

The Way of the

Mystic

8 WEEK COURSE

The Way of the Mystic is an 8-week experiential program designed to help you develop and refine your intuitive, psychic, and mediumship skills.

Learn the tools to SEE yourself and others, to KNOW yourself and others, and to CREATE whatever your heart desires.

Ready To Step Into Your Magic?



WITH
Sabrina Rising

Worksheet: Week 3: Exercises for developing the Clairs

Week 3: Enhancing Psychic Senses (Clairs) - What is my gift?

This worksheet is designed to deepen your connection with your intuition and develop trust in the guidance you receive. By practicing, you'll gain confidence in recognizing and acting on your intuitive gifts.

Activity 1: Clairvoyance (Clear Seeing)

Purpose: Strengthen your ability to visualize and receive intuitive images.

Exercise: Visualization Meditation

- Sit in a quiet space and close your eyes.
- Imagine a simple object (like a flower or candle) as vividly as possible in your mind's eye. Focus on its color, shape, texture, and details.
- As you grow comfortable, expand to visualizing complex scenes, like yourself walking through a beautiful, familiar place.
- Eventually, ask for spontaneous images or symbols. Allow them to appear without judgment.

Exercise: Symbol Journal

- Keep a journal to record any spontaneous images or symbols you see during meditation or daily life.
- Reflect on the meanings and patterns you notice over time.

Activity 2: Clairaudience (Clear Hearing)

Purpose: Tune into intuitive sounds, words, or phrases.

Exercise: Sound Meditation

- Begin by listening to the sounds around you. Afterward, focus on subtler sounds, including any internal sounds like your heartbeat.
- Gradually open yourself to "inner sounds"—you may begin to perceive words, phrases, or tones.

Exercise: Intuitive Check-in

- Each morning or evening, ask, "What guidance do I need today?" and then listen closely.
- Write down any words, phrases, or songs that come to mind and reflect on any messages within them.

Activity 3: Clairsentience (Clear Feeling)

Purpose: Deepen your ability to feel and intuit energy and emotions from people, places, or objects.

Exercise: Body Scanning

- Lie down or sit comfortably, closing your eyes to tune into your body.
- Slowly scan from head to toe, observing any sensations or emotions that come up without judgment.
- Repeat this regularly to develop an awareness of your personal energy, which makes it easier to identify external energies.

Exercise: Object Reading (Psychometry)

- Hold an item that belongs to someone else. Close your eyes and see if any emotions or impressions come up.
- Write down what you feel and compare your impressions with the owner's experience or story.

Activity 4: Claircognizance (Clear Knowing)

Purpose: Enhance your sense of "knowing" without a logical explanation.

Exercise: Journaling Intuitive Insights

- Set aside time each day to jot down any insights or "downloads" that come to mind.
- Don't judge or overanalyze—just let the information flow.

Exercise: Quick Intuition Practice

- Start with simple choices (what to eat, wear, etc.). Trust the first "knowing" that comes to mind and follow it.
- With time, this can help you strengthen your claircognizance and trust in your intuitive nudges.

Activity 5: Clairaliency (Clear Smelling)

Purpose: Recognize scents associated with memories, places, or spiritual presence.

Exercise: Scent Meditation

- Gather different fragrances or essential oils.
- Close your eyes, slowly inhale each scent, and allow any memories, images, or feelings to come up.
- Write down any messages or associations that arise.

Exercise: Scent Awareness

- Throughout the day, notice any random or unusual scents that appear without an apparent physical source.
- Journal these experiences along with any impressions or memories they evoke. Over time, patterns may emerge.

Activity 6: Clairgustance (Clear Tasting)

Purpose: Open yourself to taste sensations associated with memories, events, or spiritual guidance.

Exercise: Taste Visualization

- Imagine tasting different flavors (such as lemon, chocolate, or coffee) and focus on the sensation and emotional connections of each.
- This helps you distinguish between mental imagery of tastes and clairgustant experiences.

Exercise: Taste Awareness

- Stay mindful of any sudden taste sensations that arise without explanation (metallic, sweet, etc.).
- Record these occurrences and reflect on whether they correlate with intuitive insights.

Activity 7: Clair-empathy (Clear Emotional Intuition)

Purpose: Strengthen your ability to intuitively feel and understand the emotions of others.

Exercise: Emotional Scanning

- Begin with a few deep breaths to center yourself.
- Focus on a loved one or friend, tuning into their energy. Notice if any emotions arise within you.
- Ask yourself, "Are these my emotions, or could they be related to this person?"
- Write down any insights and observe if they resonate with what you know of this person's current emotional state.

Exercise: Empathic Boundaries

- Practice setting boundaries by visualizing a gentle protective light around you.
- Before entering a space with others, consciously choose to either allow or hold back empathic sensitivity.
- Over time, this practice can help you selectively open and close your empathic awareness, preventing emotional overload.

Regular practice will help strengthen your abilities across the "clairs." Trust what you experience, and with patience, your sensitivity and clarity will naturally grow.

<https://www.intuitivesabrina.com/thewayofthemystic>

