

Spiritual Connection Methods

There are four 'CLAIRS' and we each tend to have our own strength in one or more :

1. Clairaudience

The ability to psychically hear clearly.

2. Clairvoyance

The ability to psychically see clearly.

3. Clairsentience

The ability to psychically feel or sense clearly.

4. Claircognisance

The ability to psychically know clearly.

It is imperative you keep a journal and note your observations, study, experiments, experiences, sightings, numbers, colours, visitations, visions, gut feelings, hunches, intuitive nudges, etc regularly so you understand which of the clairs you are more inclined towards.