

THE
Intuitive Awakening
COURSE



CHAPTER 3

CHAPTER THREE

DISCOVERING YOUR STRONGEST INTUITIVE GIFTS

Welcome to Chapter Three of the Intuitive Awakening Course!

This chapter is all about understanding how psychic guidance can come to you.

It is very important to be aware of the full range of gifts that exist. To illustrate this, I would like to tell you about some of the experiences I had when I was new to psychic development.

When trying to develop my abilities, I started out by reading books by clairvoyant psychics (a clairvoyant is someone with the ability to ‘see’ Spirit or energy). I believed that in order to be psychic, I had to be clairvoyant. At the time, I didn’t know about any of the other gifts that I could develop (such as clairsentience or claircognizance). I thought that my psychic insights had to come in the form of visions and other spooky happenings!

This was quite ironic because I was actually very scared of ‘seeing’ things. Yet because I was convinced that this was important to my psychic development, I forced myself to open up my third eye (the centre of clairvoyance). Later, I got scared and I shut my third eye down again and remained stuck for a while in my psychic development.

Some time later, I was introduced to the concept that psychic ability consists of a wide array of different gifts. We are born with some of these gifts, and some gifts we are not born with, but we can develop. Then, there are other gifts that we might never develop even if we try.

Once I explored these other gifts, I learned that I was psychic after all, but just not in the way I had thought.



Consequently, it is very likely that you also have gifts that you are unaware of, so pay attention to the descriptions of the various gifts on the following pages.

HOW DOES SPIRIT COMMUNICATE WITH US?

Here are the most common ways in which our higher selves and Spirit Guides communicate with us:

Clairvoyance	Clairaudience	Clairsentience	Claircognizance	Dreaming
Seeing inside the mind's eye	Hearing with your inner voice	Gut feelings/desires/emotions/physical sensations	An "inner knowing" about things	Tendency to receive clear messages and lessons from Spirit during dreams
Seeing Spirit with your physical eyes (less common)	Hearing Spirit with your physical ears (less common)	Emotional empathy (although this is mostly only useful for reading other people, not for communicating with Spirit.)	Ability to obtain information out of nowhere - it just 'pops into' your brain	Ability to remember and interpret dreams that are from Spirit

You can see from this table that there is not just one gift. The chances are that you have at least one strong gift which you might not be aware of.

Next, I will give a description of each of the gifts. I will talk about what it's like to have the various gifts, and I will also talk about the signs that a person has those gifts. While you're reading, make a note of any gifts that sound like you. In the homework exercise at the end of this chapter, I will ask you to have a go at identifying those gifts.



Claircognizance

Did you know that Spirit can send you information that pops into your brain like a ‘Divine download’? This can happen when you know something about someone, without knowing how you know. Perhaps you make subtle judgments about people when you first meet them, and they turn out to be correct. Or perhaps you are the kind of person who gets great ideas popping into your head, seemingly out of nowhere. Those are both signs of claircognizance.

I mentioned earlier on in this course that clairvoyance turned out NOT to be one of my natural gifts. I later discovered that claircognizance is my strongest gift. In fact, I use it all the time for my readings. Often, a client will ask me a question and the answer ‘appears’ in my head, out of nowhere.

Whenever I passed on the information that had just popped into my brain, it was almost always applicable and made sense to the client, even if it sounded unlikely to me. Remember that the thoughts that pop into your mind once you have raised your vibration (intuitive thoughts), are very different from the thoughts you had before you raised your vibration through the Breath-work Exercise (usually just ‘mind chatter’). That is why raising your vibration is so important.

Thoughts that come from your higher self and Spirit Guides are different from thoughts that you have normally. They are beyond logic and may seem to make no sense at the time that they occur. (It is perhaps only later that you see how relevant they are.)

Claircognizance often manifests as the impression or idea that forms right BEFORE you have a conscious thought. This means that you can become more open to your claircognizance by paying close attention to your thought process. What impression is there before the thought? This often applies when you meet new people, in that we sometimes form snap judgments about others in the moment, before even thinking. Often, this is so subtle that we discard it.



