



Discover Your Dominant “Clair” Info & Quiz

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Here we will be getting to know more about you.

There are four main ways in which the spirit world reaches out to make the connection with a medium. It is important that you

identify how you receive this connection. Where does your particular strength lie? How are you wired as a psychic and or a medium? This booklet will help you clarify this by shedding light on your particular strong point in spirit communication. Once you make this discovery be prepared for the doors to open wide as you embrace your strength, nurture it and be amazed as your growth in spirit communication reaches new heights.

How mediumship works:

You are energy. Spirit is energy. Spirit and spirit guides communicate with you by sending impressions and information via energy. When doing psychic work you are picking up on and reading the energy of others. This energy comes into your awareness in the form of visions, thoughts, sounds and feelings perceived by you at a subtle, non-physical level via what are referred to as “the clairs”. There are four clairs and they are:

Clairvoyance: Receiving impressions via pictures, images or movie like clips before your eyes or in your mind’s eye.

Clairvoyance translates to “clear seeing”. It is also known as psychic vision. Clairvoyance makes use of your strong visual capacity and you will “see” the subtle information.

Clairaudience: Receiving impressions via words or other sounds heard in your mind’s ear. Clairaudience translates to “clear hearing”. It is also known as psychic hearing. Clairaudience makes use of your strong auditory ability and you will “hear” the subtle information.

Clairsentience: Receiving impressions via feelings, emotions and physical sensations. Clairsentience translates to “clear sensing or feeling”. It is also known as psychic sensing or feeling.

Clairsentience makes use of your strong desire to experience things and you will “feel” or “experience” the information at a

subtle level.

Claircognizance: Receiving of impressions through an immediate experience of “knowing”. Claircognizance translates to “clear knowing”. It is also known as psychic knowing. It often resembles clairaudience and it is sometimes difficult to distinguish between the two. Claircognizance uses your naturally strong and quick thought processes and you will “just know” something or have a sudden revelation or realization.

Though spirit communicates in a combination of these four channels, one of these will usually be stronger for you than the others, especially in the beginning of your development. This stronger one will be what I refer to as your dominant clair. When you are just starting out it can help you greatly to know which is your dominant clair or, in other words, the way in which you are most likely going to receive the subtle energy information that spirit sends you. How you most easily and naturally take in the world at a physical level will parallel how you take in the world of spirit. Some people are highly visual while others have a well developed sense of hearing. Others need to experience things first hand to learn and grow while some people assimilate information via the thought process and mental capacity very quickly. Identifying how you are more naturally going to receive information from spirit and your guides helps to heighten your experience of communicating with spirit.

To discover your dominant clair take a few moments to do the little quiz that I have developed for you below. Grab yourself a pen and a piece of paper. I have included a brief set of statements that I have specifically designed to help you determine your strongest clair. Choose only the statements that are a good fit for you. There is either an (a), (b), (c) or (d) at the end of each statement. Keep track of the ones that are a fit by jotting down the letter in the bracket at the end of those statements. When you have finished looking at all of the statements simply follow the

instructions for tallying your score at the end of the quiz. Do not over think or spend too much time considering your answer, just go with what comes naturally or feels immediately right for you. If a statement fits for you, jot down the letter. If it does not fit, pass it over and go on to the next statement.

Begin Quiz:

When I am meeting someone for the first time I tend to first notice the way they talk and sound and tone of their voice or their laughter and how they express themselves verbally (b)

I enjoy things like arranging furniture, putting together outfits and setting a beautiful dinner table (a)

I would rather listen to a book on tape than read a physical book (b)

I fail to lose weight even when I am actively dieting (c)

I am a quick and excellent judge of another person's character (d)

I often experience unexplained intense feelings for no apparent reason (c)

If I am riding on a public transportation, I enjoy listening to the conversations that are going on around me (b)

I sometimes feel the presence of the spirits of loved ones who have passed, near me (c)

I tend make decisions quickly and without much thought (d)

I sometimes experience a high pitched ringing in my ears (b)

Sometimes I see light or a halo-like aura around a person's body (a)

I often experience panic, anxiety or overwhelm in crowded places (c)

I instantly know when someone is being dishonest with me or not speaking the truth (d)

I am generally uncomfortable making small talk (d)

My mood is often dictated by what is going on around me or the mood of others I am with (c)

I tend to quickly notice coins, feather, rocks or other small items in my path when I take a walk (a)

I usually take an instant like or dislike to a person when meeting him or her for the first time (d)

I tend to have many “Aha” moments (d)

Sometimes I find myself tuning out the what is going on around me and tuning into one sound in particular like the song of a bird, the sound of a child laughing or another specific sound in my immediate environment (b)

When I see a loved one suffer I wish I could be in their place instead (c)

I prefer talking out loud to writing things down (b)

