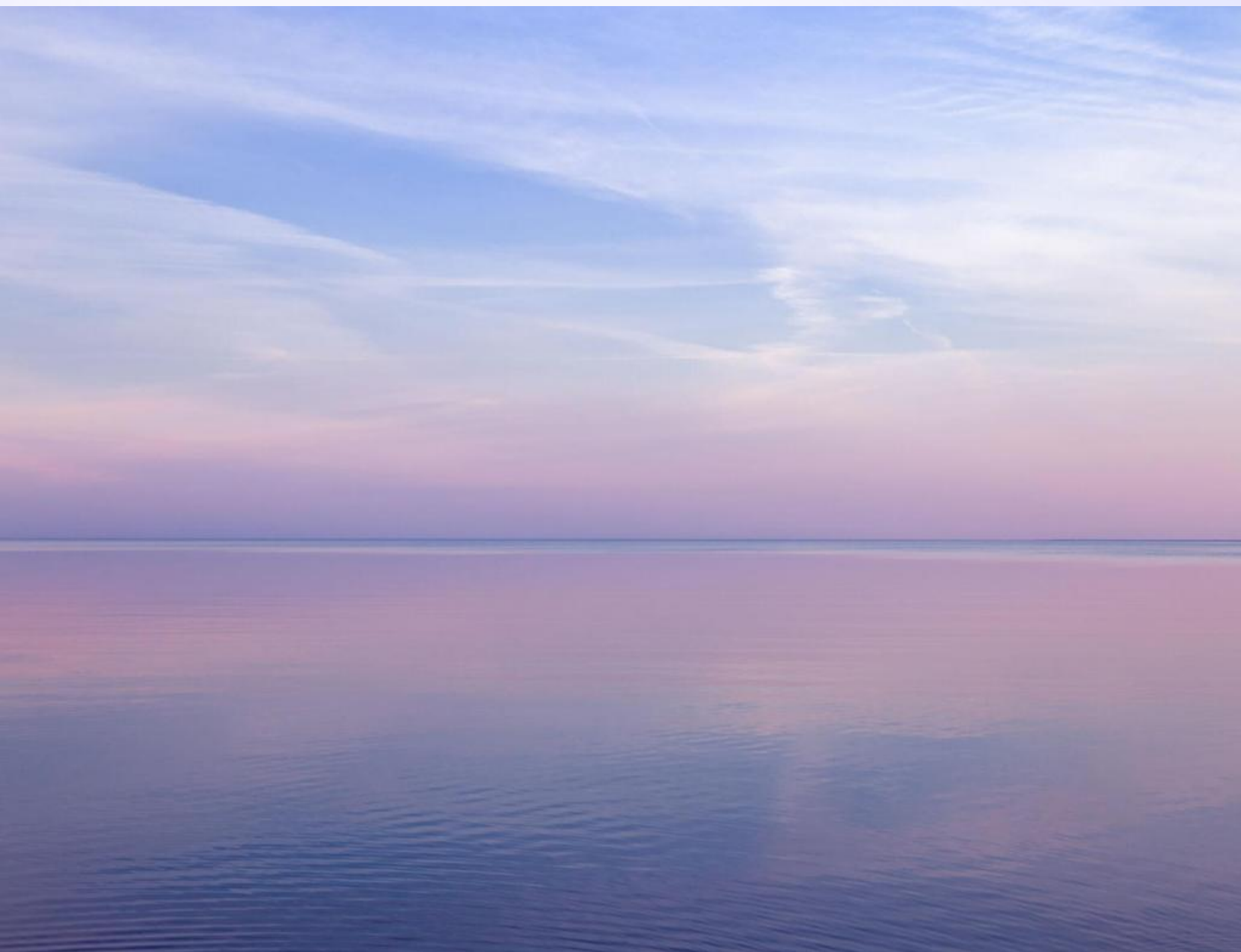




HEALING WAVES REIKI

THE CLAIRS

Notice + Develop





Welcome.

Your Intuition Has a Language

Intuition doesn't always arrive as a voice saying,
This is what you should do.

Sometimes you see something in your mind.
Sometimes you hear a word, phrase, or song.
Sometimes you feel something in your body.
Sometimes you notice a smell or taste that carries a familiar association.
And sometimes you simply know.

These different ways of receiving intuitive information are often called the Clairs.

You may naturally experience one or two more strongly than the others. You may also discover that several work together.

This workbook isn't about forcing an experience or trying to prove that something is intuitive.
It's an invitation to become curious about how information already comes into your awareness.
The goal isn't to become more psychic.
The goal is to become more aware.

In Love & Light,

Cathy



Before We Begin

Begin with what you already notice.



Before learning about the different ways intuition may speak to us, take a moment to think about your own experiences.

