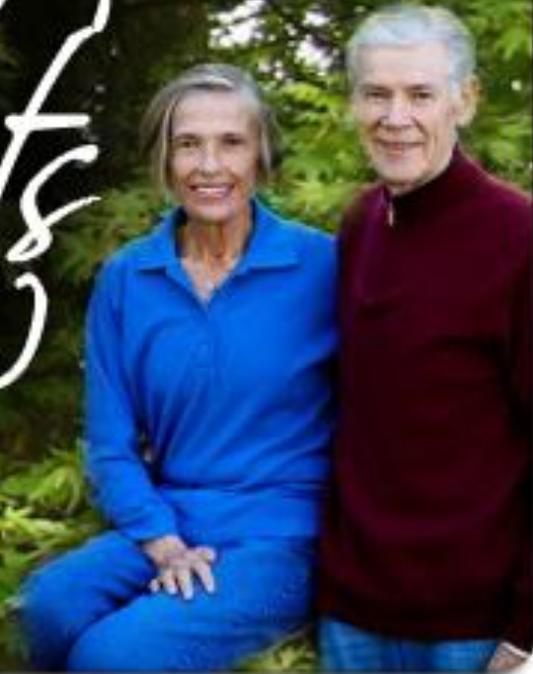
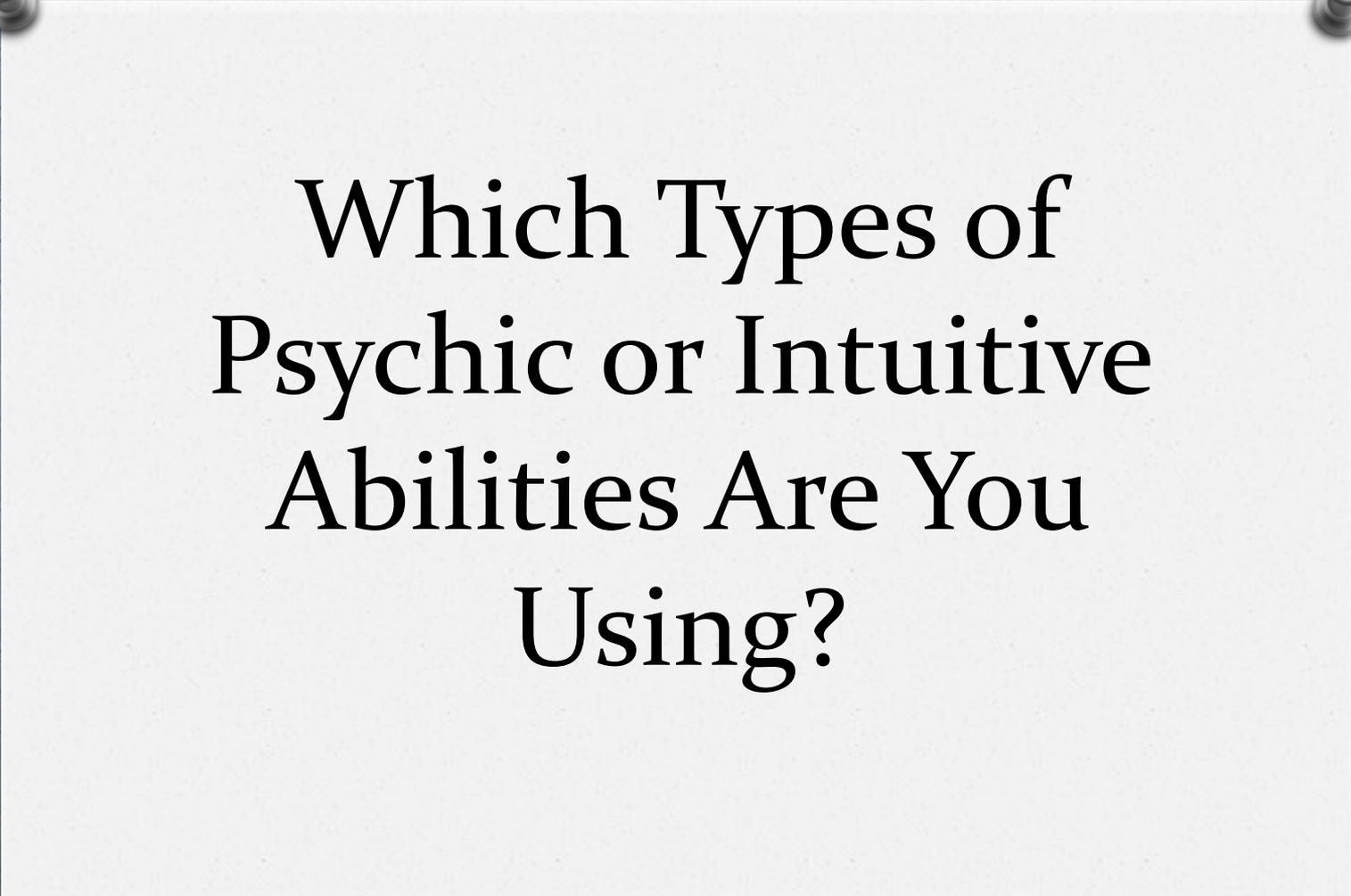


Life Insights

with Drs. Mick





Which Types of
Psychic or Intuitive
Abilities Are You
Using?

