



guide & workbook

BY LISANN G. VALENTIN



dear intuitive soul...

I'm so happy you're here! Your intuition is part of how you function as a human being. It's the language of your Soul, that aspect of you where ultimate love and infinite intelligence reside. **You've been engaging with your intuition your entire life.** Now you're ready to look deeper into the way your clairs operate. *Well done.*



During our intuitive journey together, we will cover foundations, energy hygiene, and expansion. Let's go!

foundations

Intuition is neutral. It comes from the source of unconditional love within you and it gives you a blueprint for how you get to move through this world.

This internal compass already guides your daily interactions, like finding a good parking spot. Or it can guide your big decisions, like where to work, where to live, and what relationships would serve your highest good.

It can help you find the right outfit or support your healing journey. It's available to support every aspect of your life path. *Seriously.*

And you get to ask questions! But do you trust the answers will come *with clarity*?

You have more gifts inside you than you realize. This workbook is designed to bring you into awareness of how you already use your gifts, so you can amplify them and gain that clarity.

A big part of that process is patience, allowing yourself to bloom one step at a time. How do you get there? By allowing yourself to return to a state of harmony: body, mind, and spirit...again and again and again.



How you do that *daily* is up to you.

Just remember, as you explore your gifts, keep yourself grounded. Take a few centering breaths. Listen to your heart beating. Calm your mind. And let yourself sink into the present moment as you take this sacred time for yourself. From that place of harmony, the guidance will become clear.

Now, how exactly do those messages manifest for *you*?

clairs quiz...

Let's play! Check as many statements that closely resonate with you in each group. This is based on personal experiences and not a scientific study, so just go with your first impression and don't overthink it.

Tally up which group has the **most** checks, then go to the small font at the bottom to see which clairs *might* be your most prominent. And if none of them resonate, that's absolutely okay. **Just have fun!**

GROUP A

- I can totally see why you feel that way.
- I thought I saw a shadow, but nothing is there.
- I saw this image in my mind, like it just dropped in.

GROUP C

- I thought you'd stop by today!
- Out of the blue, the answer just *came* to me....
- I just know that person is lying....

GROUP E

- That idea leaves a bad taste in my mouth.
- I love this drink! It tastes like summer!
- Oh gosh I don't know why I felt like I was going to burp as you said that....

GROUP B

- I *hear* you, I really do....
- I heard my name being called and it woke me from my sleep.
- It's like I heard the phone ring before it rang.

GROUP D

- I feel your words deeply....
- I saw them crying and I could literally feel their pain.
- Being in large crowds feels so stressful.

GROUP F

- Something smells off here....
- The air suddenly smells salty...are you planning on going to the beach?
- Wow, it smells like trees all of a sudden, like the holidays....

ANSWER GUIDE: clairs associated with each group are listed upside down below.