I often think of someone I have not seen for a while and then run into that person a very short time later (d)

I can always tell directions like north or south no matter where I am (c)

If I am riding on a bus or a train I prefer to observe the terrain through the windows (a)

When I remember an experience with my friends, I mostly recall what we talked about (b)

I seem to have a natural talent for fixing electronic things without having to refer to the instruction booklet and even though I have never studied or learned about electronics (d)

I head right to the gemstone section in a new age store because I easily feel and enjoy the resonance of the crystals (c)

I often feel as if someone is talking to me inside my head when I am thinking through something (b)

I easily remember what people have said to me (b)

I prefer reading a book rather than listening to a talk or lecture (a)

When I am meeting someone for the first time I tend to notice how I am feeling in their presence (c)

I enjoy writing letters or recording my thoughts in a journal (a)

I love working with my hands doing crafts or building things (c)

I do better when someone gives me verbal destination directions than I do reading or looking at a map (b)

I get lost in the cinematography, visual effects, costumes and scenery when I watch a movie (a)

I do not hesitate to try new things (d)

People naturally confide in me about their problems (c)

I really enjoy having music on in the background while I am working (b)

I see or have seen flashes of light energy or colour in my peripheral vision (a)

I have been known to experience sudden physical aches and pains when I am in the company of others (c)

I often know more about a topic or concept to which I have just

been introduced than I would have thought possible (d)

I cry at the drop of a hat when I watch a very sad or happy movie or show (c)

When I recall an afternoon spent with one of my friends I see it in pictures in my mind (a)

When I meet someone for the first time I tend to immediately assess whether or not I find this person interesting and / or they might be able to help me in my career (d)

When others are talking I visualize in my mind what they are saying (a)

I often feel affected by the feelings and emotions of others (c)

I learn and remember the lyrics to songs very easily (b)

I know right away whether I like a person or not when I am meeting them for the first time (d)

I enjoy visual art more than music (a)

I prefer to write down the instructions that someone has verbally given to me (a)

I love to talk for long periods of time on the phone with a friend (b)

I am a very good speller (a)

I prefer one on one discussions on topics that interest me rather than being involved in group discussions (d)

I prefer to purchase items in person so that I have the chance to touch them first rather than shop online (c)

I have a tendency to daydream (a)

When I remember an afternoon spent with a friend I mostly recall what we talked about (b)

When I am meeting someone for the first time I tend to first notice their physical characteristics, what they are wearing, their hair style, smile etc. (a)

Often when I am working on a challenge or problem I will instantaneously know the solution and implement it without question or doubt. (d)

I tend to get absorbed in the musical score, the dialogue and the sound effects when I watch a movie (b)

I do not hesitate but instead I act quickly most of the time (d)

End Quiz

NOTE: Please do not read past this point until you have completed the quiz above. Reading further could skew your results and we want accurate information. :)

Tally up how many of each letter you have that were associated with the statements you chose.

For example: If you chose 12 (a)s, 8 (b)s, 3 (c)s and 5 (d)s then (a) would be indicative of your dominant clair. Likewise if you chose 7 (a)s 9 (b)s, 10 (c)s and 7 (d)s then (c) would indicate your dominant clair with (b) following close behind. You would have two dominant clairs.

Now for the results:

If you chose more (a)s: Your dominant clair is **Clairvoyance**. You are very visual and process the world through your eyes. You have an easy time imaging things and often have very vivid dreams, possibly even dreaming of events or things to come in a very clear way. You would tend to see the image of a good friend in your mind's eye, then the phone will ring and that friend will be the person calling. Children usually have highly developed visual intuitive ability exemplified through their natural ability to see invisible friends and use their imaginations to entertain themselves. As a visual person, you learn better when you can see the material and tend to think and recall in pictures. You also have a strong ability to imagine situations and outcomes in your mind's eye. You most likely experience the world in a series of snapshots or scenes. You enjoy doing activities that call on your keen visual sense, like drawing, interior design or flower arranging. You will tend to receive information from the spirit world in the form of images and pictures seen with your inner or mind's eye. You have the keen ability to notice the signs and symbols that spirit sends to you in flashes of light, number sequences, coins, feathers, butterflies, colours, people, birds, etc.

If you chose more (b)s: Your dominant clair is **Clairaudience**. You tend to remember and learn best when you hear and / or put information into words, and would prefer to listen to a lecture without taking notes or can easily recall song lyrics. With your strong auditory skills you likely have clued into that "little voice" in your head that has more than once steered you in the right direction, for example hearing something like "don't take the 101" or "turn right at the next stop light", which has resulted in missing

a major traffic snarl. You talk yourself through situations and hear guidance or instructions in your head rather than seeing these things in your mind's eye. You are probably a skilled communicator or, at the very least, like to talk and / or are a good listener. The challenge for the Clairaudient is discerning your intuitive perceptions from your own thoughts and internal mental chatter. However, with practice it gets much easier to do this. You will tend to receive information from the spirit world in words, phrases or sounds heard in your mind's ear. You have the keen ability notice the signs that spirit sends you through sounds like the chirp of a bird, a specific song playing on the radio, or a voice in the crowd saying something that is meaningful to you.