Types of Psychic Abilities

- o Help you recognize ways you receive impressions
- o Describe possible ways you receive information
- o How you can develop your natural abilities
- o Encourages you to reach beyond your limitations
- o Keep an open mind because information can show up in countless ways

Physical Experiences

Five Senses:

- Seeing
- Hearing
- Touching
- Tasting
- Smelling

Sixth Sense “The Clair's”

Development of your “clear” **Inner-focusing** ability

Interpreting – clarifying – expanding our experiences

- o Clairvoyance – seeing
- o Clairaudience – hearing
- o Clairsentience – feeling/sensing (clairempathy)
- o Clairtangency – touching (psychometry)
- o Claircognizance – knowing
- o Clairgustance – tasting
- o Clairalience – smelling (clairscent)

The Seven Learning Styles

- o **Visual (spatial):** You prefer using pictures, images, and spatial understanding.
- o **Aural (auditory-musical):** You prefer using sound and music.
- o **Verbal (linguistic):** You prefer using words, both in speech and writing.
- o **Physical (kinesthetic):** You prefer using your body, hands and sense of touch.
- o **Logical (mathematical):** You prefer using logic, reasoning and systems.
- o **Social (interpersonal):** You prefer to learn in groups or with other people.
- o **Solitary (Intrapersonal):** You prefer to work alone and use self-study.

Clairvoyance

Seeing or Psychic Vision

- o Having vivid dreams
- o Visions
- o Mental Images
- o Mini Movies
- o Seeing auric fields
- o Sense of direction
- o Visualizing solutions to problems
- o Visual-spatial problems

Clairaudience

Hearing or Auditory Perspective

- o Perfect song in your mind with a message
- o Voice within or outside your body
- o Overhearing the exact thing you need to hear from someone else's conversation
- o Mental telepathy- picking up on thoughts of people around you





Clairsentience

Feeling or sensing physically or emotionally

- Positive feelings – peaceful, happy, butterflies
- Negative feelings – nauseated, tense (stomach, back, forehead, jaw)
- Gut feeling or hunch about something or someone
- Sudden impulse to do something





Clairtangency

Clairtangency or psychometry describes the experience of receiving information or impressions about an object, person, place, animal or event as a result of your sense of touch. It is said that it is one of the easiest to open up to.

The information or impressions you receive can be experienced through all “The Clair’s” plus mental telepathy.