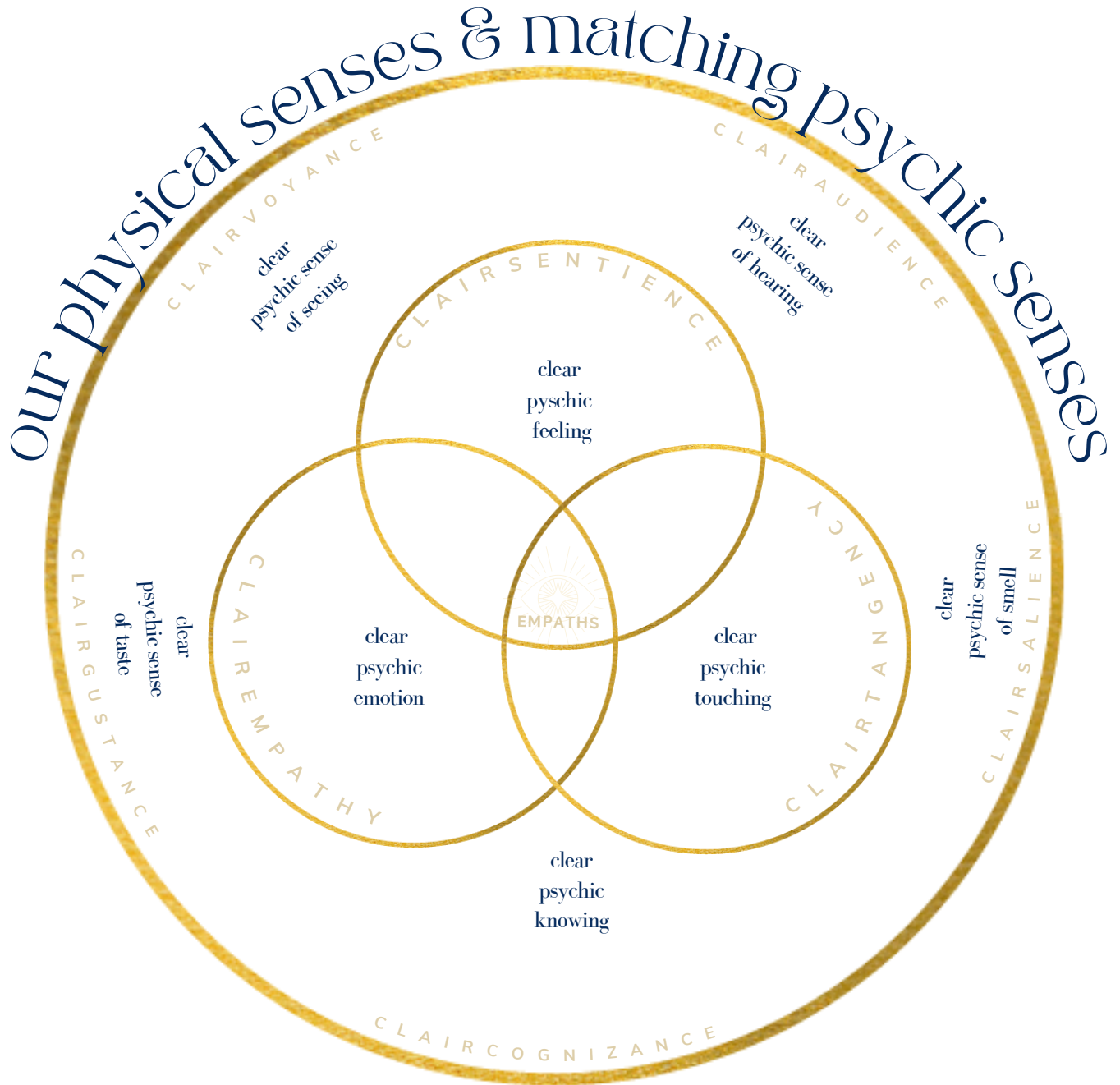
Group F: CLAIRSALIENCE
Group E: CLAIRGUSTANCE

Group D: CLAIRSENTEENCE
Group C: COGNIZANCE

Group B: CLAIRAUDIENCE
Group A: CLAIRVOYANCE

meet the clairs...

Now that you have an idea of how they manifest for you, take a closer look ...



You may experience one of these or all of these at different stages. While they have different designations, they dance together. The symphony that plays within YOUR soul is yours alone.

defining them...

Our physical senses have matching "psychic" senses, or different soul expressions, to help us navigate through this world with a powerful compass. It can be more about the steps we take in different areas of our lives rather than "prediction," but you get to use your senses however you feel called to. **Using wisdom and discernment, these clairs will serve your journey well.**

When it comes to the clairs, there are different schools of thought on how to categorize them, but this is my personal take on it:

CLAIR SENSES

- | | | |
|----|-----------------|---|
| #1 | Clairvoyance | You see patterns, auras, energy, figures, memories, mind-movies, and symbols like it's actually there or in your mind's eye. |
| #2 | Clairgustance | You experience a familiar taste without ingesting anything. You may have a feeling, thought, or personal association with the taste. |
| #3 | Clairsalience | You experience a familiar scent without anything physical causing it. You may have a feeling or memory associated with the scent. |
| #4 | Clairaudience | You audibly hear or have the impression of sounds, and words in your mind's eye. You may feel air expanding, and hear songs, tones, or full messages. |
| #5 | Claircognizance | You have a sense of knowing, a gut feeling, or an instinct. Creative genius or "clear thinking" is in this category, since inspired or predictive thoughts are also a "knowing." You may also channel, prophesy, or say things and not know where that came from. |

do you know the depth of your...



