

THE
Intuitive Awakening
COURSE



CHAPTER 3 FAQs

ANSWERS TO FREQUENTLY ASKED QUESTIONS – CHAPTER THREE

AT A GLANCE:

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Question #1: “In the clairsentient gifts section, you mentioned feeling tingling and prickling on your skin as a possible sign of clairsentience. I experience a lot of tingling while I am ‘tuning in’ to Spirit/meditating. Can you tell me more about what this means?”

Answer: It is quite common for clairsentient people to feel tingling when they meditate. This tingling can mean one of two things:

1. It signals that your third eye is opening at that moment and being used. The third eye is the centre of our intuition and imagination, so activities such as meditation, visualisation, and intuitive development, open up and exercise your third eye chakra. If you are sensitive, you might feel the third eye chakra waking up. This happens especially when you are new to intuitive development, meditation or visualisation. You're using your third eye chakra in a new way, and you are sensitive enough to feel the energy opening up.

2. If you feel tingling in an ongoing way when you communicate with your Spirit Guides, or do any activity which utilises the third eye chakra energy, then the tingling may be your Spirit Guides' way of impulsing you; a way for them to say "hello, we are here". It is a manifestation of your clairsentience.

However, I've had clients and students who are misinterpreting their tingling. This tingling sensation (if it is clairsentience) must be intermittent — it should not bother you.

If it is ongoing tingling, it is not clairsentience.

For women in menopause/perimenopause, facial tingling can occur when oestrogen levels dip too low. Tingling can also be a side effect of certain medicines and herbal remedies. (I've had tingling when I took a certain anti-histamine and I've also experienced it as a side effect of the herbal remedy St John's Wort.)

The general rule is, if it is constant or bothersome, it isn't from Spirit.

Question #2: "I sometimes see random faces that seem to have no relevance to me. Does this count as clairvoyance?"

Answer: Yes, this is often clairvoyance. Occasionally, it can be that you're picking up on a deceased loved one or someone close to you, who has a message for you to pass on. If you saw these faces before you completed the Earthbound Spirit Release Prayer from Chapter Two, these faces may have been earthbound spirits.

Question #3: “I sometimes hear ringing in my ears. I have heard this is a sign of clairaudience. Is this correct?”

Answer: Ringing in the ears can be a sign of clairaudience when it is something that occurs intermittently, and it doesn’t last long.

Sometimes it can happen as a way for Spirit to tell you that you’re on the right track in what you’re thinking or considering.

Other times, it can happen when you have been working on developing your intuitive gifts and your clairaudient channels of communication are opening. The ringing is essentially a sign that you are adapting to these channels being opened.

However...

Ringling in the ears is sometimes NOT about clairaudience.

When the ringing is a manifestation of your clairaudience, it won’t last long — Spirit isn’t going to bother you with tinnitus or an annoying ringing sound that lasts for days. (That would be a form of spiritual harassment!)

Question #4: “What about the gift of telepathy? I often ‘overhear’ other people’s thoughts. What gift is this?”

Answer: Telepathy is more likely to occur in people who have the gifts of clairaudience and claircognizance. Developing your clairaudience and claircognizance can make you more telepathic, and likewise, developing your telepathy can strengthen your clairaudience and/or claircognizance. Here is an [article on the topic of developing telepathy](#).

Question #5: “What about the gifts of clairsalience and clairgustance? You didn’t mention these clair gifts in Chapter Three. Why is that?”

Answer: For anyone reading who does not know about these clair gifts, clairgustance and clairsalience are gifts where Spirit sends information to us through our sense of taste (clairgustance) and smell (clairsalience.)

To give an example of how clairsalience may manifest, perhaps your late grandmother's home often smelt of baking bread, so when you smell this smell when there's no bread making happening anywhere nearby, you recognise it as a sign that your deceased grandmother is with you.

These gifts are mostly useful when it comes to mediumship, but not as useful when it comes to receiving messages from your Spirit Guides/higher self, which is, of course, the focus of this program. Quite simply, our guides do not commonly use these gifts to give us guidance.

However, if you're interested in developing your mediumship skills, these two clair gifts could be useful. So, in the next chapter, I'll provide a few exercises for sensitising clairsalience and clairgustance. These exercises are optional and only useful for those who wish to develop their mediumship skills.