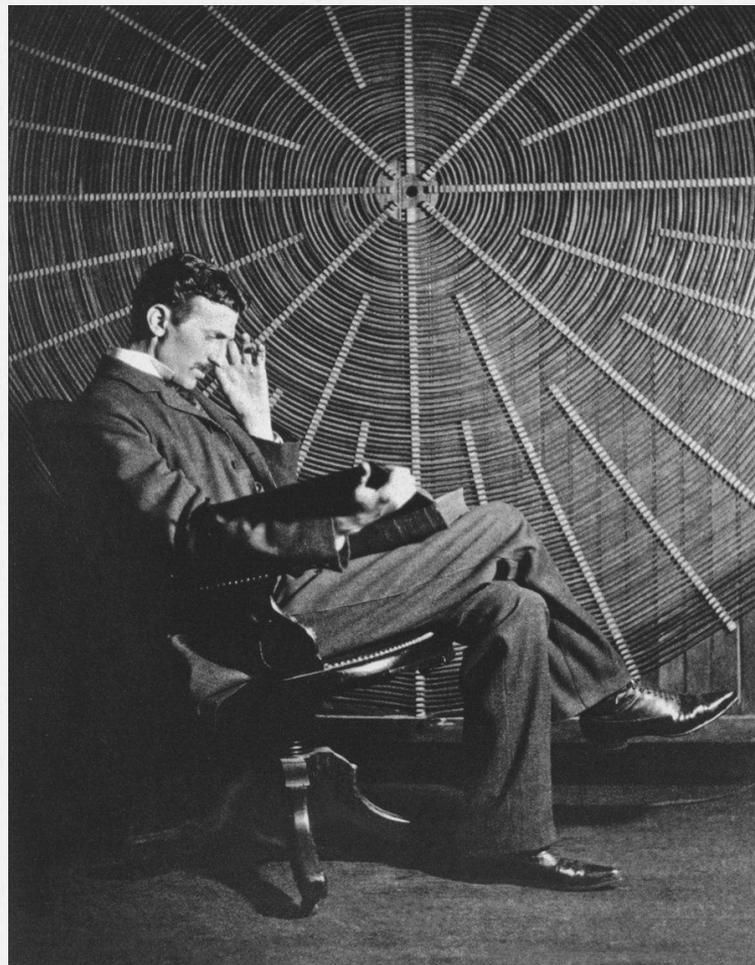
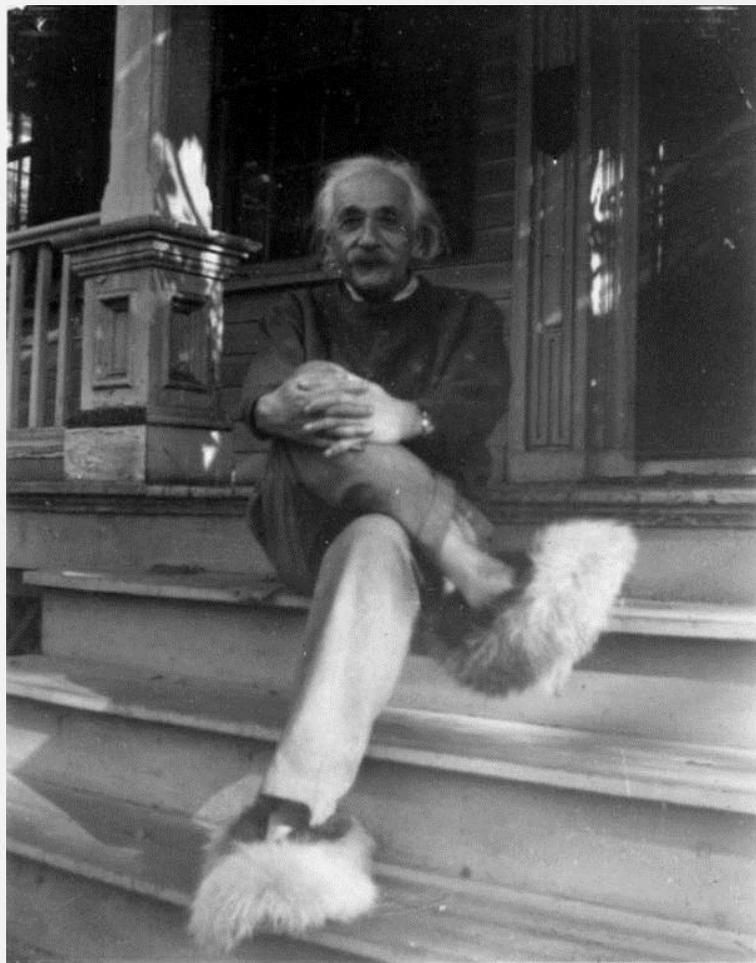




Claircognizance

All Knowing – the ability to discern what is claircognizance and what is your own mind chatter.

- o New ideas, concepts, sudden thoughts
- o Fix something without having a clue
- o Assemble something without directions
- o Ideas about a new timely invention
- o Different way to solve a problem



Clairgustance

Taste – the tasting of the essence of a substance or food occurs without anything that could cause the taste being in your mouth.

What tastes have meaning to you that would remind you of a person or event.





Clairaliience

Smell - the existence of a smell that comes to you when your in a location where it should not exist that reminds you of someone or something.

- o Substance
- o Perfume/Odor
- o Food



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Clairgustance and clairalience are types of abilities where you receive and interpret intuitive/psychic taste and smell impressions that can hold specific meaning for you.

What emotions or feelings do you have when you have had these experiences?

The universe is constantly
bombarding us with

information...

important information...

useable information.

We simply have to develop our awareness to tune in to our form of intuition from a centered, balanced, grounded position leaving your preconceived ideas, judgments, and analytical minds in another room.

Prophecy

The universe still speaks to us (nations, groups, and to individuals) through

- o Signs
- o Dreams
- o Visions
- o Feelings
- o Voice

Intellectual Intuition

Scientists, engineers, bankers, professors, etc. professionals whose gifts are their minds, are quite intuitive. They have a broad wealth of knowledge to formulate possible solutions to problems.

This skill is valuable in emergency situations.

Heart Centered Intuition

The heart center (extraordinary degree of empathy and compassion) is very strong with mothers particularly when it comes to their children.



Gut Intuition

A feeling, one that usually seems to emanate from the pit of the stomach or digestive system. Gut intuition is what makes you feel suspicious when you come into contact with someone who is dishonest. Other emotions that could be triggered in different situations could be anxiety, sinking feeling or nervous. Move the feeling up to the brain to analyze, develop a plan of action then implement it. You need to develop your awareness and then act efficiently.