You may not have been aware that you were picking up this energetic information inside of you and outside of you. When you learn to listen or "tune in" to what you're feeling on any or all of these levels, you will start to discern what is yours and what isn't. Which will help you choose when to send love, what to release, and simply how to navigate these phenomenal waters.

#6

Clairsentience

Feeling at every level is the specialty of empathic or highly sensitive people. This can manifest as tingling, chills, vibrations, or any energetic expression of a physical state of being. Much like laughter is contagious, all feelings are contagious at a heightened level. This can mean feeling woozy or giddy because you're around people who are intoxicated! This can also mean feeling someone's headache or knee pain. How it manifests is always unique to the individual. It can be associated with another person, place, or thing.

how do you feel?

These two categories of clairsentience can stand alone but certainly work together since these are also types of feeling:

#7 Clairempathy

This psychic sense of feeling allows you to experience the emotional state of another. This can expand to physical sensations or emotions, much like in clairsentience alone, but this clair relates to psychic threads of connection. You don't have to be around the person to feel their joy, pain, or even an important moment of change in their lives...you just get an intuitive "ping." This can range from a single person to the entire collective.

#8 Clairtangency

You can detect psychic information through your hands. You may be able to feel or pick up information when touching an object or in a room full of personal objects without any logical explanation. This can happen in a museum, a thrift store, a library, or someone's home. Images or sounds could come to mind when you touch an object that has an energetic connection to the feelings of a person or group.

Do you see how all the clairs play together? Sometimes you may have feelings that aren't your own. Mindfulness helps you sort this out and ask questions. And your clairs can help you with the answers!

You get to ask yourself, "is this [feeling] mine?" If it isn't, you can just send love to the source of it and let it go. If it *is* yours, that's a lovely opportunity to take personal stock of your emotions and respond in a supportive way.

energy hygiene

Energy hygiene is simply a way to restore your energy. And one of the best ways to do that is with boundaries. This will not only honor those around you but it will also honor your peace and your autonomy.

While your clairs are never truly switched off, your gifts can be dialed down so you can "disengage" from energetic signals that come your way until you are ready and have permission to "engage."

Permission is twofold! First, is the person permitting you to tap in? When in doubt, ask if it's okay to share what you're sensing. Second, do you have the emotional bandwidth to address those "intuitive hits" at this moment? If it's a *no* on either account, then it's time to lower the volume.

shielding

An easy way to do this is to practice **shielding your body with brilliant light**. Thinking of the light coming from your heart center, explore your senses...

- What does it sound like?
- What does it feel like?
- What does it look like?
- What does it taste like?
- What does it smell like?
- When do you know that it's in place?



Use your imagination and engage all of your clairs until you feel confident your boundary is in place. Feel free to use the graphic as a visual to help you create your energy shield. Then add an affirmation to the mix!

affirming

You can use affirmative statements to set a boundary in motion (this helps to engage your mind in the process):

Affirm: I activate my light. I am cloaked in love and compassion.

Feel the truth of those words in your heart and trust that it is done.

You can also use the same technique to release energy!

releasing

Should you find you are in an energetic dance with a person or group of people, you can begin a gentle energy separation; just affirm, with love and compassion, that you are free from any ties. That way you're not getting bombarded with psychic information when that permission hasn't been given *and* you aren't ready to receive it. So, *how* do you release it?

Affirm: I own my light and they own theirs.