In addition, thoughts that you are consciously aware of can be from Spirit too. The more conscious you become of your own thoughts, the more likely it is that you will spot one that is inspired by Spirit.

You are more likely to be naturally claircognizant if...

- You have a very analytical (and perhaps sceptical) mind. People who have an educational background that has taught them a lot about critical thinking are more likely to receive intuitive information via the mind. Professional people, such as doctors, professors and engineers, are more likely to be claircognizant due to their educational background
- Your best ideas just pop into your head without any effort or brainstorming on your part
- You are very good at solving problems and lateral thinking
- You write – either creatively, or perhaps as part of your job. People who write are more likely to be tapping into their claircognizance already, through automatic writing
- You are very good at sizing people up – you tend to make subtle assumptions about people (sometimes you're not even 100% conscious of the assumptions you have made, which, although not always favourable, later turn out to be true)
- You know things without being told, and you sometimes know what will happen before it has happened
- You come across as a 'know-it-all' because you can always think of an answer to everything – even big, 'cosmic' questions!
- Your [Myers-Briggs](#) type ends in -TJ or -TP
- You can easily put things into perspective and see the bigger picture, which means that people often seek you out for advice

Clairaudience

Clairaudience is the ability to hear the voices of your higher self and Spirit Guides. Clairaudience usually manifests as a little voice inside of you that sounds like your own voice. Occasionally, it may sound like somebody else's voice inside your head. It is rare to hear a voice outside of you speaking, although it is definitely possible (this has only happened to me once, when I heard whispering in an empty, haunted house).



Clairaudience can come in the form of a one-word answer (or an entire sentence) being heard inside your mind. Clairaudience is a great gift to have because it allows you to channel messages verbatim from your Spirit Guides or higher self.

Clairaudience can also include words spoken by other people which are messages from Spirit. Sometimes, you can ask a question of your Spirit Guides, hear nothing at the time, and then hear the answer from someone a few days later. You will recognise the answer when you hear it because it will feel deeply relevant to you in some way – so be open to Spirit speaking to you in this way.

You are more likely to be naturally clairaudient if...

- You have heard voices in the past, and the voice has protected you from danger or otherwise helped in some way
- You hear voices upon waking or going to sleep
- You sometimes hear music playing in your head, or wake up in the morning with song lyrics in your head, and it's relevant to something you're currently experiencing
- You have heard noises such as footsteps or voices when there was definitely no one in the vicinity
- You feel as if you 'overhear' other people's thoughts (in the presence of other people, perhaps you hear words that might have no relevance to your own life; maybe you hear what your loved ones are thinking, or even 'overhear' thoughts from your pets)
- Words pop into your head which are meaningful to you, or the solution to a problem you've been mulling over (sometimes you wake up with words in your head, too)
- You have a finely attuned ear, musically or linguistically (for example, you may be able to notice differences in accents or between musical chords/notes)
- You have a peaceful, wise and compassionate 'inner voice', and when something is going wrong, that voice instructs, soothes, gives perspective, and reminds you that you are freer and stronger than you think (this clairaudient input is possibly from a guide, your higher self or a deceased loved one)
- You used to talk to imaginary friends when you were a child



- You have heard someone call your name in the past, but nobody in the vicinity had actually called your name
- You have heard ringing or buzzing sounds in your ears intermittently in the past
- You are very sensitive to noise (for example, you can't sleep if you're staying next to a busy, noisy road)

Clairvoyance

Clairvoyance is the ability to 'see' Spirit. Clairvoyants usually 'see' in their 'mind's eye'. The mind's eye is the 'movie screen' that exists in your head when you close your eyes, and if you try to visualise something, it will appear in your mind's eye.

Some clairvoyants can see deceased spirits and the auras of the living. Some can see images and metaphors which are meaningful for situations. *(In those cases, claircognizance or clairsaudience must also be used to decode what the metaphor or image means.)*

It is more common for clairvoyants to 'see' with the mind's eye than to see a spirit with physical eyes. You may have seen television shows and movies featuring mediums who see dead people with their physical eyes, and mistake these people for real people. Examples of this might be the movie 'The Sixth Sense' or the TV show 'Medium'. However, it is unusual to see a spirit who looks like a real live human being, but not know whether that spirit is deceased or incarnated. Should you 'see' a deceased person, they will almost always show up in your mind's eye, rather than pop out in front of you, looking like a physical person.

