

# DISCOVER YOUR CLAIR

A Mini Course to Discover How Your Intuition Speaks to You

Seeing • Hearing • Feeling • Knowing

**Healing Hearts Medium**

Created by Theresa

You do not have to experience intuition the way someone else does. This mini course will help you explore four common intuitive senses through simple exercises so you can begin noticing which ones feel most natural to you.

# Welcome

If you have ever said, "I just knew," pictured something before it happened, felt someone's mood before they spoke, or had a word or phrase suddenly pop into your mind, you may already be familiar with the intuitive senses often called the clairs.

The word *clair* means "clear." In spiritual and intuitive-development traditions, the clairs are different ways people describe receiving intuitive impressions.

There is no best clair and you do not need to choose only one. You may naturally notice one more strongly, while another becomes easier to recognize with practice.

**Your goal is not to perform. Your goal is to notice.** Stay curious, write down your first impressions, and allow yourself to learn without judging whether you are "good" at it.

## Before You Begin: Ground

Take a moment to settle before each exercise. Put both feet on the floor, take three slow breaths, and bring your attention into the present moment. Imagine roots extending from your feet into the earth.

*I am grounded. I am present. I am open to noticing my own intuition.*

## Additional Grounding Tools I Personally Use

Grounding does not have to look the same for everyone. I have personally had great experiences using **grounding sheets, grounding mats or pads, and Himalayan salt baths** as part of my grounding routine. I have also recommended these practices to clients who have told me they found them helpful.

I like to pair these tools with intention and visualization:

### Himalayan Salt Bath

While soaking, take a few deep breaths and imagine the energy you no longer want to carry being released from your body. When you drain the bath, visualize that unwanted energy flowing down the drain with the water. Allow yourself to feel lighter and more centered as you step out.

### Grounding Mat or Pad

Place your feet on the grounding mat and become aware of the connection beneath you. As you breathe, visualize excess or unwanted energy moving down through your legs, out through the bottoms of your feet, and away from your body.

### Grounding Sheets

When you get into bed, set an intention to release what you do not need to carry into the next day. As your body relaxes against the sheets, imagine yourself letting go of the emotions, stress, and energy you have accumulated throughout the day.

**I release what is not mine and what I no longer need. I am grounded, centered, and present in my own energy.**

# Clairvoyance

## Clear Seeing

Clairvoyance is intuitive information experienced visually. For many people, this does not mean physically seeing something in front of them. It may be much subtler - a picture in the mind, a color, symbol, face, place, number, shape, or quick flash of imagery.

You may already lean toward clear seeing if you:

- Think naturally in pictures.
- Have a vivid imagination or strong visual memory.
- Frequently notice symbols, colors, or meaningful imagery.
- Remember dreams visually.
- Sometimes picture something immediately when a person or situation is mentioned.

## Theresa's Experience: The Day I Accepted My Gifts

For years, I experienced things I did not completely understand. One night, while talking on the phone with a friend in San Diego, she asked me, "When are you going to accept that you're a medium?"

I laughed at first, but after we hung up, I decided to have a conversation with the Universe. I said, *Please help me understand these gifts and make them stronger, or take them away completely, because sometimes they are overwhelming my life.*

The very next day, I was helping my daughter clean out her apartment after she had moved. One of her friends was there and suddenly asked me, "Do you feel my grandmother?" I told her I did not. At that point, I was not even sure I could intentionally connect with one specific person.

She started walking upstairs, and suddenly I saw something very clearly **inside my mind** - a huge letter **B**, almost as though someone had written it on a chalkboard. I had never experienced anything quite like it. The image was so strong that I called her back downstairs and asked her about the letter B. At the same time, I could feel an incredibly strong presence behind me.

She immediately confirmed that she called her grandmother **Grandma B**.

Then she headed upstairs again. Without telling me, she silently asked her grandmother to show me the jewelry box. Before she even reached the top of the stairs, I called out, "**What's up with the jewelry box?**"

That moment changed everything for me. It was one of my first experiences of recognizing that the pictures appearing in my mind were not something I should automatically dismiss. I was beginning to understand how **clairvoyance - clear seeing - worked for me**.

## What Clairvoyance Can Feel Like

For me, clairvoyance is not necessarily like physically seeing a spirit standing in the room. Often, the information appears **inside my mind**. Sometimes it is a letter, an object, a face, or a symbol. Other times it can unfold almost like a short **movie clip playing in my mind**.

Do not dismiss something simply because you are seeing it in your mind rather than with your physical eyes. Clairvoyance can be subtle, and learning to recognize how *your* mind receives visual information is part of developing the gift.

## Exercise: The Mental Picture

Close your eyes and take a few breaths. Ask yourself, "What image wants my attention?" Notice the first simple image that appears and write it down before deciding what it means.

