

THE
Intuitive Awakening
COURSE



CHAPTER 4

CHAPTER FOUR

SENSITISATION

Welcome to Chapter Four of the Intuitive Awakening Course!

This is where you will become strategic about developing your psychic abilities. You are going to take your strongest gifts that you identified at the end of the last chapter, and use the exercises in this chapter which correspond to those gifts, in order to sensitise them.

One of the mistakes people often make in their psychic development is that they might pinpoint their gifts but then fail to do anything with that information – we're not going to do that. Instead, we're going to take what you learnt in the last chapter and put it to work.

Below are some exercises for sharpening the various gifts that you already have. At the end of this chapter, I will ask you to choose some of these to do yourself, but for now, just have a read through the exercises.

AWAKENING CLAIRAUDIENCE

Awaken your clairsaudience and be more open to hearing spiritual guidance by practising the following exercises:

Exercise One: Unpicking the Orchestra

(This is an exercise that is adapted from William Hewitt's book 'Psychic Development for Beginners'.)

1. Get a pen and paper



2. Put aside a few minutes and listen carefully to all the sounds you hear around you. Write down every single sound that you can hear, such as the sounds of cars passing, the sounds of birds or animals, a plane, people talking, or the sound of music. There will be many sounds which are 'layered' on top of one another, and many of these sounds you will never pay any attention to. We normally tune out these noises so that we can concentrate or sleep, but when you habitually tune out noise, you dull your perception a little and you become less sensitive to your clairsaudience

When you make an effort to listen consciously to the noise that you might normally tune out, you will hear a multitude of sounds. Your objective with this exercise is to notice each and every one of the sounds that make up this 'orchestra'. Some may be subtle and barely noticeable. The goal here is to heighten your auditory perception.

Exercise Two: Reading to Yourself

Read a few pages of a book to yourself – hear yourself reading the words out loud (but only in your head!).

As you are doing this, try to focus on the sound of the voice inside your mind which is reading the words. Focus less on the actual content (for this reason, it is best to do this exercise with reading material that is not particularly interesting or thought-provoking).

This 'voice' that you are training yourself to 'hear' is the same inner voice that your higher self and Spirit Guides will use to communicate with you. Getting into the habit of hearing this inner voice enables you to receive clairsaudient messages more easily.

Exercise Three: Conjuring up Sounds

For this exercise, I'm going to ask you to 'hear' in your 'inner ear' (also known as the voice inside your own head), the following sounds:

- The sound of a plane flying overhead
- The sound of a cello being played
- The sound of a harp being played



- The sound of a cat meowing
- The voice of someone who you haven't heard from in a long time
- The sound of a large waterfall
- What your phone sounds like when you receive a text (if you have the sound on)
- A close friend's voice
- The voice of a child you hear often
- A loved one, such as your parent or spouse, saying 'hello' to you when they answer the phone
- A woman laughing
- A waiter serving you a meal
- The siren of an ambulance
- The voice of a favourite actor/actress/celebrity

I want you to actually hear in your mind, as well as you can, what all of these sound like. Feel free to imagine any dialogue and just improvise.

AWAKENING CLAIRENCE

The exercises below are very simple yet very effective — all have been recommended by Spirit Guides in the past to open up clairsentience.

Exercise One: Heighten Your Emotional Awareness

Take a few minutes to go inside yourself, focus on your heart (the centre of emotions) and ask yourself, “How do I feel today? What is the underlying emotion present here at my heart chakra?” If you are feeling a strong negative emotion and you are not sure why, ask yourself what it is in connection with and see what pops into your head in response.

Exercise Two: Heighten Awareness of Needs

1. In the morning, ask yourself “What is really important to me and my higher self today?” It may take you a few minutes to get the answer to this. You may



‘know’ the answer, or you may have a word or an image popping into your head. If you get an emotional reaction when asking this question, make sure you ask what it is in relation to.

2. Write down the response and make sure you honour it for the day.

Exercise Three: Heighten Awareness of Desires

1. Find a partner with whom you can do this exercise
2. Set a timer for three minutes
3. Your partner needs to ask you repeatedly and rhythmically, “What do you want?”
4. Every time you hear the question, listen to what comes out of your mouth. Put your conscious mind to one side and allow your subconscious or higher self to respond authentically. Keep searching for your desires until the three minutes are over

The rhythm for this exercise should be:

Question, answer. Question, answer.