You are more likely to be naturally clairvoyant if...

- You are able to envision solutions to problems, and when you are using your creativity, such as interior decorating or even just choosing an outfit, you are able to envision clearly how you want something to look
- You are gifted or trained in graphic design, fashion design, interior design, painting, illustrating, or you have some other visually creative talent



- You sometimes see coloured or sparkling lights around people when you're speaking to them, but when you look straight at the lights, the lights disappear (this also applies if you 'see' lights, but not around people)
- You can sometimes see auras around people (these can be colours around people or simply the outline of someone's energy field, which often looks a golden yellow colour)
- You sometimes see things moving out of the corner of your eye
- You 'see' random images which pop into your mind's eye when chatting to people
- You're very good at visualising in your mind's eye, or you have vivid daydreams, and when you do guided meditations or visualisations, you can see things very clearly

Clairsentience: Gut Feelings and Physical Sensations

Gut feelings are strong emotional responses that feel almost physical – for example, feelings of dread or feelings of excitement. A sinking feeling in the gut often means that something is not going to end well, or is to be avoided (gut feelings will often warn us against something or someone, by giving us a sinking feeling or some other unpleasant feeling). Conversely, an uplifting, exciting feeling in the gut usually means that you're on the right track.

Some people also experience sensations in other places in their body, especially when they open their chakras and tune into Spirit. When I tune into clients' Spirit Guides, I often feel a tingling sensation on the top of my head and around the sides of my face. My Spirit Guides also impulse me by giving me a tingling sensation on the back of my right calf. This happens when I'm on the right track in my life, considering something they think will lead to a good outcome or when they just want to validate you and say 'yes'!

Meeting a new person may also give you a physical sensation. For example, if you meet someone new and Spirit wants to tell you that this person is particularly unpleasant and to be avoided, you may suddenly feel tense.

Clairsentience: Emotions



You may not be used to thinking of your emotions as feedback from your higher self. I have come across some psychic development students who want to develop their clairvoyance or clairsaudience but may habitually ignore or suppress their emotional responses to situations and people.

However, emotions are also feedback from your higher self about the path you're on, and your way of seeing the world. If you're feeling depressed, for example, it often means that you're cutting yourself off from the route that your higher self wants to take.

It's important to pay attention when something feels 'off' in your life. It's all valid feedback from your higher self, even when it's uncomfortable or inconvenient.

This idea may sound very basic to some students reading this. The fact is, some of us are very good at recognising and naming our emotions, while others are not. This skill certainly depends on who we are on the soul level (some souls are more attuned to their emotional aspect than others, due to their soul group of origin* and other soul trainings). It also depends on our childhood experiences. Those of us who did not feel free or able to express our emotions to our caregivers early on in our lives are much more likely to struggle with being in touch with emotions, needs and desires.

*(*You can read more about the soul groups of origin in the Chapter Three FAQ document.)*

I have always been clairsentient, but unfortunately grew up in a family that did not value emotional expression or awareness.

In order to develop my clairsentience to its furthest potential, I have had to learn to tune back into my emotional aspect, and when I was younger, I went through a few challenging experiences which helped to reconnect me to my emotions.

One experience that comes to mind was when I was in my first year at University. I felt very depressed, and at the time, I didn't know why. I read that depression occurs when there is a chemical imbalance in the brain, and so I visited the college doctor and was prescribed antidepressants.



If I had been more honest with myself, I would have realised that my depressed feelings were feedback about where my life was going.

In my case, I was in the UK, but attempting to continue a long-distance relationship with a boyfriend in France, with whom I no longer had anything in common. I couldn't admit this to myself, even though my feelings were screaming at me that it was over. I chose to deaden those feelings with antidepressants, and when I finally decided to break up with him, I found I no longer needed the medication, because I was back on track with where I wanted to go in my life. Perhaps you have experienced similar situations in your own life – a sense that something is 'off', but feeling unable to fix it, you end up repressing the feelings for the sake of convenience.