When you have a strong intuitive feeling or a sense that you “just know” something, how does it usually show up for you?

Do you notice something in your body?

An image or thought?

A word or phrase?

A feeling?

Or do you simply know without knowing why?

Don't try to label it yet. Just describe what you notice.



From Our Senses to the Clairs

How we receive information.



We normally experience the world through our senses.

We see the world around us.

We hear sounds.

We feel physical sensations.

We smell.

We taste.

Our brain receives and interprets all of this information.

The Clairs are described in a similar way—but the experience may arise **without an obvious external source**.

You might see an image in your mind when there's nothing physically in front of you.

You might suddenly think of a word or hear a song internally.

You might experience a sensation in your body.

You might notice a familiar scent.

Or you may simply know something without understanding why.

Understanding the Clairs gives us a language for exploring these experiences.



Meet the Six Clairs

Healing begins with awareness, not perfection.



CLAIRVOYANCE

Clear Seeing

Information may appear as:

Images • Colors • Symbols • Dreams • Faces • Places • Visual impressions

CLAIRAUDIENCE

Clear Hearing

Information may arrive as:

Words • Phrases • Names • Songs • Internal sounds

CLAIRSENTIENCE

Clear Feeling

Information may be experienced through:

Physical sensations • Goosebumps • Warmth • Tingling • Heaviness • Lightness • Emotional shifts

CLAIRCOGNIZANCE

Clear Knowing

Information seems to simply arrive.

There may be no image, sound, or sensation.

You just know.

Meet the Six Clairs

Notice the ways intuition may reach you

CLAIRALIENCE

Clear Smelling

You may notice:

A familiar perfume • Flowers • Food • Smoke • Another distinctive scent without an obvious source

CLAIRGUSTANCE

Clear Tasting

You may experience:

A particular taste • A food association • A taste connected with a memory or person—without an obvious source for it.

Remember

Not every image, thought, sensation, smell, or taste is intuitive. We're learning to notice first and interpret later.



Did one of the Clairs immediately feel familiar to you?

How Does Your Intuition Speak?

Notice what already feels familiar.



Don't overthink these.

Place a check beside anything you've experienced.

I SEE...

- ☐ I visualize easily.
- ☐ I have vivid dreams.
- ☐ Images or symbols unexpectedly enter my mind.
- ☐ I sometimes picture something before I understand why.

Possible Clairvoyance

I HEAR...

- ☐ Words or phrases unexpectedly enter my awareness.
- ☐ Songs seem to come to mind at meaningful moments.
- ☐ Names sometimes suddenly pop into my head.
- ☐ I sometimes experience an immediate internal answer.

Possible Clairaudience

I FEEL...

- ☐ I immediately notice the atmosphere of a room.
- ☐ My body responds strongly to certain people or environments.
- ☐ I experience unexplained goosebumps, tingling, warmth, heaviness, or lightness.
- ☐ I sometimes feel an emotional shift without knowing why.

Possible Clairsentience

How Does Your Intuition Speak?

There may be more than one.

I KNOW...

- ☐ I sometimes know who's calling before looking.
- ☐ I've known something without knowing how I knew.
- ☐ My first instinct can be very strong.
- ☐ Information sometimes seems to arrive fully formed.

Possible Claircognizance

I SMELL...

- ☐ A familiar scent has appeared unexpectedly.
- ☐ A scent has immediately made me think of someone.
 - ☐ I've noticed perfume, flowers, food, smoke, or another smell without identifying its source.

Possible Clairaliene

I TASTE...

- ☐ I've unexpectedly experienced a particular taste.
- ☐ A taste has immediately reminded me of someone or something.
- ☐ I've experienced a taste without knowing where it came from.

Possible Clairgustance



Which Clair seems most familiar to you?

Which seems least familiar?

Do you notice more than one occurring together?

Which would you like to explore?

The First Five Seconds

Notice what comes before thought.

Intuition First. Thinking Second.

Intuitive impressions can sometimes arrive quickly.

Then the thinking mind begins analyzing.

Was that really something?

Did I imagine that?

Maybe it actually means...

Your first five seconds can be useful for noticing what entered your awareness before you began interpreting it. _____



Ask yourself a simple question.

Pause.

What came first? _____

I saw: _____

I heard: _____

I felt: _____

I knew: _____

I smelled: _____

I tasted: _____

Nothing noticeable:

And then...

What did my mind begin saying about the experience?

The first impression isn't automatically correct simply because it came first. The purpose of this exercise is to practice distinguishing an initial impression from the thoughts and interpretations that follow.



Quiet the Noise

Create space to listen.



Before You Listen, Become Quiet

Place both feet on the floor.

Take a slow breath in.