Hand Intuition

If you were to hold your hand two to three inches above the palm of a hand intuitive, you would feel something like a “warm vapor” radiating from their hand. They are carpenters, surgeons, drummers, writers, chiropractors, cooks, potters, massage therapists, etc. Touchy-feely people.



Your Sacred Space

Create a space for yourself where you are safe and protected where you can open up to information that is being presented to you.

- o **Music**, without words, bells
- o **Water**, water feature, fountain
- o **Wind**, chimes, smells
- o **Fire**, candles, campfire
- o **Nature**, plants, garden, rocks, flowers, colors
- o **Sacred Objects** that mean something to you











Imagination

All that You Can Imagine is Real

Have you lost your creative edge? Change your current patterns. Change depends on your current mental outlook.

- o Drive down a different road today
- o Talk to a stranger even if it means you will feel like a fool
- o Do something creatively scary but not dangerous



You Can Do Anything

Your body, mind, and soul are begging for new experiences

- o Create a new adventures or interests
- o Positive outlook
- o Better physical health, movement
- o What brings you joy and happiness or what makes your heart sing.
- o How do you deal with stress?
- o Learn about you!

Sensing or Intuition

How do you do things?

Sensing

Do you pay more attention to information that comes in through your five senses?

Intuition

Do you pay more attention to the patterns and possibilities that you see in the information you receive?

Sensing

- o Remember events as snapshots of what actually happened.
- o Solve problems by working through facts until you understand the problem.
- o Are pragmatic and look to the “bottom line”
- o Start with facts and then form a big picture.
- o Trust experience first and trust words and symbols less.
- o Pay so much attention to facts, present or past, that you miss new possibilities.

Intuition

- o Remember events by what you read “between the lines” about their meaning.
- o Solve problems by leaping between different ideas and possibilities.
- o Interested in doing things that are new and different.
- o Like to see the big picture, then find out the facts.
- o Trust impressions, symbols, and metaphors more than what you actually experience.

What About You...

Intuition has Many Names

- o Hunch
- o Gut feeling
- o Sixth sense
- o A still small voice
- o An inner light
- o Following your heart
- o Instinct
- o Self-evident knowledge
- o Bodily wisdom
- o Immediate knowing
- o Holistic thinking
- o Stroke of genius
- o Epiphany
- o Flash of insight
- o Good common sense
- o Business acumen
- o Universal wisdom
- o Revelation

When Your Innate Abilities are linked with your interests, learning, practice and skills

Intuition then is a collection of interrelated abilities or skills, which can be executed automatically and seemingly unconsciously.

Start with what you know and expand it into other fields of interest. Come up with a question and ask with the universal questions of **who, what, which, how, when and why.**

Practice

- o Set the stage (your sacred space or place)
- o List of written questions you want to ask.
- o Do a form of protection and ground, like the “Gold Light Exercise”
- o Come from a neutral non-judgmental place
- o Think your body open
- o Ask your questions one at a time
- o Record the information you receive
- o Identify the feelings, images, voices, inner knowing, etc.

Importance of Intuition

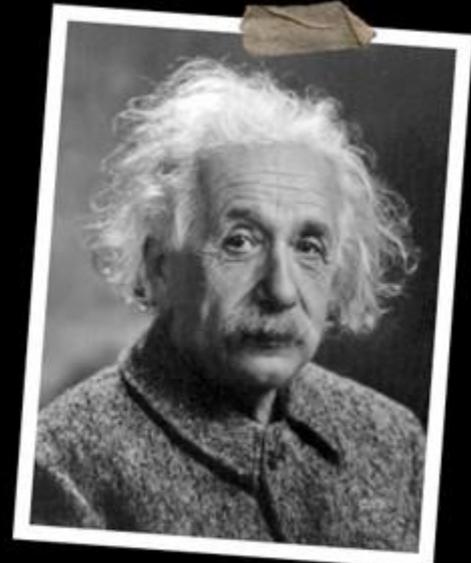
The importance of intuition has been recognized down through the ages for it represents a more direct and immediate way of knowing.

Ralph Waldo Emerson stated “the primary wisdom is intuition.”

