Clairsenses Exercise

1) Recall a movie that you truly enjoyed. When you think of that film, what comes to mind first?

    A: The way the movie made you laugh, cry, or moved you in some other regard

    B: The voices of the actors/actresses, the music score

    C: The attractive actors and actresses, the lighting, the costumes, or the scenery

    D: How thought provoking or what a good storyline it was

2) When you meet someone for the first time, what do you usually notice first?

    A: How you feel around the person, such as being comfortable, amused, safe and so on

    B: The sound of the person's voice or laughter

    C: The way the person looks, such as clothing, hair, smile, shoes, or general attractiveness

    D: If they were thought provoking or interesting

3) When you walk into an environment for the first time, what do you focus on?

    A: If it has a nice vibe or energy

    B: The sounds in the environment, any music playing, how quiet or noisy

    C: What it looks like, the colours, furniture, Feng Shui, or whether it is aesthetically pleasing or not

    D: How functional it is or thinking about how it could be changed/modified

4) Think back to a vacation you took. What stands out most in your memory?

    A: The peaceful, romantic, restful, or exhilarating feelings associated with the trip

    B: The sweet silence, the crashing surf, the chirping birds, the rustling leaves, music, or some other sound

    C: The beautiful sights of nature, the architecture, or something that you witnessed

    D: The important and interesting cultural and/or historical information that you learned while traveling

Mostly "A" answers signifies Clairsentience

Mostly "B" answers signifies Clairaudience

Mostly "C" answers signifies Clairvoyance

Mostly "D" answers signifies Claircognizance