And gently breathe out.

Repeat three times.

Bring your attention to your hands.

Don't look for anything.

Simply notice.

Can you feel:

☐ warmth

☐ pulsing

☐ coolness

☐ pressure

☐ tingling

☐ nothing noticeable

Now allow yourself one minute of quiet.

Then ask: What entered my awareness?

Image: _____

Word or sound: _____

Physical feeling: _____

Knowing: _____

Scent: _____

Taste: _____

Nothing noticeable: _____

There is no required experience.

You are practicing noticing—not performing.

Feel the Energy Between Your Hands

Notice without expectation.



Rub your hands gently together.

Separate them several inches.

Slowly move your hands closer together.

Then farther apart.

Repeat.

Don't decide what you're supposed to experience.
Simply notice.

- ☐ Warmth
- ☐ Coolness
- ☐ Tingling
- ☐ Pressure

- ☐ Pulsing
- ☐ Resistance
- ☐ Nothing noticeable
- ☐ Something else

What did you notice?

**Try the exercise again another day.
Was the experience different?**

There is no right result.



Explore Your Inner Screen

What appears in your mind's eye?



Exploring Clairvoyance

Close your eyes.

Imagine a blank screen in your mind.

Don't try to place anything on it.

Ask:

What would be helpful for me to notice right now?

Wait.

Did something appear?

A color?

A person?

A place?

A shape?

A symbol?

A memory?

Draw what you noticed.

Describe it without interpreting it.

What does this image mean to *me*?

Your symbols don't have to mean what someone else's symbols mean.

The Color Exercise

Explore the way you see within.



Close your eyes.
Imagine a ball of light between your hands.

Begin with **red**.
See—or simply imagine—the color.
Then allow it to become:

Orange
Yellow
Green
Blue
Indigo
Violet

Which color appeared most easily?

Which was most difficult?

Here's the interesting question:
Did you actually **see** the color?
Or did you simply **know** what color it was?

Perhaps you were trying to explore clairvoyance...
and discovered claircognizance.



Listen

Notice what you hear within.

Exploring Clairaudience

Sit somewhere quiet.

Take three slow breaths.

Instead of listening for something outside yourself,
notice what arises internally.

Ask yourself a simple question:

What would be helpful for me to know today?

Don't search for an answer.

Wait.

What appeared first?

- ☐ A word
- ☐ A phrase
- ☐ A name
- ☐ A song
- ☐ Another sound
- ☐ Nothing

Write exactly what came:

Don't interpret it yet.

Return to it later and notice whether it carries meaning for you.



Reading the Room

Notice what your body senses.



Exploring Clairsentience

Before entering a room with other people, pause.
Notice how you feel before entering.

Before

My body feels:

Then enter.

Don't try to read anyone.

Simply notice yourself.

After

My body feels:

Did you notice:

- | | |
|--|------------------------------------|
| ☐ Heaviness | ☐ Lightness |
| ☐ Warmth | ☐ Tingling |
| ☐ Tension | ☐ Calm |
| ☐ Emotional shift | ☐ Nothing |
| ☐ Other: _____ | |

Now ask:

Am I noticing something—or creating a story about what I'm noticing?

That's an important part of discernment.

I Just Know

When knowing comes without explanation.



Exploring Claircognizance

Think about a time when you knew something without understanding how you knew.

Maybe you knew who was calling.

You thought of someone moments before hearing from them.

You knew something wasn't right for you.

Or an answer seemed to arrive before you had time to think it through.

What did you know?

How quickly did it arrive?

What happened when your thinking mind became involved?

Did you trust the original knowing?

Looking back, what do you notice now?



A Familiar Scent

When a scent catches your attention.

Exploring Clairallience

Think about a time when a scent unexpectedly caught your attention.

Perhaps it was:

Perfume.

Aftershave.

Flowers.

Food.

Smoke.

The ocean.

Something associated with a person you love.

What did you smell?



Was there an identifiable physical source?

Who or what did you immediately think about?

What were you doing or thinking immediately beforehand?

What did the scent mean to you?

Grounding note: Smell has powerful connections with memory, and unexplained smells can also have physical causes. A persistent unexplained or phantom smell is something to discuss with a healthcare professional rather than assuming it is intuitive.

A Familiar Taste

When taste carries an association.

Exploring Clairgustance

Have you ever unexpectedly experienced a taste that immediately reminded you of something?

Maybe a particular food.

A drink.

Something from childhood.

Something associated with someone you love.



What did you taste?

Was there an obvious physical explanation?

What person, place, or memory came to mind?

Did anything else happen at the same time?

Did you see, hear, feel, or know something?

Again, we're not trying to prove where the experience came from.

We're simply noticing.