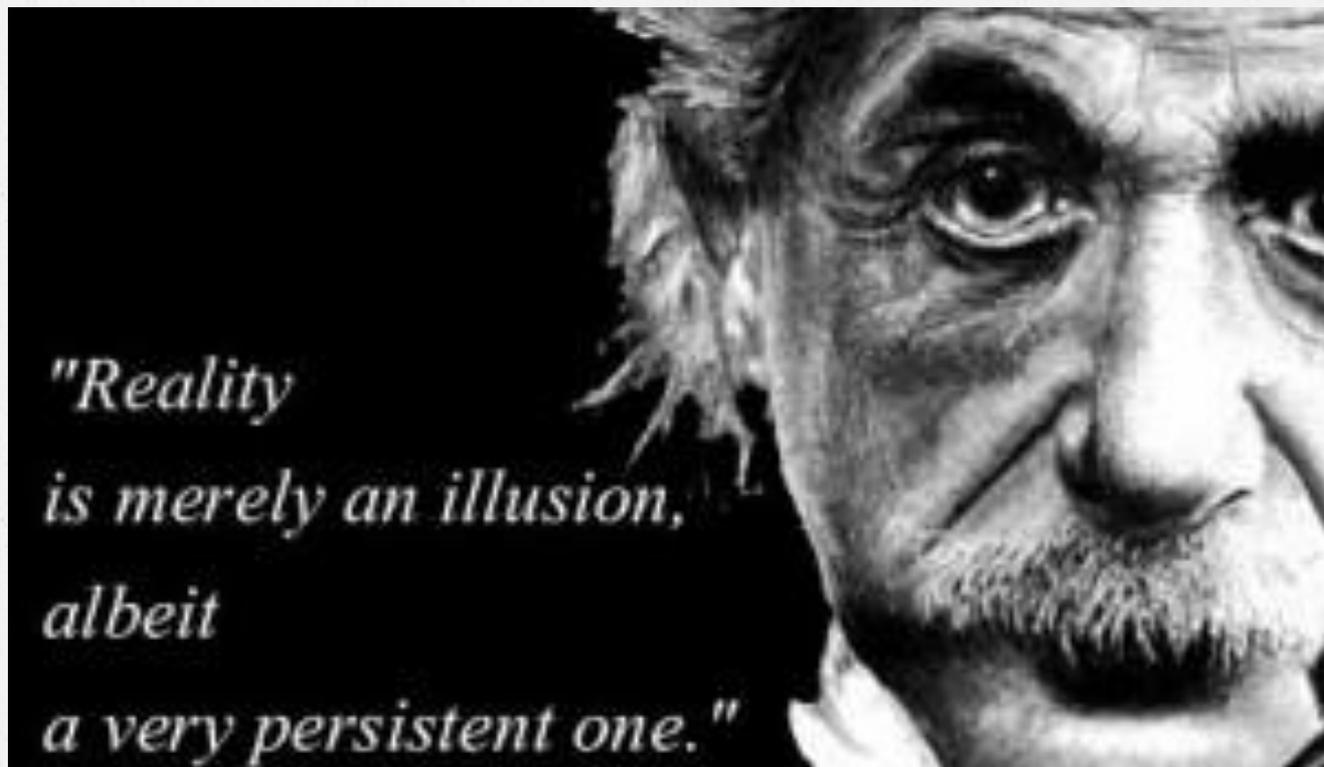
Albert Einstein – “The true sign of intelligence is not knowledge but imagination.”