If you chose mostly (c)s: Your dominant clair is **Clairsentience**. You tend to more strongly experience physical sensations, feelings and emotions. You learn best by doing and experiencing. You often experience gut reactions and you can feel drained in crowds because of your tendency to easily absorb the energies of those around you. You sympathetically feel the emotions of others in your own body and are prone to experiencing 'good' or 'bad' feelings about things that you often feel compelled to trust, later finding out that it was for a very good reason. You are empathetic toward others, good at reading people, and often understand how others are feeling even before they do themselves. You will receive information from the spirit world in the form of sensations, feelings, emotions or symptoms felt in your body. You have the keen ability to notice the signs that spirit sends you through sensations in your body and how you are feeling emotionally and physically.

If you chose mostly (d)s: Your dominant clair is **Claircognizance**. You are strong intellectually and tend to process the world primarily through your mental function rather than sight, sound or feelings. You often know things about topics you have never studied or learned about and tend to have flashes of inspiration or ideas that seem as if they have come out of nowhere. You prefer one-on-one situations over group encounters and are keenly able

to size people up very quickly tending to like and trust them (or not) immediately. You often “know” things that you think or assume that everybody else already knows, and they don’t! You may even have a reputation as a know-it-all. You receive information from the spirit world in the form of flashes of inspiration, blocks of thought and instantaneous knowings. You have the keen ability to notice the signs that spirit sends you through an immediate thought that something must be done or a certain direction must be taken for example or a brilliant idea or revelation that comes out of the blue as if it has been plopped into your head.

If you chose an equal number of (a)s and/or (b)s and/or (c)s and/or (d)s: You are not primarily one clair or the other, but rather you have a tendency to receive from spirit through each of the clairs in which you scored the highest. You will receive in more of ways than just one. For example, you might receive images and also experience feelings in your body, or hear sounds and phrases and also see pictures in your mind’s eye.

Being naturally stronger in one clair than the others does not mean that you cannot or will never develop the ability to receive information via the other clair channels. As you practice developing your clair ability (we’ll talk more about THAT in a few pages!), you will discover that you might just begin to flow with more than just your dominant clair as you become more comfortable and proficient. However, when you are new and just starting out on this journey, becoming aware of your dominant clair helps you to open to and learn to trust what you are receiving from spirit. This is because your dominant clair is usually the kick off point that opens the door to communication with spirit. Eventually you will discover that it really does not matter how you receive information from spirit, and your experience will evolve and grow as you practice and develop into a style that is uniquely your own and works perfectly you!

Speaking from a personal standpoint, discovering my dominant clair was THE most important thing that happened for me when I was starting out. I was all over the map trying to figure out what was coming in from spirit and missing things right, left and centre, simply because I had no idea how I tended to receive information. However, once I discovered that I was stronger as a clairvoyant things quickly fell into place for me. I began to see (pun intended!) that receiving information from spirit began with my receiving energy in the form of images in my mind's eye. Acknowledging these images threw the door wide open and communication would just take off from there. At this point in time, however, I receive information through all of the clair channels pretty much equally. Communication with spirit still begins with picture and images, then it quickly progresses so that I also feel sensations and emotions, hear sounds like names or music, and receive full blocks of thought. This may also be true of you, too, as you deepen your own development. Having said all of that I know many mediums who have been communicating with spirit for years through only one clair channel. One medium that I know has only ever been Clairaudient and has never seen, felt or had a block of thought from spirit, while another medium I know works exclusively as a Clairsentient. So one never knows...!

So now... which is your dominant clair? Take a moment now to announce your results, out loud to yourself - I am Clairvoyant! Or I am Clairsentient! I am particularly gifted in Claircognizance. Or I am a whiz bang Clairaudient! Celebrate your newly discovered dominant clair!

*Footnote: There are two more clairs, known as clairgustance (clear tasting) and clairalience (clear smelling) which is sometimes also referred to as clairscent. I have not gone big into these two clairs here because it has been my experience that these clairs are what I refer to as augmenting clairs which work in

conjunction with the four clairs that we have explored above. In all my years of doing mediumship I have never run across a medium who works solely through Clairgustance or Clairallience. Mediums tend to work through one or more of the four primary clair channels and experience these one or the other (or both!) of these two clairs in conjunction with those clairs. It doesn't mean that there aren't mediums who flow only through clairallience or clairgustance, it is just extremely rare.

Talk to you soon,

Clare