

MEDITATION METHOD

Teacher Training

Module Seven: Part One

Intuitive Ins + Outs

- What is Intuition
- Types of clairs
- Your primary gateway for guidance
- Exercises to hone in

What is intuition?

Intuition can be understood as the language of our soul, granting us access to messages that extend beyond the confines of our physical bodies and the external world, transcending the limitations of what others may tell us.

It is the profound ability to perceive and interpret energy in its diverse forms, allowing us to read and receive its subtle signals. By nurturing our intuitive capacity, we can strengthen our connection to our internal messaging center, establish a deeper connection with the Source, engage in communication with spiritual guides, and even develop the skill to provide insight while leading meditations.

How does it work?

Intuition can be likened to receiving valuable data from our soul and the interconnected world we inhabit. It often arrives through various channels, commonly known as the "clairs," which engage our senses. Moreover, our imagination acts as a gateway to intuition, enabling us to access profound insights. Essentially, if a thought or feeling arises within you, it holds a significant truth and should be acknowledged as such.

Have you ever....?

- Had a gut instinct that came true?
- Answered a question before someone gave you the response?
- Could tell who was calling you before you answered the phone?
- Had a feeling whether or not to do something?
- Can sense the mood of someone before they even speak?
- Ignored your own guidance and it backfired?

If you answered **YES** to any of the above, these were likely scenarios where your intuition was at play. It's important to start to notice these moments and use them as reassurance to confidently build your intuitive powers. Let go of the pressure to be right, rush the process, or justify as a coincidence.

The Clairs.

As a meditation teacher, understanding the different pathways of intuition can greatly enhance your practice and teaching abilities. Recognizing your dominant intuitive form and exploring others can deepen your connection with students, enabling you to tailor your guidance to their unique needs. Embracing the multifaceted nature of intuition can empower you to create transformative experiences and facilitate profound connections between your students and their inner wisdom.

Clairvoyant

The ability to see and view images beyond the physical realm

- Utilizes the 3rd eye
- Able to paint a picture of what someone is going through
- Often it is just a flashing image, color, and symbol
- May come through in the deep meditation or dream state
- Can also see Angels, Guides, or People/Animals that have crossed over
- Never meant to receive “scary” or “harmful” scenes

This could be you if:

- You're always day dreaming + visualizing your goals, scenarios, or get images in moments of stillness
- You can tell what a person looks like before you meet them or if you're on the phone with someone you can sense their appearance
- You need visuals in order to understand a concept
- You love making vision boards and had imaginary friends growing up
- While leading meditations, you can still “see” your students and the room

Ways to enhance it:

- Take an object and focus on it intently for a few moments, as you stare at it, start to pan out your energy without looking away... what else are you able to see? Does it have an aura? Can you sense or see other things around you? Practice often and note your findings.
- If you're on the phone with customer support ask them if they are wearing a ____ color shirt and see how they respond! *Maybe do at the end once your situation is resolved :)*
- Create a log of reoccurring numbers, signs, or symbols you see throughout the day and look at the meaning to note its relevance.
- Facilitate visualizations in your meditation teachings, showcasing a vivid experience for your students.



Clairaudient

The ability to hear and perceive messages through auditory channels

- Utilizes the throat chakra
- Messages come from inside the mind or you can hear them around you
- May sound like your own voice
- Heard in a calm, light, monotone way (should never sound mean or evil)
- Usually simple one liners or YES/NO responses
- May come through at a random time or while in meditation

This could be you if:

- You're always playing music throughout the day or use it to enhance meditation
- You are sensitive to noisy places and get distracted easily
- Prefer to wear headphones when on the phone or listening to music or podcasts
- Are musically gifted
- Love going to concerts
- Need to process information first before responding

Ways to enhance it:

- Ask specific questions (start with ones that have a yes/no answer) and “tune into” the response, eventually ask ones with a longer response and notice what comes through
- Take note of the tone and relationship of the “voice” that comes through to make it feel even more familiar
- Go to a spot in nature and try to listen to as much as you can. Open yourself up to receive all the noise and then fine tune to singular sounds. Play around as a way to hone in on your hearing abilities.
- Utilize as a teacher by incorporating music, instruments/sound baths, and guiding students to listen to their own inner voice.



Clairsentient

The ability to sense, feel, or perceive subtle energies, emotions, and vibrations

- Utilizes the sacral chakra
- Ability to read emotions or the energy of a room
- Can be felt as chills or sensations washing over the body
- May be able to feel physical symptoms someone else is going through
- Good judge of character, able to tell if you'll click with someone or not almost immediately

This could be you if:

- You're were called sensitive growing up
- People come to you for advice or insight around how they are feeling
- You get drained if in a crowded space or someone unloads too much on you
- You need lots of alone time to decompress
- Sometimes you feel as if you're carrying the weight of the world

Ways to enhance it:

- Start to use your discernment when decision making and ask yourself "How do I want to feel?" before you factor in other people's feelings or emotions
- Set boundaries before going to busy places or being around people that feel like too much for you
- Go to a cafe or bookstore and see if you can sense how each person there is feeling (just don't take it home with you!)
- Note where you feel it physically when using this gift
- Open up your sacral and pelvic area by stretching and doing yoga
- Create a safe and nurturing space for your students by leaning into the energy of the group and by guiding them to explore and embrace their own emotions, sensations, and energetic shifts during their meditation practice