What appeared?

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What does that image or symbol mean to you personally?

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# Clairaudience

## Clear Hearing

Clairaudience is intuitive information experienced as words, phrases, names, sounds, music, or thoughts that seem to arrive suddenly. Often this is described as an inner hearing rather than an audible voice in the room.

You may lean toward this clair if you:

- Frequently have a word or phrase pop into your mind.
- Wake with a song in your head that feels meaningful.
- Think through problems by talking internally.
- Remember people's exact words easily.
- Sometimes receive a name or short sentence seemingly out of nowhere.

## Exercise: The First Word

Ground yourself and become quiet. Ask, "What word do I need to notice right now?" Write down the very first word, phrase, name, or sound that comes to mind.

What did you hear or think?

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Did it feel different from your normal train of thought?

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# Clairsentience

## Clear Feeling

Clairsentience is intuitive information experienced through feelings, emotions, atmosphere, or physical sensations. Someone who is naturally sensitive to the mood of a room or the emotional tone of other people may relate strongly to this clair.

You may lean toward this clair if you:

- Notice the mood of a room quickly.
- Feel physical sensations when making decisions.
- Are highly aware of changes in atmosphere.
- Often describe people or places by how they “feel.”
- Notice emotions in your body before you have words for them.

## Exercise: The Two-Choice Body Test

Choose two harmless options. Think about option one and notice your body, then option two. Notice openness, heaviness, warmth, tension, relaxation, excitement, or no difference at all.

Option 1 felt like:

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Option 2 felt like:

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# Claircognizance

## Clear Knowing

Claircognizance is the experience of simply knowing something without being able to explain how you reached the conclusion. It can feel surprisingly ordinary because there may be no picture, sound, or strong physical sensation attached to it.

You may lean toward this clair if you:

- Often say, “I don’t know how I know - I just know.”
- Receive sudden solutions or ideas fully formed.
- Get a strong first answer before you begin analyzing.
- Can understand the heart of a situation quickly.
- Sometimes know what someone is about to say.

## Exercise: The Instant Answer

Ask yourself a simple, low-stakes question with several possible answers. Notice the answer that arrives before you reason through possibilities and write it down immediately.

My first answer was:

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How quickly did it arrive?

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## Putting the Clairs Together

Your intuitive senses may work together. You might first feel that something is important, then see a mental image, followed by a sudden knowing about what the image means. Another person might receive a word first and then feel confirmation in the body.

Instead of asking, "Which one am I?" begin asking:

- Which clair appears first for me?
- Which feels easiest to recognize?
- Which one do I tend to doubt?
- Do two or more clairs frequently arrive together?
- Which exercises felt natural rather than forced?

My strongest or easiest clair right now seems to be:

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Another clair I would like to strengthen:

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Your strongest clair can change as you practice. You are discovering your personal intuitive language, not putting yourself into a permanent category.

## Practice All Four

**SEE** - Ask for one simple image or color. Record the first thing you picture.

**HEAR** - Ask for one word. Record the first word or phrase that appears.

**FEEL** - Think about a neutral choice and notice your body's first response.

**KNOW** - Ask a low-stakes question and record the first answer before analyzing.

### A Note About Accuracy

Intuitive development is practice, not a test you must pass. Keep your exercises low-stakes, record impressions before checking outcomes, and avoid changing your original answer afterward.

# Your 7-Day Clair Practice

**Day 1 - Practice clairvoyance: ask for one image or color.**

What I noticed: \_\_\_\_\_

**Day 2 - Practice clairaudience: ask for one word or phrase.**

What I noticed: \_\_\_\_\_

**Day 3 - Practice clairsentience: compare how two simple choices feel.**

What I noticed: \_\_\_\_\_

**Day 4 - Practice claircognizance: record an instant answer before thinking.**

What I noticed: \_\_\_\_\_

**Day 5 - Repeat the clair that felt easiest.**

What I noticed: \_\_\_\_\_

**Day 6 - Practice the clair that felt least familiar.**

What I noticed: \_\_\_\_\_

**Day 7 - Use all four briefly and review your notes.**

What I noticed: \_\_\_\_\_

## Final Reflection

Which clair felt most natural?

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Which exercise surprised you?

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Did any two clairs seem to work together?

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What would you like to continue practicing?

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## Encouragement for Your Journey

Intuitive development does not need to be rushed. Stay grounded. Stay curious. Let your confidence grow through experience rather than pressure.

**You already have an intuitive language. Now you are learning how to listen to it.**

## Healing Hearts Medium

For educational and personal-reflection purposes only. Intuitive exercises should not replace professional medical, mental-health, legal, financial, or safety advice.