



COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

From "unreliable" to consistent

One of the things I see students struggle with is a subconscious belief that they and their abilities are innately unreliable and inconsistent. We might have a fear that our abilities for whatever reason might not work that day. That our abilities have somehow disappeared, that they're broken, or that our previous successful readings were a fluke. This is a belief that can drive a lot of the anxiety we feel before a reading, because if we aren't sure what to expect from ourselves in a reading, then we will of course feel much more insecure and that then leads us to sabotage our connection.

Now at the beginning of the course we talked about how our value and worth is innate, and we are beyond worthy, we are beyond amazing, because we are part of the divine. That value and worth and amazingness is constant, and does not fluctuate. In the same way, our abilities, our psychic senses, which are also part of the divine, do not actually fluctuate either. Now you might think, "Oh but Thea, I know that they do fluctuate because my abilities have clearly fluctuated in my development". And that is one way of thinking about it. I think a lot of us are taught that our abilities are like a muscle, that the more we use them the stronger they get, and I agree with that to some extent and teach that myself, however our abilities are not like muscles or bones in that they weaken or can break. They simply are, and you have just been uncovering them from years of conditioning.

Now let me just clarify: Your abilities are a constant amazing divine part of you. However, the process of uncovering those abilities is not always a linear process. You will feel like you're making progress with your abilities for a while, and then all of a sudden you feel like you've hit a wall. I would argue that those walls are most of the time related to self-esteem issues, confidence, trust, or not taking care of your energy properly.



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Essentially self-development goes very much hand in hand with uncovering your abilities. So it's actually not your abilities going through this cycle of development, it is simply you working through the stuff that has been covering your abilities that's getting in the way. Your abilities, and the things standing in the way of using your abilities, are not the same thing.

It's kind of like excavating a fossil. If you can imagine your abilities like a dinosaur fossil, and you are the archeologist uncovering that fossil, you are digging up all the dirt that has accumulated on top of that fossil (the dirt is your conditioning and beliefs that you've taken on over the years), and you begin to see parts of the fossil peeking up, but as you are digging, winds might blow some of the sand and dirt back onto your abilities and you have to work through the conditioning again.

The fossil, AKA your abilities are a constant. They are there the whole time, and you are making progress the whole time, but sometimes the process of working through your conditioning and self-esteem issues, it's not a linear process. The dirt might blow back on top of the fossil, and you have to work through them again. But you are never broken. Your abilities are never broken. They are constant. The fossil is always there. They are always amazing.

You might have days where you don't feel any of your issues standing in the way., there is almost no dirt on that fossil. And then you might have other days where your issues pop up again, and it's just the wind having blown some of that dirt back on your fossil, but your abilities are still there, and they are still working amazingly. You might just have to do a little bit more leg-work of working through your fearful beliefs again, or self-esteem issues popping up again.

So in your development and in this class, you are removing conditioning around self confidence, which reveals your abilities even more and you are able to get a better connection in your readings.



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You are always part of Spirit, of the Divine. That is non-negotiable. Your abilities are part of Spirit, of the Divine, and that is equally non-negotiable, and your abilities are just as consistently there. So, if you are always doing your best, and as long as all other things are equal (you know you're rested, etc), then you will continue to be amazing or even more amazing (as you continue to reveal your abilities more and more). Other factors around you might change (the clients, the surrounding circumstances etc), but you can work around those things. Each reading is unique and different of course, but your abilities are still the same amazingness.

Your abilities will continue to work, because they just are, they are consistently there for you to use. They don't all of a sudden break. They don't disappear out of the blue. You can actually rely on them being there and working, every time, unless you are too tired or sick that day. Your abilities are a part of you and a part of the Divine, and there is no reason to assume they won't work. You can actually safely assume that your abilities will work, because they simply are, they simply exist as part of your essence.