There should be as few pauses as possible. As you get into it, you should find that your answers come more and more from the subconscious mind or higher self.

Exercise Four: Calling on an Ascended Master or Archangel

This exercise is designed to fill your awareness – physical, emotional or mental – with the presence of a Divine-level being. Here’s the process:

1. Be still for a moment and notice one thing about your physical body (this could be the way your weight is shifted, or any tension or aches, anything at all).



2. Now focus on your mind – go within and see if you can put a word on your current mental state (for example: scattered, focused, calm, anxious etc.).
3. Now focus on your emotions – go within and see if you can put a word on your current emotional state.
4. Say the name of a Divine being out loud (such as Archangel Michael, Buddha or Jesus).
5. Now do the Breath-work Exercise – inhale to the count of four, hold to the count of four and exhale to the count of eight. Do this three times in total.
6. The presence of the Divine being will be with you. Ask the being to ramp up their presence as much as you can handle it.
7. Now, notice one thing about your physical body.
8. Then, notice one thing about your mental state.
9. Finally, notice one thing about your emotional state.

Perhaps you won't notice much the first time you do it. But the more you practise this exercise, the more you will experience a different 'after' state. You can experiment and use this exercise to call on many different Divine beings. For example, see how the energy of Archangel Michael differs from that of Ascended Master Jesus. These Divine beings will only come to you when asked, and you can perceive their energy through emotions, or the effect on your mind or body. Paying more attention to this 'after' state heightens clairsentience.

AWAKENING DREAMING

Exercise One: Calling on Your Astral Guide



This prayer calls in your astral guide, who is the guide that accompanies and guides you during your dream time in the astrals.

It goes as follows:

1. First of all, inhale to the count of four, hold your breath to the count of four, and then exhale to the count of eight. Do this three times in total. Then say the prayer below:

"I call on you, my astral guide, to make your presence known to me in my dream state.

I ask for your help and support in travelling between realms. Please help me to receive solutions to earthly problems, and answers to questions through my time in the astrals.

Please help to connect me with deceased loved ones and ancestors through my dreams.

I ask for wisdom to be passed down to me from the ancestors, Ascended Masters and Spirit Guides, and I ask for healing, for my body, mind and spirit tonight.

Thank you. It is done, it is done, it is done."

Say this prayer every night before you go to sleep, for one week.

Exercise Two: Cleaning up Your Act

The name of this exercise is slightly tongue-in-cheek. It involves cutting out alcohol, refined sugar and caffeine for at least one week, preferably longer. The reason that this exercise is in the dreaming section is because sugar, alcohol and caffeine affect your REM sleep (and our dreams occur during REM sleep).

If you feel you cannot eliminate caffeine (I know that this is a hard one to give up for many people), please reduce your consumption by at least 50%. For example, if you drink three cups of coffee per day, reduce it to one cup of coffee and have the coffee in the morning, rather than in the afternoon or evening. Alcohol needs to be eliminated altogether for this exercise, and of course, this exercise applies to cannabis, too.



Exercise Three: Mindfulness Meditation Before Sleep

This is an exercise that you should do for ten minutes before you go to sleep. It makes you more receptive to spiritual dreams.

Here are the instructions:

- Get comfortable (if you have the tendency to fall asleep while lying down and meditating, sit up)
- Close your eyes and breathe normally
- Focus your attention on your breath — just observe it for ten minutes

That's all there is to it!

Exercise Four: The Post-it Note Exercise

The best way to activate your dreaming gift is to request guidance through dreams.

1. Write a question on a post-it note and leave it next to your bed. Then ask your Spirit Guides/Spirit to send you a dream that answers the question just before you wake up.
2. When you wake up, make sure that you explore the metaphors and messages present within the dream by journalling about them soon afterwards. This is an essential part of the process. Many dream messages can only be revealed upon reflection and journalling. The more you reflect upon your dreams and pay attention to them, the more likely it is that your dream life will be rich in spiritual guidance.