Persistent unexplained changes in taste can have physical causes and should be evaluated appropriately.



Reading an Object

Notice what arises without searching.

Try an Experiment

Ask someone to give you an object that belongs to them without telling you much about it.

Hold the object quietly.

Take a breath.

Don't search for information.



What comes first?

I see: _____

I hear: _____

I feel: _____

I know: _____

I smell: _____

I taste: _____

Then ask the person whether anything resonated.

What did you learn about HOW information came to you?

The purpose isn't to see how many details you can get "right."
It's to observe **how impressions arise.**



Create Your Personal Symbol Dictionary

Discover the language that is yours.



A feather doesn't have to mean the same thing to everyone.

A particular song might remind you of someone you love.

An animal may carry a meaning because of an experience you've had.

Your intuitive language is personal.

Before looking for someone else's interpretation, ask:

What does this mean to me?

Symbol or Sign	What Was Happening?	What Did I Notice?	What It Means to Me



The Clairs Can Work Together

Notice how information unfolds.



You don't have to fit every experience neatly into one category.

You might:

See someone's face...

then **smell** their perfume...

and suddenly **know** why they came to mind.

You might **hear** a song...

experience goosebumps...

and immediately think of someone you love.

You might walk into a room...

feel something change...

and suddenly **know** something happened before you arrived.

Instead of asking:

Which Clair was that?

Try asking:

How did the information come to me?

What came first?

What followed?

That sequence may help you discover your natural intuitive patterns.



Seven Days of Noticing

Observe without trying to prove.



For one week, record one moment each day when something catches your attention.

Don't go searching for experiences.
Just notice them when they happen.

Day	What Happene	See	Hear	Feel	Know	Smell	Taste
1		☐	☐	☐	☐	☐	☐
2		☐	☐	☐	☐	☐	☐
3		☐	☐	☐	☐	☐	☐
4		☐	☐	☐	☐	☐	☐
5		☐	☐	☐	☐	☐	☐
6		☐	☐	☐	☐	☐	☐
7		☐	☐	☐	☐	☐	☐



What Patterns Did You Notice?

Look back with curiosity.



Discernment Matters

Intuition may feel:

Quiet • Simple • Immediate • Neutral • Brief

The thinking mind may:

Analyze • Explain • Argue • Add details • Create scenarios • Question

Fear and anxiety can also create powerful thoughts and physical sensations.

That's why intuitive development isn't about automatically trusting every thought or sensation.

It's about learning your **patterns**.

Think of a recent experience.

What was my first impression?

What happened during the next few seconds?

What did my thinking mind add?

What did my body do?

Looking back, what can I learn from the experience?

Discernment doesn't come from believing every impression.
It comes from learning your own patterns.



Intuition or Thinking Mind?

Learning the difference takes practice.



After seven days, don't look for proof.

Look for **patterns**.

Which Clair appeared most often?

Which appeared least often?

Did two or more tend to occur together?

Did anything surprise you?

Did your strongest Clair turn out to be the one you expected?

What would you like to continue exploring?



You Don't Have to Get It Right

Curiosity over certainty.



You don't need to see something every time you close your eyes.

You don't need to hear a message.

You don't need to experience a scent or taste.

You don't need to receive information on demand.

And having an impression doesn't automatically make that impression a fact.

Instead, practice curiosity.

Notice.

Record.

Observe patterns.

Stay present.

And give yourself permission to say:

"I noticed something."

without immediately needing to say:

"This must mean something."

That space between noticing and interpreting is where discernment can grow.



What Have You Discovered?

Reflect on what you now notice.



Before beginning this workbook, I thought my strongest Clair was:

Now I think my most natural way of receiving information may be:

The Clair that surprised me most was:

Something I've learned about how my body communicates with me:

Something I've learned about my thinking mind:

A pattern I'd like to continue observing:

One thing I want to remember:

You are not learning how to become intuitive.

You are learning how to recognize the ways intuition may already be speaking to you.



Continue the Journey

Keep listening. Keep noticing.



Your intuition doesn't need to be forced or figured out all at once.

The more you become present, quiet the noise, and pay attention to what you see, hear, feel, know, smell, and taste, the more familiar your own intuitive language may become.

Stay curious about what you notice.

Give yourself permission to question, explore, and discover what feels meaningful to you.

And remember—this journey isn't about getting every impression right.

It's about becoming more aware of yourself, trusting your ability to listen, and allowing your understanding to deepen with time and practice.

Keep noticing. Keep exploring. And most of all, keep listening to the quiet voice within.

*In love and light,
Cathy Scarpitto*



Continue Your Healing Journey

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Thank you for allowing me to be part of your journey.

*With gratitude,
Cathy Scarpitto* ♥