Question #6: "Throughout my entire life I've frequently experienced this physical sensation in certain situations. It wasn't until taking this course that I realised it could mean something. It's this tingly feeling in the back of my neck, back/top of shoulders and the base of my head, all at the same time..." (continued below)

"...It's a warm, happy tingly sensation and I absolutely love it. Whenever I feel it, I just stop whatever I'm doing, enjoy it, and try and prolong it as much as possible. It usually happens when I'm around someone else and we're both quiet, and doing something separately.

For instance, I used to wake up on the weekends and my little brother would be sitting on my bedroom floor silently playing with his stuffed animals. Instead of getting up and getting ready, I'd sit there, watching him until the tingles faded. Or one of my children will be pulling out items out of a bucket, exploring and curious. Or playing with a puzzle. Just now, my two-year-old was stacking a bunch of papers, one at a time, on my desk. Tingles big time. It happens the most around my children.

Recently, I was at the grocery store walking by the juice aisle when a husband reached behind his very pregnant wife and rubbed her belly and kissed her temple. A

huge rush of tingles overcame me. It was at that moment that I thought, oh my goodness, maybe it's tied to love — like I was feeling his deep love for his wife and child. I'm not sure if it means anything specific, whether it's clairsentience, or something else. How would I go about identifying what the feeling means?

Answer: What you are describing sounds more like [ASMR](#) (— many highly sensitive people experience this.)

Question #7: “For the emotional empathy quiz in Chapter Three, I agreed with lots of the statements and identified strongly as an emotional empath. How do I deal with this gift, and how can it be used in terms of my psychic development?”

Answer: Managing your empath gift is such a large topic that I wrote an entire book about it. You can find the book here: [The Empath's Toolkit: A Guide to Recovery for the Overwhelmed Empath](#).

In terms of how emotional empath gifts manifest psychically, emotional empathy is all about picking up on other people's emotions and inner lives. So therefore, emotional empaths are very good at reading other people to gauge their character, intentions, level of integrity and more. In Chapter Ten, I teach all empath and non-empath students how to do this. (Empaths often excel at this!)

There are other empath gifts that I mention in my Empath's Toolkit book (such as plant empathy, animal empathy and environmental empathy, to name just a few), but these gifts are not particularly useful for channelling guidance from your higher self and Spirit Guides, so I don't focus on developing them in this course. In addition, all empath gifts (unlike other psychic gifts) already come activated and developed. So, developing these gifts further is not necessary. With empath gifts, most people want to work out how to tone them down, rather than make them stronger and more sensitised!

Question #8: “I'm experiencing paranormal phenomena in my home. Is this a sign of clairvoyance/clairaudience?”

Answer: Experiencing paranormal phenomena in your home (such as seeing ghosts or hearing unexplained noises) can definitely be a sign that you possess clairaudience or clairvoyance.

As an aside, the Earthbound Spirit Release Prayer that you used in Chapter Two should have taken care of it (provided you included your home in the prayer). In addition, you may be interested to hear that there are actually nine different types of negative energy that can cause energetic disturbances in our homes. I wrote more about this in a couple of my online articles, which you may find interesting if this is something you're experiencing:

- [Do You Have One of These Four Negative Energies Lurking In Your Home?](#)
- [5 More Common Negative Energies Found In Our Homes](#)

Question #9: Where can I find out more about the fourth energy centre of training mentioned in this chapter?

Answer: The energy centre of training (also sometimes called the Archangelic realm of training) is a soul training. It is something I look into as part of my Akashic Record readings.

Here's some basic information on the energy centres of training:

Many people have a vague awareness of the eight major chakras that exist in our bodies, but what most people don't know is that there are eight realms in the Universe which correspond to these eight major chakras.

These realms hold the energies that we associate with each chakra, and every soul has chosen one realm to 'train in'.

When we do this, we embody the energy of that realm and bring it into the physical plane when we incarnate. For example, if your soul has chosen to train in the fourth realm (which corresponds to the heart chakra), it means you are a healer on the soul level, and you'll likely be bringing this healing soul purpose into the physical realm, too. This is what it means to have the fourth energy centre of training.

Note that this realm of training does not change from one earthly incarnation to the next – it stays the same across all lifetimes.

If you're interested in exploring this concept further, you might want to get a mini Akashic Record reading, which will tell you which one (out of the eight realms) you belong to.

Mini readings are offered on my website [here](#).

Question #10: Where can I find out more about the soul groups of origin mentioned in this chapter?

Answer: I wrote about the soul groups of origin [here](#).