**“Imagination is
more important
than knowledge.”**

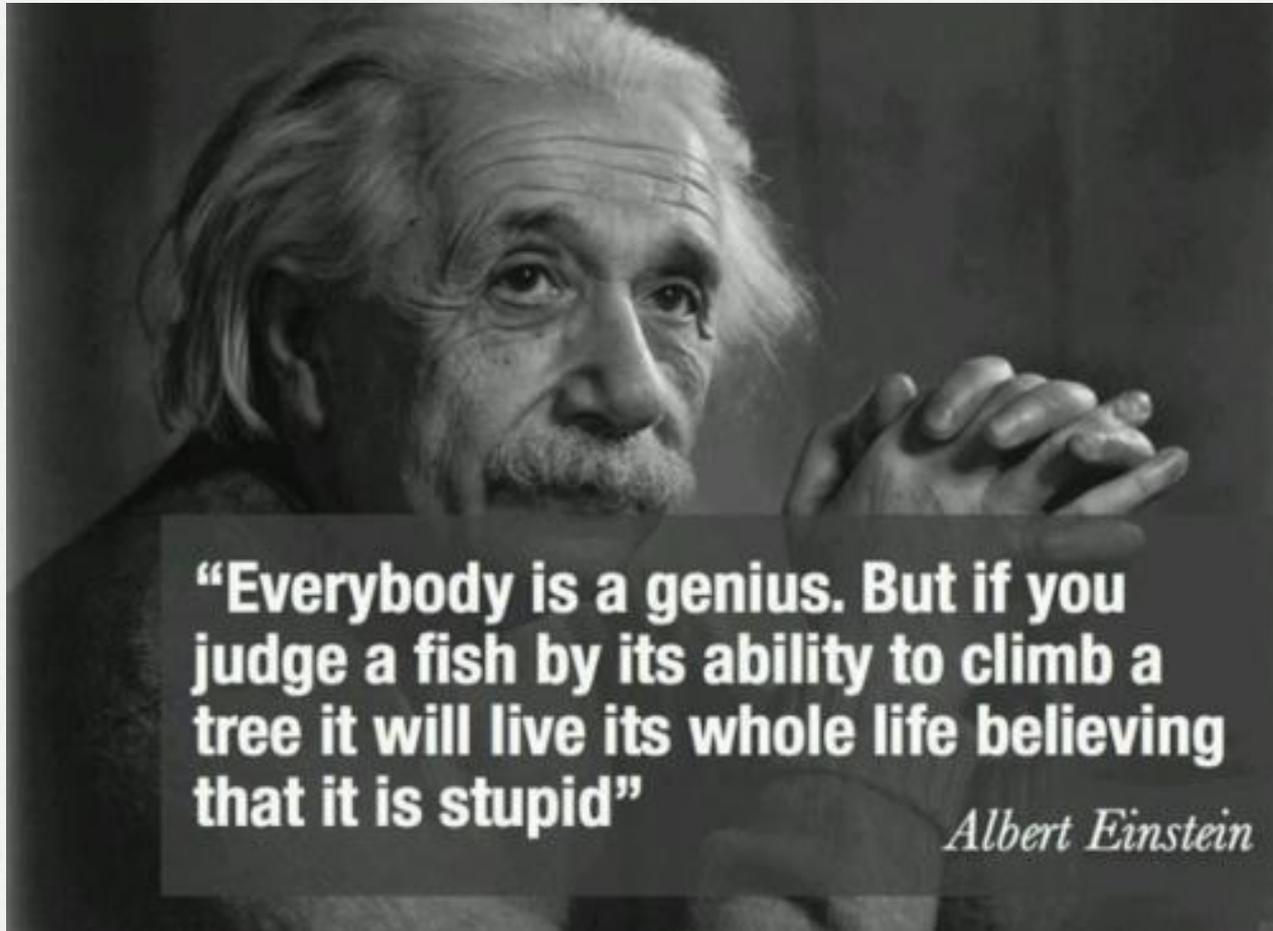
— Albert Einstein



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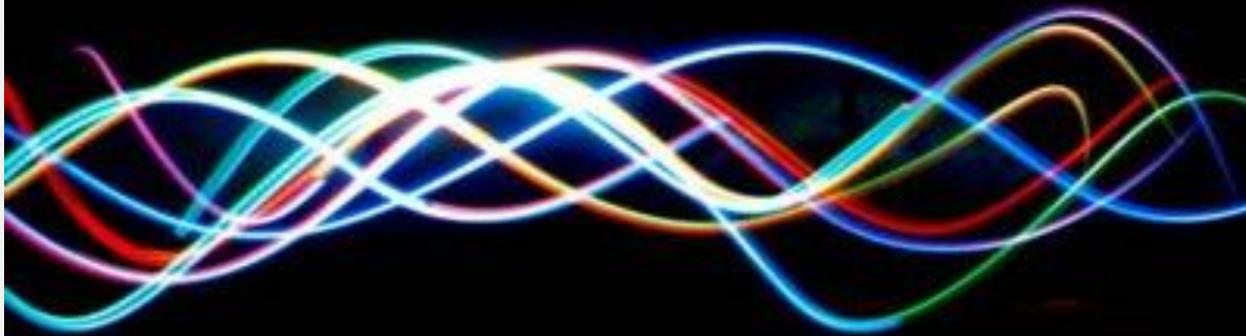
*"Reality
is merely an illusion,
albeit
a very persistent one."*