In short, feelings are an important source of feedback from your higher self, and blocking them can have consequences for our spiritual connection.

Clairsentience: Desires

Desires are also feedback from your higher self about where you want to go in your life. They represent your higher self talking to you and leading you towards greater expansion. Heartfelt, persistent desires are different from whims. Whims are fleeting and superficial. True desires point the way on the path of your life, and as such, they are sacred.

Once again, I have worked with clients who are developing their clairvoyance and clairsentience, but don't admit their true desires in certain areas of their lives, and this limits their perceptions. When you refuse to face up to something, it can affect your intuition and constitute a blockage in your third-eye chakra.

For some people, connecting with their true desires is difficult. These people may have learned growing up that 'you can't have what you want!', and they got into the habit of squashing down their own desires. Know that unless you are open to what your higher self wants, you cannot expand your intuition fully.

You are likely to be clairsentient if...

- You are someone who can feel your emotions very deeply



- You get tingling or prickling sensations on your body for no reason
- You are very sensitive to negative feedback and criticism (and find it hurtful) – perhaps you have been described as ‘thin-skinned’ in the past
- You have an ‘F’ in your [Myers-Briggs type](#) (F for feeling)
- You know the right path to take, according to how it feels to you
- If you don’t take the path you know you want to take, your emotions wreak havoc and you can become unhappy very quickly
- Your body expresses your emotions physically – perhaps you blush a lot when you’re embarrassed, you get sweaty palms when you’re nervous, or you start feeling physically sick when a sense of dread creeps in
- You pick up on energies in your environment – for example, you can walk into a home and get a negative vibe or a positive vibe. Maybe you have walked into a place and felt creeped out, or as if something bad might have happened there (but with no evidence to back up that sense)
- You’re drawn to working with the angels or you regularly call on angels to help you in your life (angels most often communicate with us through our clairsentience)
- If you have had an Akashic Record Reading with me or someone I’ve trained, having the *fourth energy centre of training is another sign you are clairsentient

(*You can read more about the fourth energy centre of training in the Chapter Three FAQ document.)

Dreaming

When you go to sleep, you leave your body at night and fly in spirit to visit the astrals. Dreams are real energetic events which take place in the astral planes around our planet. The astral planes are not on the ‘other side’, but they’re not in this physical plane either. In a way, they are like a halfway house between the spiritual and the physical.

Because the astral plane is like a halfway house between heaven and earth, dreams are an important part of our spiritual life – something that keeps us connected to Spirit. This means that dreaming is an easy way for Spirit to get a message to you.



If Spirit is sending you a message about something and you haven't noticed it yet, you may get a really clear and obvious message through a dream. A notable time my Spirit Guides sent me such a message was in 2009, when I heard from an old school friend of mine that our high school Spanish teacher, Mr. Owen, had passed away. I was sad for his family, but shortly after hearing the news, I had a dream in which I met my high school teacher, Mr Owen, at the train station by chance, and in the dream, he informed me that he was alive and well; it was a rumour, nothing more. He even seemed annoyed that people thought that he was dead when he was not!

I wanted to check, so I wrote to my old German teacher to ask her if she'd heard the same news. She replied to say that she rang Mr. Owen just to check and he said he was alive and well, so it was indeed a rumour. Aside from my dream, there was no way I could have known that it was a false rumour, as the news came from a very trusted friend. This demonstrates the power of our dreams to connect us with the information we need.

In addition, dreams can reveal the future to you, and show you that you are on the right track and aligned with your highest path and purpose. In my early days as a professional psychic (when I was more nomadic than I am now, and often travelling) I repeatedly dreamt of being in a place that I didn't recognise, and then several months later, I would find myself in that exact place. This happened to me in 2009, before I left the UK (my home country) and travelled to Australia. I dreamt that I was in a house with a very specific appearance; it looked like a caravan, but it was a house. Several months later, I met and visited someone in Australia who owned a house exactly like the one in my dream, and it was a spooky moment when I stepped into that house!

