers mean:

Mostly “a” answers signify clairvoyance. Clairvoyance is associated with third eye chakra. This chakra is also called the “brow chakra” and is located slightly above eye level. Clairvoyance simply means clear vision. A misconception is some people think clairvoyance means you can see Spirit right in front of you. However, it is the ability to see images, signs and symbols in your mind’s eye. If you are clairvoyant, you might use phrases such as “I see it clearly”, “Do you see what I mean?” and “Can you picture this?”

People with clairvoyance as a prominent clair tend to be very visual and notice how things and people look before other factors are noticed. These people are usually creative in some way. Their creativity can come through in being artistic or having an eye for interior design or even how clothes are put together. These people enjoy visual harmony and they appreciate anything that is pleasing to the eye.

Spirits speak to you through mental images and signs you witness with your eyes such as repeating numbers (111, 444, etc), finding random coins, butterflies, birds and other visuals.

Mostly “b” answers signify clairsentience.

Clairsentience is associated with the solar plexus chakra which is located right above your belly button. Clairsentience simply means clear sensation. When someone says they have a “gut feeling” about something, they are using their clairsentience. When you meet someone and instantly know they are not a good person, it is clairsentience sending you that information. If this is your prominent clair, you can have difficulty in crowds and interact with the world through your physical and emotional feelings.

If you have ever entered a room and your mood changed suddenly, the most likely reason is, without knowing it, you used your clairsentience and absorbed the energy in the room. When used properly, this is a great tool to relate to people and your environment. However, sometimes you do not want to feel what is going on around you or you do not want to absorb your co-worker’s bad mood. Discerning when an emotion is not yours, is imperative. By strengthening and trusting your clairsentience, you naturally learn to identify what is yours and what is not.

Though you may have been teased as being too sensitive, your sensitivity makes it possible for spirit to interact with you through your heart and body. If you feel joy, it is a good indication you are on the correct path. If you feel dread over a situation, this can be an indicator of changes needing to be made or healing needs to take place. Self-care and rest can be necessary if you feel fatigued.

Clairsentience also gives you the ability to sense air-pressure and temperature changes when communicating with the spirit realm. Do not dismiss these sensations as just feelings. These sensations give you the ability to sense the presence of departed loved ones.

Mostly “c” answers signify claircognizance.

Claircognizance is associated with crown chakra. It means a clear knowing. Signs of claircognizance are if you find yourself just knowing what someone is going to say before they say it, you receive messages in your mind, or you often know the outcome of a situation before it happens. Though is one of the hardest claires to trust, when you do learn to trust your claircognizance, it is extremely powerful.

Some other indicators of claircognizance are you often know facts (both trivial and important) without having read or heard anything about a particular subject before. You prefer deep conversations as opposed to small talk. Though some claircognizance people are known to be able to fix electronic and mechanical items without referring to instruction booklets, this is not always the case.

Some people become nervous when they are learning to trust their claircognizance because they are worried the information they are getting is just their own thoughts. However, with practice you can become quite adept at telling the difference between your own thoughts and information you gathered through claircognizance. Claircognizance is instantaneous whereas your thoughts develop an idea by taking in what you see.

The spirit realm speaks to you through impressions and “downloads” of information. You mentally ask for help or guidance and the answer suddenly appears in your mind. Your ideas you receive regarding inventions, business and life guidance should not be ignored. These moments of “knowing” are divine guidance.

Mostly “d” answers signify clairaudience.

Clairaudience is associated with the throat chakra and means a clear hearing. Some signs you may be clairaudient are you hear someone saying your name and no one is around, you spoke to imaginary friends when you were little, you give great advice to others, you sometimes hear ringing in your ears, and are sensitive to loud noises. Clairaudience allows spirit to communicate with us by dropping words in our mind such as the name of a song, a name of a person or even a date.

Clairaudience can make the person with this gift feel “crazy” as they hear voices in their head, therefore, some people are uncomfortable developing this gift. Rarely is the voice disembodied and heard outside of their head. The difference between someone who is mentally ill and hearing voices and clairaudience is frequently with mental illness, the voices are frightening and telling people to say or do unhealthy things. Messages from spirit are always kind, loving and helpful.

Some other signs of clairaudience are you are sensitive to noise and cringe at unpleasant sounds. You easily remember song lyrics and have a hard time relaxing in places where the noise is chaotic such as airport terminals and large shopping centers.

The spirit realm speaks to you with voices in your head. Yes, you can also hear voices and/or celestial music outside your head, this phenomenon is much less common. Sometimes this voice in your head will even sound like your own voice, however, there is a different “energy” or feel to the voice. Remember, spirit will only direct to in positivity and love!