In addition, make sure you examine any symbols that arise in your dreams. You may wish to look up the symbols in a dream dictionary, but personally, I have found that the significance of the symbols present in my dreams is unique and personal to me. So, when a symbol pops up in my dream that is new to me, I ask myself, “What is the emotional association of that symbol?”



Sometimes, a situation or a person will pop into my mind in response to my question. Do this post-it note dreaming exercise for seven nights in a row, with the same question until you get an answer. If you receive some insight on your question, move on to another question the following night. Observe which dreams come in response to specific questions. You may find that Spirit addresses a different area of your life in the dream – one that is more urgent than the question you asked. Even if you don't receive anything via your dreams, persist with this exercise for seven days.

AWAKENING CLAIRVOYANCE

Exercise One: Arranging the Flowers

1. Visualise a vase for flowers in your mind's eye.
2. Now, see yourself putting a flower in the vase. See the colour of the flower and make it a certain type of flower, such as a tulip, a daffodil, a dahlia, or a poppy.
3. Next, see another flower (a different one) being put into the vase. See its colour in your mind's eye. Keep filling the vase with flowers until you have five flowers in there.
4. Then, in your mind's eye, visualise giving it to someone you know. See them smiling and thanking you.

If you find this hard to visualise, don't worry. It just means that your mind's eye is a little rusty. The more you use it, the easier visualisation becomes.

Any activity which uses your visual imagination (including daydreaming) is good for strengthening clairvoyance, because your mind's eye is the machinery that your Spirit Guides and higher self use to send you information in the form of pictures. The more 'well-oiled' the cogs of your imagination are, the easier it is for Spirit to send you clear images.



Exercise Two: Visual Memory Game

1. Take 30 seconds to look around the room that you are sitting in. Absorb as many details of the room as you can in 30 seconds.
2. Then, set your timer for two minutes, close your eyes, and recreate the room in your mind's eye. Try to see as many details as possible. It usually helps to fill in the big things first, such as the furniture, and then put in the smaller details.

Exercise Three: Seeing Auras

The aura is a luminous subtle body that is layered over your physical body. It often looks like a white energy emanating from a person's head and shoulders. You can see it depicted in many pieces of art, in which spiritual teachers and religious figures often have halos around their heads. Sometimes, when people tune into an auric field they see colours. Other times, it is perceived as a white or golden field around a person's body.

We are most likely to see auras without even trying when we are staring at someone for a long time — for example, someone who is sitting against a white background, when we are in a relaxed state.

Here is an exercise to try:

1. Find a partner for this exercise and ask them to sit or stand against a white background, in a softly lit room.
2. Relax your eyes and look at one area of the person's face, such as the mouth or nose.
3. At the same time, use your peripheral vision to look at the outline of the person's body. Continue to stare at their nose/mouth while you do this.

It may take a few minutes to see the aura. Take your time. I find that this exercise is very dependent on the lighting and on the white background. Conditions often have to be 'just right' for this exercise, so do make sure the room is softly lit.



Exercise Four: Use Crystals

Crystals can be a powerful aid for developing clairvoyance.

Choose a crystal that has a reputation for opening up the third eye (such as lapis lazuli, fluorite or amethyst). Lie down and place it over your third eye chakra (between your eyebrows) for 20 minutes.

Different crystals work for different people, so if you're interested in using crystals to open up your clairvoyance, you might like to go into a crystal or new-age store with the intention of finding the right stone to help you. You may feel attracted to one crystal in particular.

Bear in mind though that some people are more receptive to the energies of crystals than others, so if you wish to open up your clairvoyance, make sure this isn't the only exercise you choose (in case you are someone who is not as sensitive or receptive to crystal energy).

(If you buy a new crystal for this exercise, make sure to clear any residual energies from it, before you use it. You can do this by burying it in sea salt and leaving it overnight, putting it at the base of a pot plant, or burying it outside in the soil and leaving it overnight.)

AWAKENING CLAIRCOGNIZANCE

Exercise One: Becoming Self-Aware

The aim of this exercise is to become conscious of your own consciousness! Becoming conscious of your thoughts and noticing them is the first step to awakening claircognizance. This exercise is only for those who are not that adept in meditation. If you are an experienced meditator, you won't benefit as much from this exercise.