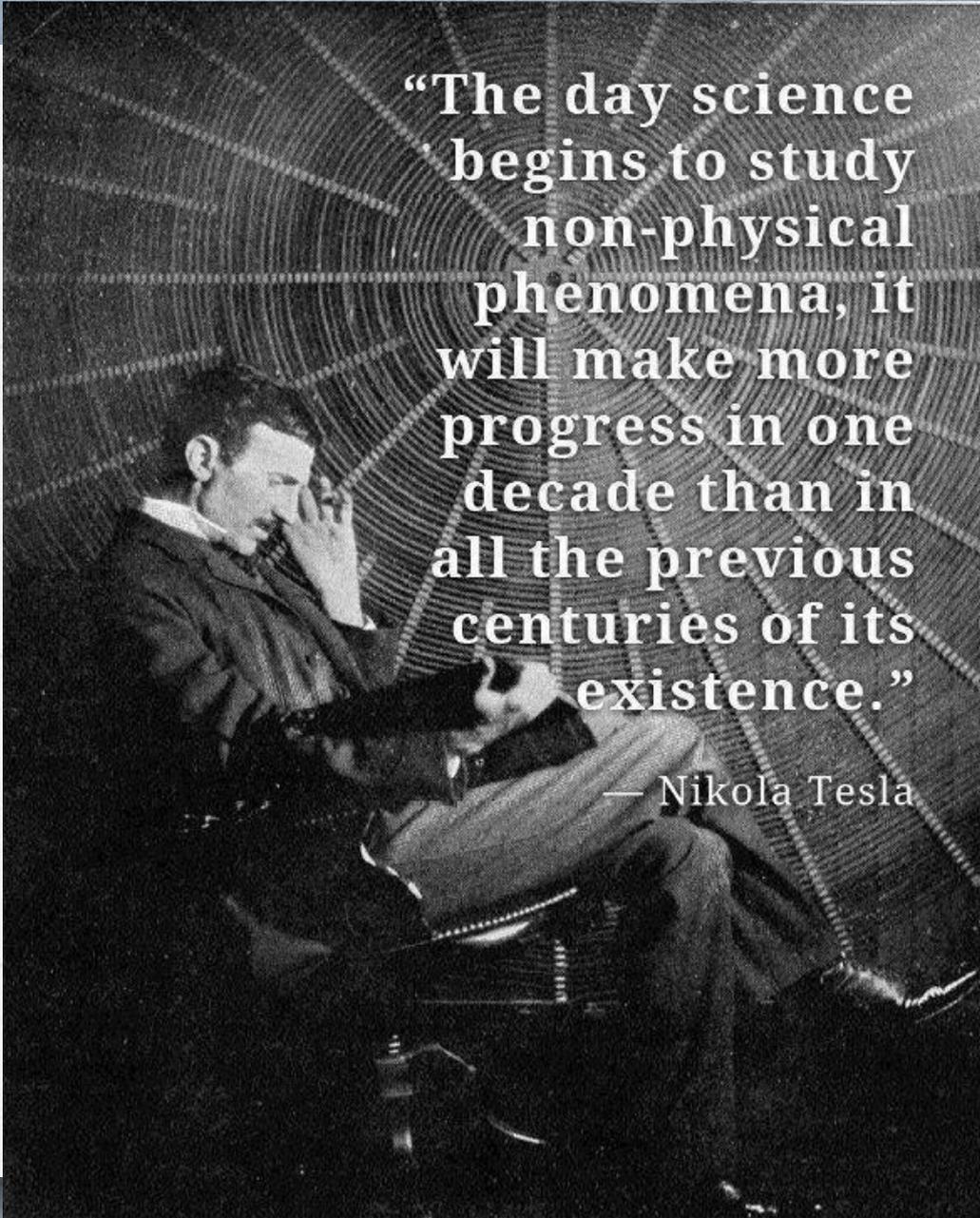
“Everybody is a genius. But if you judge a fish by its ability to climb a tree it will live its whole life believing that it is stupid”

Albert Einstein

"If
you want to find
the secrets of the universe,
think in terms of
energy, frequency and vibration."
- Nikola Tesla



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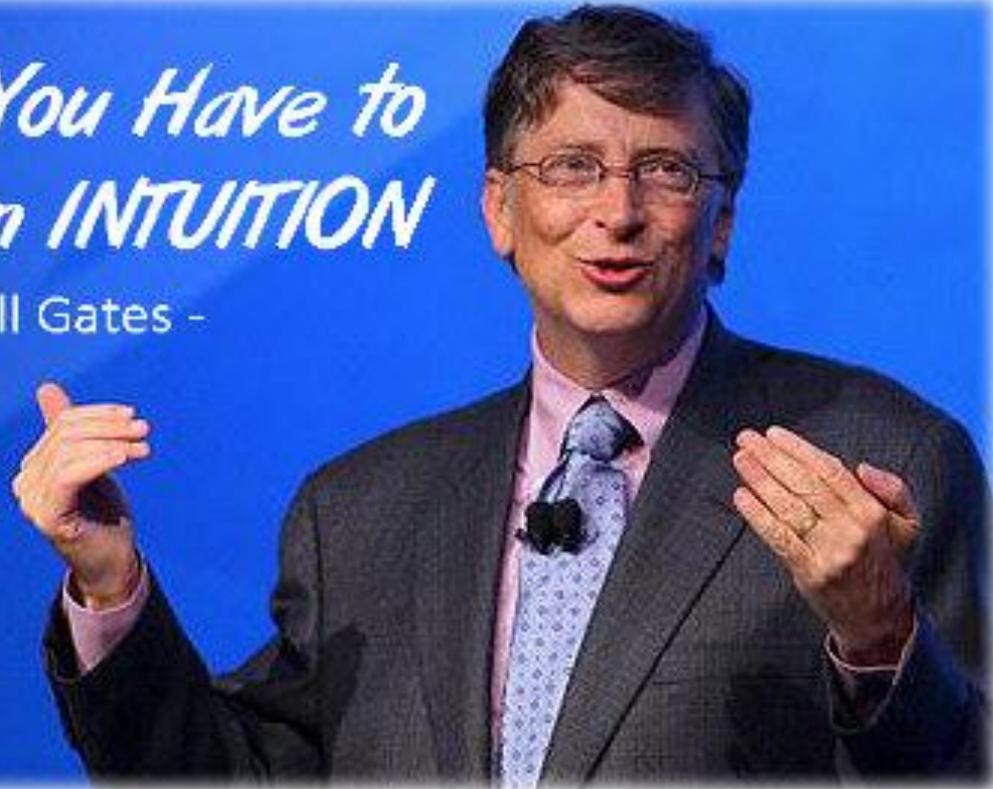
A black and white photograph of Nikola Tesla sitting in a chair, looking thoughtful with his hand to his face. The background is a complex, geometric pattern of concentric circles and radial lines, resembling a wireframe or a mathematical diagram. The image is presented as a page pinned to a blue background with two white pushpins at the top corners.

