



# COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

## Practicing the clairs

Your clairs are on the same spectrum as your physical senses. We can actually use our physical senses to strengthen our psychic senses. If we practice bringing to mind different sensations, we can strengthen those pathways in the brain, which will ultimately help us out in readings. Impressions will come through more easily during a reading.

When you go about your day, practice noticing details about the things around you. Don't just eat your pizza: notice the type of crust, how many toppings are there, what shades of color are the toppings? Don't just admire a beautiful car: notice the detailing on it. What fabric is the interior? What shade of color is the car? What kind of wheels or hubcaps does it have? What kind of bumperstickers are there? What's the license plate? How many seats are inside? Don't just walk by the dogpark, notice what dogs are there. How many are there? What breeds do you recognize? Are they long haired, short haired, scruffy, silky? What sizes? Are some looking overweight? What personalities do you see displayed?

What sounds are the dogs making? Are some walking by themselves? Which dogs seem more sociable? What is the dogpark like? Is the grass taken care of? What's the fencing like? What about the surrounding nature? Get in the habit of describing details to yourself, as if you were picking up these impressions in a reading. It can be easy in a reading to gloss over the details, or move on before you notice the details, when really there's fantastic evidence in the details that can add so much to a reading.