Is Dreaming Really a Psychic Gift?

Everyone has the ability to receive messages from Spirit through dreams. However, some people are naturally more attuned to this method of receiving information.

You are likely to have the gift of dreaming if....

- You have a very active dream life, and when you wake up in the morning you are often regaling those close to you with the stories of all the crazy things you got up to last night in your dreams!



- You find it easy to remember your dreams
- You have dreamt of a deceased loved one in the past, and such dreams had a certain ‘feeling’ or atmosphere to them that is magical, otherworldly or different from usual
- You have had a lucid dream or an astral projection experience before
- You have dreamt of something which later came true, on more than one occasion
- There is something unusual about your sleep — perhaps you have a sleep disorder, you suffer from sleep paralysis (or have in the past), or you sleepwalk. People who have the gift of dreaming tend to have more sleep issues than those without the gift of dreaming (Although bear in mind that you don’t need to have a sleep issue in order to qualify for having this gift! It’s just that it’s more common among those with the gift of dreaming.)
- You feel you have had dreams with spiritual beings* in them, giving you very clear messages, and you tend to have these dreams just before waking up

*In a blog article written some time ago, I detailed an encounter with an angel that took place in the astral planes while I was asleep:

“I dreamed that I was waiting in line to buy a ticket at the local coach station. There was a woman right in front of me, with her back to me. In the dream, she turned around, looked me in the eye and said, ‘You go in front of me’, and smiled. Looking into her eyes, it was clear that she was an Angel. A wave of emotion swept over me and I felt very nurtured and loved. The eyes of the Angel were kind and gentle but also the kind of gaze that burns when you look at it. I woke up moved from my dream and that feeling lasted for hours.”

(I wanted to share that to give you an idea of what ‘dream encounters’ with spiritual beings often look like.)

Let’s have a look at another psychic gift now:

Empathy

Empathy, in a general sense, means putting yourself in someone else’s shoes. Most people have ‘common or garden’ empathy.



However, in this chapter, I'm not talking about the basic empathy that most human beings have. I am talking about empathy as a psychic gift.

Empathy as a psychic gift is the ability to temporarily leave your own experience, on an energetic level, and enter someone else's auric field to experience what life is like for that person. This leaves you open to all kinds of insights — including how the person feels in their body, how they feel in their emotions, what it feels like to be them on the soul level, and what their thought processes are like. Obviously, this is a gift that is great for reading other people.

There are many different types of empath gifts. The most common and useful kind (and the one that we're going to cover in this course) is emotional empathy.

Emotional Empathy

Emotional empaths feel and take on other people's emotions as if they were their own. This means that they are able to receive and process other people's emotional data through the heart chakra. This form of empathy can create an emotional rollercoaster for the empath to contend with on a daily basis, as they are often overcome by random emotions, and can get confused about what belongs to them and what does not. Emotional empaths can feel emotions from their loved ones just as easily as they take on emotions from people they walk past on the street.

There are many professions where emotional empathy is a real plus: this can include all forms of healing, translation (which involves being extra sensitive to the nuances and energies behind words), creative writing, parenting, making art and music, even marketing and business (being tuned into what people need and want, and giving it to them in a way that appeals to them).

Emotional empaths can excel in any area that is about meeting other people's needs.

You are likely to be an emotional empath if...

- You know how others are feeling without needing to ask
- You sometimes feel overwhelmed that there are so many people on earth who are suffering, and you wish you could do something about it
- You often feel overwhelmed in social interactions because you are so absorbed in observing others' feelings and experiences (you notice everything about



other people's experiences in social situations, but feel as if you are not really participating as much as you could in the interaction)