“The day science
begins to study
non-physical
phenomena, it
will make more
progress in one
decade than in
all the previous
centuries of its
existence.”

— Nikola Tesla

*Often You Have to
Rely On INTUITION*

- Bill Gates -

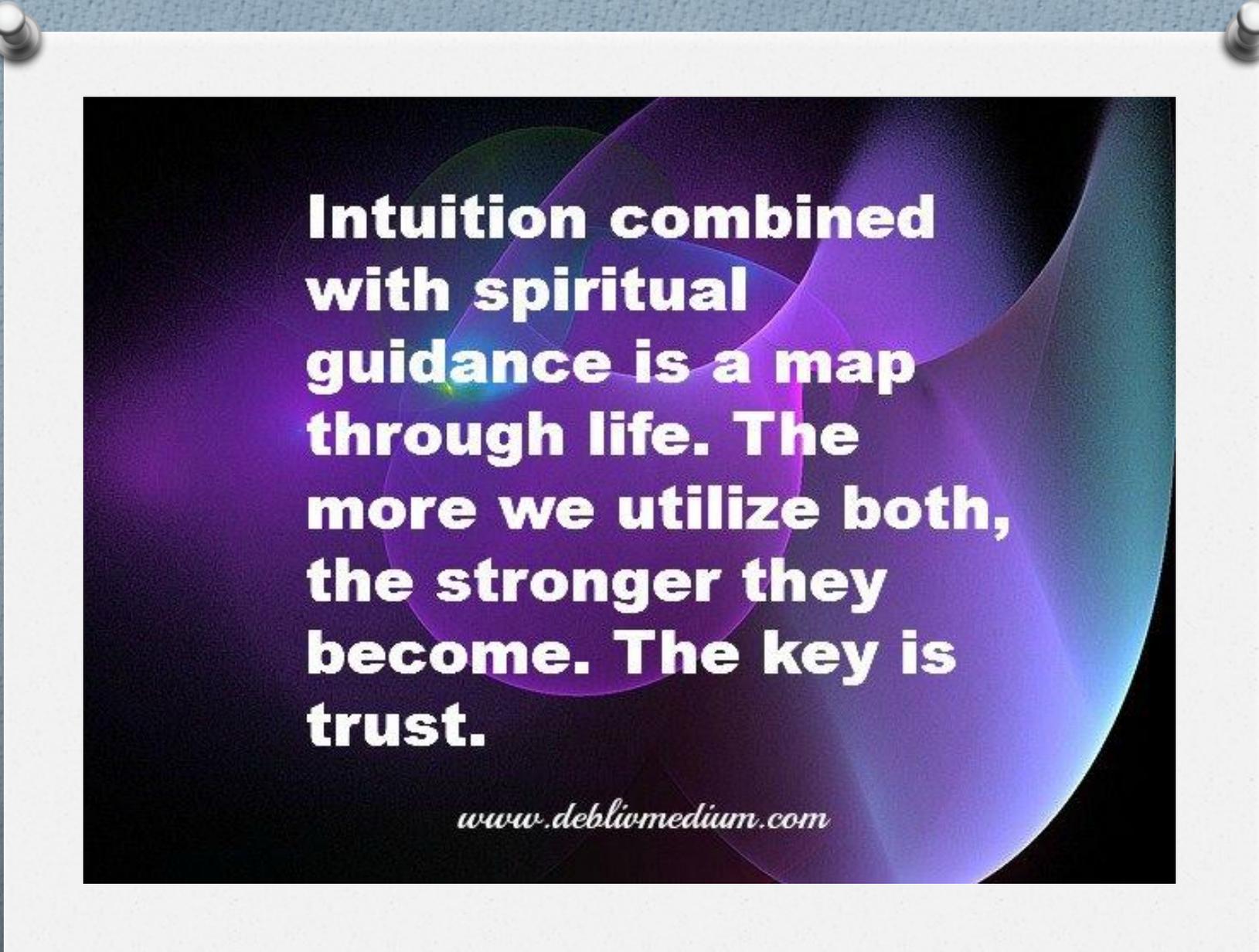




Steve Jobs

1955 - 2011

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