1. Begin by inhaling to the count of four, hold your breath to the count of four and exhale to the count of eight.
2. Set a timer for three minutes.
3. Close your eyes and turn your attention to your breathing. Breathe through the nostrils, without trying to control your breath – simply notice the sensation of the air going in and out of your nostrils. Focus on this sensation. As you are doing this, notice the thoughts that you are having. You do not need to do anything or repress them – just observe them. Remain a detached observer for a few minutes, as the thoughts arise.
4. Notice the ‘you’ (the awareness) that is behind the thoughts and between the thoughts.

The ‘you’ that is between the thoughts is your consciousness.

Exercise Two: Exploring The Tarot

This is an exercise you can do if you have a pack of tarot cards (or if you fancy buying some). Only do this exercise if you are not adept in working with tarot cards. If you have experience using the Tarot or if you know a great deal about the meanings of the cards, this exercise will not work very well for you.

1. Choose three cards from the Major Arcana.
2. Take the first card on the first day and get a pen and paper. (You will need to put aside around ten minutes for this exercise.) Begin by inhaling to the count of four, then hold your breath to the count of four, and exhale to the count of eight.
3. Next, tune into the energy of the tarot card you’re holding. Look at the image on the card and the symbolism. Every tarot card represents an archetype: a certain type of energy. Ask the tarot card to reveal its energy to you by showing you people who represent this energy – you will probably have someone popping into your head who represents the energy of the card. Ask the tarot



card to send you events, colours, feelings or situations which have something to do with the energy of the card. See what pops into your head in response to these questions. Meditate on the card and see if any information comes into your head about the meaning of it.

Exercise Three: Becoming Receptive

Ask yourself the following questions and see what pops into your mind. You do not need to 'think' for this exercise. Just go with the first thing that comes to you, almost automatically, even if 'I don't know' is the first thing that comes to you. You don't need to 'get it right' – just hone in on the first thing that comes to you, whether it is right or wrong.

Questions to ask yourself the first time you do this exercise:

- What kind of day will you have tomorrow?
- What do you most want from doing this course?
- The first female name that comes to mind
- The first male name that comes to mind
- Is there someone from this lifetime who has featured in lots of your past lives?
- What was your name in one of your most recent past lives?
- Where will you be five years from now?
- What will you have for dinner next Tuesday?
- A country that is known for its hot weather

Questions to ask yourself repeatedly (to use when you do this exercise over a period of several days in a row:)

- What kind of day will you have tomorrow?
- Where will you be six/seven/eight/nine/ten years from now? (Use a different time range each time you ask)
- What was your most recent past life like?/what was your past life like two/three/four/five incarnations ago, etc?



The answers that you receive to the questions above won't necessarily be very meaningful, and it's best not to take this exercise too seriously. The purpose of this exercise is about getting used to being a receptive vessel, and experiencing what it feels like to have something enter your mind, seemingly of its own accord. This is what claircognizance is and becoming receptive is exactly what is required for this gift.

Many of my students have felt that this particular exercise is too repetitive to do for seven days in a row. (If you also have that sense, it's perfectly fine to do it for a shorter period of time.)

AWAKENING CLAIRGUSTANCE & CLAIRSALIENCE

These are unusual gifts that you may also wish to develop. Let's first of all have a look at what these gifts actually are.

Clairgustance, or clear tasting, allows you to receive a taste in your mouth from Spirit or a person in the spirit world. It is a common way for mediums to receive information. Have you ever heard a medium say something like "I can taste cigarettes; did your mother smoke?" They are getting this information from clairgustance.

Clairsalience is clear smelling. People who smell their deceased grandmother's perfume, for example, that is clairsalience. Your loved ones can communicate with you in many ways, including sending you these smells.

Please note that these two gifts are only worth developing if you are interested in connecting with deceased loved ones (also known as mediumship). That is because while deceased spirits may use these gifts to connect with us and make us aware of their presence, our Spirit Guides will hardly ever use these gifts to communicate with us. Therefore, if you have no interest in mediumship, you can skip this section altogether.