- Similarly, you find it difficult to fully be present to yourself and your own feelings when conversing with other people (this is because you're busy exploring their aura and responses to life, not your own)
- In some cases, shyness – empathy can make you somewhat self-conscious as you're very aware of the effect your words have on another person and what they're thinking and feeling in response
- A tendency to say yes to the requests and demands of other people – almost as a reflex, without thinking about whether you actually want to. When you're so immersed in another person's experience of life and what they need – how can you say no? It's only afterwards that you realise you forgot yourself and your own needs
- A general tendency to put your needs last, or serve others at your own expense
- A liking for distance in relationships, and for solitude. This occurs because as an empath, intimacy and closeness is your default. But when you don't know how to stop yourself from exploring other peoples' auras, you need some space on your own, where you aren't around other people
- A tendency to let relationships and friendships get too heavy (and too close) – too fast
- A strange tendency to feel aches and pains, but only around certain people
- Finding yourself often in a counselling role, where people dump their emotions on you, and being very drained by it
- An emotional over-identification with characters in novels, films and plays. It doesn't matter that they're not real – you can still feel how they felt
- A tendency to forget to have fun and lighten up

Emotional empath gifts are different from the other clair gifts listed here (e.g. clairvoyance, clairsentience) in that empath gifts do not need to be developed - they are in every case already activated in empaths who have them. And people who don't have empathy as a psychic gift usually cannot develop it. Therefore, I don't focus on developing empath gifts in this course. It would serve no purpose for those who have these gifts, nor those without them.



Empaths are usually deeply spiritual people, simply because the gift of empathy allows you to experience oneness. This in turn gives you an expanded perspective on other people and on life.

IDENTIFYING YOUR GIFTS

So now that we have covered all of the possible psychic gifts, it is clear just how many ways there are for spiritual guidance to reach us. The resounding message for those who are on a path of psychic development is:

Be open to how your answers and guidance will come.

Having this openness as part of your mindset means that you will be much more likely to spot actual guidance when it comes, because you will be open to all possibilities.

In addition, be aware that different messages are suited to different ‘channels’. For example, one message may be suited to come through your inner voice, but a different message will perhaps be more suited to showing itself through your emotions or your desires.

So, let go of your expectations about how Spirit should deliver your answers and guidance. Just because you are naturally clairaudient does not mean that Spirit will only use this way of communicating with you. If you are very fixated on developing just one method, you will not get very far. By contrast, surrendering your expectations means that more guidance will be available to you – which is a good thing!

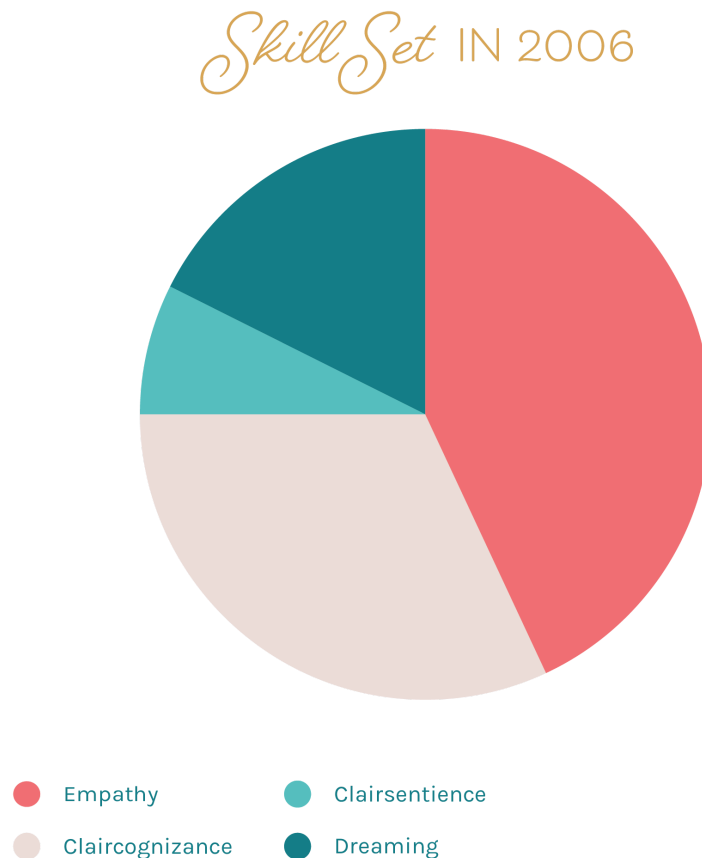
PINPOINT YOUR GIFTS

As you read through the descriptions, did you recognise any of your own previous experiences of receiving psychic guidance? Perhaps you remembered a time when you just ‘knew’ something, without knowing where that came from? Or maybe you recognised yourself as being an empath? (to give a couple of examples!)