Using your imagination, decide that you are untangling the energetic ties. and it's all just washing away. After a few seconds the boundary should feel established - *deciding is enough!*

Use the graphic as a visual to help you gently untangle and feel free to write your own affirmations below. They don't have to make logical sense. If it brings you a sense of calm or a sense of peace, then you know it's working.



mindfulness

Mindfulness is self-care and both are part of a harmonious energy hygiene practice.

When I am mindful, I'm in the moment. I am aware of my energy. I know when I'm grounded because I feel peaceful. From that space, **my intuition is clear**. Then I am *available* to play with my intuition and expand it.

How?

When I am fully present, I get to ask questions of my intuitive hits, like, "What does that mean?" or "Show me a different example" or "Let me know I'm on the right track with this symbol," etc.

But if I'm feeling agitated, then it's like having a weak internet signal. I won't be able to make heads or tails out of my intuition. That also happens when I'm bombarded with energy that isn't mine. Those cues let me know it's time to connect back to myself and release.

What cues help remind you to get grounded?

.....

.....

You can get centered and release energy in many ways and it doesn't have to be complicated. Below are some ideas you can explore! Check the self-care tools you're willing to try this week:

- | | |
|--|--|
| <input type="checkbox"/> Journaling | <input type="checkbox"/> Drawing / Coloring |
| <input type="checkbox"/> Yoga / Running / Boxing | <input type="checkbox"/> Dancing / Movement |
| <input type="checkbox"/> Being in Nature | <input type="checkbox"/> Meditating |
| <input type="checkbox"/> Staying hydrated | <input type="checkbox"/> Breathwork / Qigong |
| <input type="checkbox"/> Baking / Cooking | <input type="checkbox"/> Playing Music / Humming |

expansion

Do you remember the quiz you took earlier in this workbook? Those statements are based on how the clairs actually show up!

Now that you understand the clair framework, jot down some highlights on how your clair senses have shown up now or in the past and how they play *together*.

1.

CLAIRVOYANCE

2.

CLAIRAUDIENCE

3.

CLAIRSALIENANCE

4.

CLAIRGUSTANCE

5.

CLAIRCOGNIZANCE

6.

CLAIRSENTIENCE

7.

CLAIREMPATHY

8.

CLAIRTANGENCY

Documenting them will help validate your experiences as your clairs unfold. The more you allow yourself to practice, the clearer your intuition will get.

intuition journal

DATE: _____

TODAY I WILL FOCUS ON MY :

MINDFULNESS PRACTICE

CLAIR SENSE PRACTICE

ENERGY HYGIENE PRACTICE

PERSONAL VALIDATION

way to go!

Allowing yourself to learn about your intuitive senses and how they're connected is going to give you a solid foundation to build upon the gifts you already use. Now here are some important follow-up questions to reflect on:

- What has been your biggest takeaway about your intuition?

.....

.....

- How often will you make time for mindfulness and self-care?

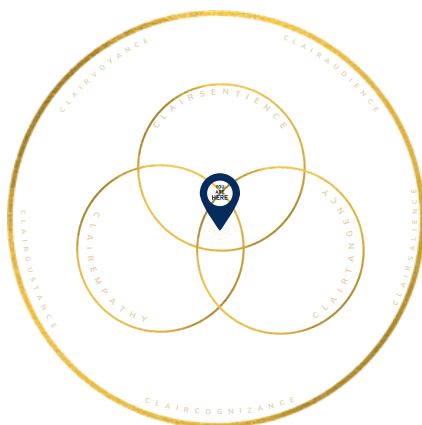
.....

.....

- Where can you add energy hygiene into your daily routine?

.....

.....



As you move forward, remember to approach this practice gently. Your inner compass will never condemn you but will only nudge you forward where **you will thrive**.

Just have fun with this process and watch how much more you'll bloom!

Thank you...



for taking the leap, trusting your inner compass, and inviting me to walk alongside you in this place of personal exploration. May your intuitive gifts amplify with grace and ease as you continue to explore your clair senses.

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Stay wild, *Lisann*



The Clair Senses: Intuition Blueprint (Guide & Workbook)

by Lisann Valentin, founder of The Temple Orar

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