Below are some exercises that come from a psychic-medium student of mine, Shar Smith, for developing clairgustance and clairsalience. If you choose to do these exercises, I recommend doing them in addition to the other exercises you have already chosen.

So, for example, if you have identified your gifts as being clairvoyance, claircognizance and dreaming, then please proceed with the exercises corresponding to those gifts. If you are also interested in mediumship, then you can also do the clairsalience and clairgustance exercises on top of the exercises for claircognizance, dreaming and clairvoyance.

Exercise One: Get Some Variety in Your Life

Do one of the following:

- Go wine tasting to practise smelling and tasting the subtle differences between wines
- Go to a department store and smell a range of different perfumes. The more you give your nose and taste buds a workout, the bigger reference you will have to receive psychic information

Exercise Two: Pay Attention During Mealtimes

It's also a great idea to make the effort to taste the separate ingredients when you're eating a meal. This works especially well when you are tasting a meal that someone else has made for you.

Take your time when you eat and make a list in your head of all the flavours and smells within the food that you are eating. For example, if you're eating hummus, perhaps you can taste the sesame seeds, the garlic, the olive oil, the lemon and the chickpeas. If you're eating a bowl of pasta, you may be able to taste tomatoes, basil, garlic, cheese, etc. Separate out the ingredients that you can taste. Do this repeatedly at mealtimes.

Exercise Three: Remembering Tastes & Smells



Run through the following smells and tastes and conjure them up in your memory – try to taste and smell them as vividly as possibly:

- Cigarettes
- Raw carrot
- Lemon
- Whiskey
- Chocolate fudge cake
- Garlic
- Toothpaste
- Radish
- Dark chocolate
- Sardines
- Sourdough bread
- Balsamic vinegar
- Green beans/string beans
- Durian fruit (if you have smelled/tasted this before)
- Roquefort cheese or Stilton cheese
- Raw rocket/arugula leaves
- Salted peanuts
- Black coffee
- Raw onions
- Fresh cilantro/coriander



HOMEWORK:

Take two or three of the gifts which you identified as being your strongest gifts in Chapter Three, and do 1-3 exercises corresponding to each of those gifts once a day, every day, for the next seven days.

Important Note #1:

Only choose exercises that will develop the gifts which you have already identified as being your strongest gifts.

Important Note #2:

You will usually need to sensitise either clairsentience OR claircognizance, even if you are not sure you possess either of these gifts. So please do choose either claircognizance or clairsentience to develop, and make sure to choose the one you think is strongest for you.

Here's why I am asking you to do this:

You cannot usually channel detailed information from Spirit just using clairsentience or clairvoyance, on their own. When you use your clairsentience or clairvoyance, you will need to utilise either clairsentience or claircognizance to interpret what you are given.

For example, let's say that you receive a certain gut feeling about a person when you meet them (this is clairsentience). Perhaps you get chills when you shake their hand, without knowing why. Clairsentience on its own is only going to give you an initial impression. You will need to expand on that initial impression, via your claircognizance or your clairsentience.

This also applies to clairvoyance. You might 'see' an image in your mind's eye without knowing what it means. You will need to use either claircognizance or clairsentience to find out more.

That is why I'm asking you to sensitise either clairsentience or claircognizance at this stage.



Homework FAQ:

Just a note that there is no FAQ document for Chapter Four.

The only question people tend to have at this stage is answered below:

“Can I do the exercises over the next seven days that correspond to ALL of the gifts (instead of honing in on just a few gifts)?”

If (in Chapter Three) you identified that you had all of the psychic gifts, and if you have the time and ‘mental bandwidth’ to do all of the exercises, you certainly can do that.

However, for those who identified that they have two to three strong gifts, I would prefer for you to stick to the exercises which best correspond to those gifts; otherwise at this point, you will be diluting your focus. I want you to get the most out of this course and progress as quickly as possible. Honing in on two or three gifts for Chapter Four will best facilitate this.

We have now covered all the exercises for developing your strongest abilities. Please work on these exercises for one week before moving on to the next chapter, and do not move forwards to Chapter Five until you have completed this homework assignment.