At the moment, it's most likely that your skill set is composed of one, two or three natural gifts. Once you start working on other, less natural gifts, your psychic skill set will expand.

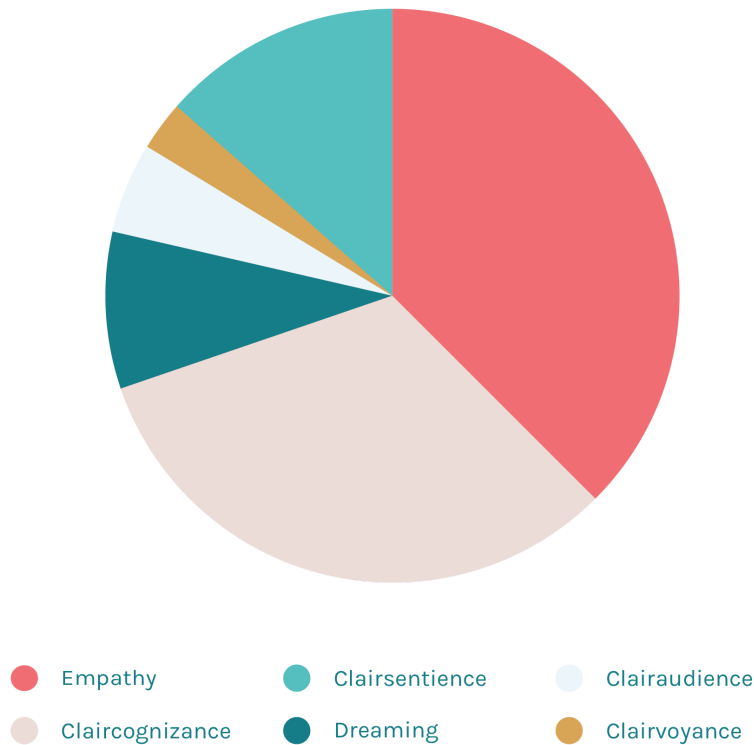
In 2006 (when I first began doing readings), my skill set looked like this:



In 2010, it looked more like this:



Skill Set IN 2010



(Note that in the second pie chart, the tiny blue segment represents clairvoyance. I developed clairvoyance and clairsentience later on, but they are not natural gifts for me – I really had to practise).

2024 Update: After 17 years of doing readings for clients, I am still primarily claircognizant, but I have developed my clairvoyance and clairsentience to the point that they are major gifts for me. Dreaming and clairsentience also feature prominently. By contrast, the empath gifts have faded into the background somewhat.

So, be aware that your gifts may evolve over time; this is particularly the case when we use our gifts a lot.



HOMWORK EXERCISE: IDENTIFY YOUR GIFTS

Now it's time to do a preliminary assessment of your skill set. What do you think your strongest gifts are likely to be? You can base this on my descriptions of who is most likely to have the various gifts.

The more of the 'signs' you agreed with in the quizzes, the more likely it is that you have those gifts. So make sure to add them up and get a total for each.

There are more statements for some gifts than there are for others. **What is most indicative of having a gift is the ratio of signs you agreed with, vs. those you didn't.** For example, if you agreed with only 6 out of 13 signs for empathy, that's not indicative of a really strong gift. But if you agreed with 6 out of 7 signs for the dreaming gift, that's more indicative of a strong gift because you agreed with the majority of the signs.

1.

2.

3.

In addition to the homework exercise above, please make sure you are continuing with any unfinished exercises from Chapter Two (such as the 21-day Prayer for Avoiding Earthbound Spirits).

When you have completed the homework exercise above, feel free to move on to the next chapter, where you will choose some of the gifts to awaken and develop further.

If you have a question after finishing this chapter, please refer to the FAQ document for Chapter Three.

