

# Exercises & Tips



## Essential Step in Honing, What You Call, Psychic “Sense-Abilities”

What is the first, essential step to take in honing what you call psychic “sense-abilities?” Connecting with your higher self, your sixth sense, and the spirit world requires the use of all your senses: taste, touch, smell, hearing, and sight. These senses are the doorways through which your connection with your intuitive, psychic self develops.

The first thing to do is to get a sense of your own inner Sense-Abilities.

Start by taking time to increase sensory awareness of everything around you. Try taking a sensory field trip—a time when all you do is practice awareness. Go to a sensory rich location like a zoo, your local grocery store, or farmer’s market. Take time to notice everything there. As you wander, listen to the sounds that make up the environment, the smells you encounter, and everything you rarely take notice of. Look everywhere and feel everything. Feel textures, notice colors, sensations, temperatures, and smells. Handle things. Notice the weight and temperature of the items you touch.

This simple exercise tells your subconscious self to begin awakening.

Power Tip from Michelle: The most successful and accurate psychics, mediums, distant sensors or the like have one thing in common: They have perfected the skill of ‘quieting their mind’ while engaged in their spiritual or psychic work. How do you achieve this? Meditate every day.

It’s that essential and that simple.

## The Sensory Field Trip

Connecting with your higher self, your sixth sense, and the spirit world requires the use of all your senses:



Taste



Touch



Smell



Hear



Sight

Do you know what all the clairabilities are?

These senses are the doorways through which your connection with which our intuitive, psychic self develops. Through your clairabilities, you take your physical senses to a higher spiritual level. This process becomes a heightened sensing. Psychic clairabilities come in many forms, and the development of any psychic ability takes time and energy. The first thing to do before attempting to invest in any kind of formal training is to get a sense of your own inner clairabilities.

Start by taking time to increase awareness of everything around you. Try taking a sensory field trip—a time when all you do is practice awareness. Go to a zoo, the woods, your local grocery store, or farmer's market. Take time to notice everything there. Take thirty to forty minutes to wander around. Listen to the sounds that make up the environment, the smells you encounter, and everything you rarely take notice of. Look everywhere and feel everything. Feel textures, notice colors, sensations, temperatures, and smells. Handle things. Notice the weight and temperature of the items you touch. What is happening all around you? Is it colder or warmer in certain parts of the store? What are you feeling on the inside of your body? What are you feeling on the outside of your body? Are you drawn to look up, down, or to the side for any reason? If so, ask yourself why. It is important to notice direction because of the way things present; looking from top to bottom, from right or left matters. Take into account how you are feeling along the way; attempt to ascertain what reactions you are having and why. Keep track of what keeps you from focusing and what may be the cure. Focus on the smallest details; write down every experience as you go, but don't allow your writing to distract you. Jot down just a word or two to remind you of each experience. You can focus on the writing later.

Also, noticing directions is important, as directional messages are correlated with time. For example, something presenting from the left can mean it is linked to the past, from the middle, a link to the present, and from the right, a future connection.

The sensory field trip will help you access which clairabilities you are predisposed to practice. You will get a sense of what your innate talents are. Each of the clairabilities is a complementary tool, available to psychics through the way they access information—information which can't be learned any other way.

# Clairaudience Psychics

## Beginner's Guide

How to quickly tap into your clairaudience ability - clear hearing.

### What is it?

Clairaudience is rooted in your fifth chakra – the throat chakra. The word clairaudience is German and means “clear hearing.”

### Get a Glimpse of it Now

Take a moment to swallow. Listen to the sound of the swallow intently. Notice this is much louder than you realized. As you do this you are recalling auditorily. This simple hearing technique is how it feels to hear in a heightened way. Remember this feeling.

### How Sounds May Come

You may receive an outer (physical) sound or an inner (nonphysical) sound. An outer sound may present much like a human voice. An inner sound is more subtle and is like mind talk. It may sound like your own voice.

### Dialing in the Radio Frequency

Think of tapping into this ability like tuning into or dialing into a radio station. You wouldn't listen to the radio without tuning it in and the same is true with the ability. Imagine a radio out in front of you. Then, from your ears link or connect to the radio.

### Attention to Your Language

Pay attention to your language. Clairaudients will say, “The way I hear you talk of this plan...” as opposed to “The way I feel about this plan is...” Or “As I consider this project, I'm hearing you say...” as opposed to “As I consider this project, I feel...”



## A Clairaudience Exercise to Start Your Day

- 1 In a quiet seated position, take a few moments to focus on your ears.
- 2 In your mind's eye envision both ears gradually getting bigger and bigger in size.
- 3 How do they appear to you now? How are they shaped? Is there color? Is there a feeling? Do they tingle or itch?
- 4 Can you see the wide open and expanded ear canals? See if you can feel your ears pulsing as if they are breathing.
- 5 Envision them pulsing gently and full of life.
- 6 Breathe and be present with the image of your clairaudient ears as they reveal themselves to you.
- 7 As you go forward in your day notice sounds you hear that you had not noticed before. Write them down.



This is a simple yet profound exercise in that it is telling your subconscious you are ready to heighten your awareness and begin using this ability.



## A Helpful Tool to Develop Your Claircognizance

One of the most helpful tools to use to develop your Claircognizance ability is automatic writing.

Here's what you can do:

- 1 Ask the Universe a question you want to know about.
- 2 State the question out loud.
- 3 Write down what you notice coming to you. Make sure not to judge what is coming to you. Just write it down. If you see an image, you may feel a pull to draw it. If you are not receiving any images or words, think of a color and notice what information comes through it.
- 4 Practice automatic writing three times on different sheets of paper.

You may notice that you feel like some of the information is wrong or is information you are not sure about. Be an observer of this feeling and know this is only ego. You can instead realize that this information has meaning and is helpful to you, but not let it stop you from moving forward in your psychic development.

## Are You Clairsentient?



Clairsentient messages can present through your physical body in actual body sensations. Body messages can be felt either outside or inside the body. You may feel a touch on your shoulder or an itch on your skin. These all have meaning.

Clairsentience also comes in the form of emotions. We sometimes call this an empath. You can feel emotions of others as if they were your own.

Is this you?

### Find Out if You Have the Psychic Gift of Clairsentience

- 1 Take a moment to recall the last theater performance you went to. When you recall this what are your initial impressions? Do you give attention to vivid costumes and colors you saw, the sounds of the music or the performers voices, or to emotions and feelings it brought for you or that you saw in the performers?
- 2 Do you find yourself feeling the emotions of others?
- 3 Can you walk into a room and sense the energy and emotion as well as the energy of the people in it?
- 4 As you work through issues of importance in your life, do you find yourself considering your emotions or the emotions of others?

If these resonate with you and you are finding yourself answering yes to them, then you are likely clairsentient.