Claircognizant

The deep sense of knowing or having insights beyond knowledge reasoning

- Utilizes the crown chakra
- Ability to receive information like a download or zip file
- Feels like things just “drop” into your head or being
- Comes through fast and then you have to unpack it

This could be you if:

- You pick up on new ideas and concepts quickly
- Always able to act quickly or be proactive in stressful situations
- Seem to know things about people or situations you shouldn't technically know
- Considered an out of the box thinker
- You trust your gut instincts over someone else's guidance

Ways to enhance it:

- Intuitive writing - list out questions and let yourself write without thinking
- When you get an intuitive lead, follow it through and witness what happens
- Crown chakra meditations where you visualize the top of your head opening up and welcoming in messages
- Massage the crown area daily to release any stuck energy or blockages
- Free style your meditations and guide students without a script
- Share insights you received following a meditation experience



The Other Clairs.

Clairalient

The ability to to perceive smells or odors that are not physically present in order to receive messages or make connections. It involves a heightened sense of smell beyond the physical realm, where certain scents or aromas can act as triggers for intuitive insights or energetic information.

Incorporating this ability into your meditation teachings, you can guide students to explore the sensory experiences within their practice and prompt them to stir up memories involving favorable scents. You can also utilize aromatherapy and incense as part of your teachings as well as in your studio space.

Clairgustance

The ability to to experience flavors or tastes without physically consuming anything. It involves perceiving specific tastes and flavor profiles for provoking memories, messages, or symbolic meanings.

When incorporating this ability into your meditation teachings, you can guide students to explore the sensory aspect of taste within their practice, helping them connect with their intuition and uncover profound messages or memories that may arise through tapping in via this method.

My friend, Ilia Stranko has a quiz that can help you identify your main Clair [here](#).



Other ways to assess and explore your intuition:

1. **Photo Reading Exercise:** Ask a trusted friend or family member to share a photo of someone you haven't met or discussed before.

As you observe the photo, pay attention to what impressions come through. Do you hear any insights or messages about the person? Are you able to pick up on their emotions or sense their energy? Do you receive additional images or symbols? Take note of any personality traits or characteristics that you perceive.

Share openly with your friend or family member what came through for you, discussing what resonated and what didn't align as much. Remember, there is no definitive right or wrong interpretation. Reflect on which clairs were most prominent in this exercise.

2. **Quiet Room Scan:** Find a quiet room and spend at least three minutes carefully scanning and taking inventory of the space. Observe the details, colors, objects, and any sensations you pick up.

Afterward, close your eyes and spend another three minutes in meditation, focusing on the room and allowing your intuition to guide you. Notice what stands out to you now.

Are you still perceiving images of the space? Do you pick up on subtle vibrations or energy? Are there any insights or information that comes to you about the room? Reflect on your scan and take inventory of your experience. Pay attention to which clair was most dominant during this exercise.



MEDITATION METHOD

Teacher Training

Ways you can incorporate and share intuition with students:

1. **Guided Intuitive Meditations:** Lead your students through guided meditations that specifically focus on developing and trusting their intuition. Encourage them to tap into their inner wisdom, listen to their intuitive nudges, and explore the guidance that arises during the meditation.
2. **Intuitive Journaling Prompts:** After centering in, provide journaling prompts that encourage students to explore their intuitive insights, experiences, and messages. Prompt them to reflect on the opening meditation, any intuitive sensations or perceptions they've had, and how they can apply their intuition in daily life.
3. **Intuitive Reflection and Discussion:** Create a safe and supportive space for students to openly share their intuitive experiences, reflections, and questions. Foster group discussions or one-on-one sessions where students can discuss their insights, seek guidance, and learn from each other's intuitive journeys.
4. **Trusting Inner Guidance:** Emphasize the importance of trusting one's own inner guidance and intuition. Encourage students to rely on their intuitive knowing in their meditation practice and daily life, and provide guidance on discerning between intuition and other mental chatter or conditioning.
5. **Visualization and Creative Expression:** Guide students in using techniques to connect with their intuition. Encourage them to visualize and receive intuitive insights, images, or messages during their meditation. Additionally, invite students to express their intuitive experiences through creative outlets like drawing, painting, or writing.

GO WITHIN:

◆ What would you believe your predominant clair is?

◆ How does your intuition show up for you most now?
How can it be applicable as a teacher?

◆ Which clair would like you to step more deeply into?
How can your meditation practice help with this?



Outline a meditation experience that highlights your primary clair:

A series of horizontal dotted lines for writing.



SPACE FOR NOTES

A large area for taking notes, consisting of 20 horizontal dotted lines.



Invitation:

“Intuition is the language of our soul, a gateway to receiving messages beyond the physical and tapping into the vast wisdom of the world around us. It is through intuition that we unlock the profound insights, energetic signals, and hidden truths that guide us on our journey of self-discovery and connection. Trust in your intuitive abilities, for they are the keys that unlock the doors to a deeper understanding of ourselves and the universe.” - Danielle

