

HOW TO CONNECT WITH YOUR INTUITION

A GUIDE TO DISCOVER YOUR
INTUITIVE STYLE

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Each and every one of us has the power of intuition. We were born with it. It is a God★Goddess given gift and it is completely natural. You may have been told by family or through religion that your intuition is not real or even, really bad. I am here to tell you it's real and it is good! And you have your own way of getting it.

You are a drop of the Divine. Spirit lives and breathes within you. This presence may have called out to you before. Maybe you were afraid to follow the truth of what you felt.

Have you ever known when someone was calling on the phone before you picked up? Or gotten a feeling about one of your children, then school calls to tell you they are sick and need to come home? That is intuition. And it is not bad! In business you may have known the right strategy to take because of a feeling in your gut, or you have a clear knowing about working with a potential partner.

The truth is you have been following your intuition but you weren't aware of how powerful you really are.

Now you can have access to your guidance!

I am happy you have decided to trust yourself and your intuitive power. This will help you in so many ways! You will learn to follow your hunches and see signs. You are being guided and watched over. Stay open. The more you believe in your intuition and trust, your God★ Goddess given intuition will guide you.

The Clairs

There are four main ways we get our guidance. I'll touch on two very surprising ones! But for now let's focus on the main ones. We all have one or two ways that are the strongest, clearing the way for the rest to kick in.

Clair is French for the word "clear". Each of the Clairs begin with this word. Let's begin!

Clairvoyance

Clear-seeing

You may have heard this word before or the word clairvoyant. Clairvoyant people are very connected to visual cues and signs in their environment. You are very in touch with what's happening in your environment visually if this is a strong Clair for you. You notice reoccurring number sequences such as 111 or 333 or 77. Your intuition is always watching for license plate numbers. You may find yourself noticing that you've been seeing lots of doves or hawks, or power animals.

Eating at a beautifully decorated restaurant is a delight for you, making you feel good and comfortable as you are stimulated visually by how your surroundings look. You would not choose to eat in a dirty place or one that is not pleasing to the eye on a regular basis. You may avoid it all together. Organization and beauty are key for you, and help you feel relaxed. When clairvoyants meet or greet people you may catch them looking you up and down. They are taking you in visually.

Clairvoyant people prefer to vacation in pretty places. They will remember the beautiful details of a vacation as compared to a claircognizant driven person who would recall the history or interesting facts about where they stayed. Clear-seers are visually driven and need to have beauty around them.

Color is important to clairvoyants. They will notice colors and be attracted to a restaurant or venue where the décor is pleasing to them color wise. They will also be attuned to the colors they like, or if they are now preferring new colors in their environment. They will react strongly to colors that are displeasing to them visually, affecting how they feel in that environment.

If Clairvoyance is one of your main methods you are:

Visually in tune to people, places and things.

You notice visual cues in your environment like number sequences and animals.

You prefer beauty and organization in your environment.

You are attracted to beautiful things and stimulated by art or design.

Claircognizance

Clear-knowing

If you have been called a know-it-all you might be claircognizant. This method of intuition is characterized by receiving guidance in the form of thoughts. Your brain never shuts down. Claircognizant people see the whole picture of an inspired idea. They are quick thinkers and the most skeptical of intuition because they are really connected to facts, what is proven and information.

They know a lot, about a lot of things. They are brilliant when it comes to information. "Doesn't everybody just know that?" they will say to themselves. Much of what they seem to know is channeled information but they are not aware of it.

They are excellent project managers and can handle realms of information. But out of all the Clairs they tend to be really sensitive to burnout because it's hard for them to shut down their minds. Meditation and quiet time is really good for claircognizants. They may super-stressed out or become ill when they are overwhelmed.

If you find that ideas...big ideas just pop into your head you may be claircognizant. Needing to read and be inspired by

knowledge is crucial for claircognizants. They tend to be very prolific in their writing and can be quite eloquent in letter writing, and writing of all kinds. They are really intelligent and need to be mentally stimulated by thoughts and ideas, making them feel very inspired. If you are claircognizant you might find that when you meet someone, thoughts about them will pop into your head. You may wonder if you might work together or collaborate on a project, or if they can help you in your career. Clear-thinkers are always thinking. If you feel like you can't shut down your brain, this might be your predominant method of intuition.

If Claircognizance is one of your main intuitive methods you are:

Inspired by thoughts and ideas, almost as if they are food for your soul.

You might be accused of being a know-it-all.

You can easily see big ideas playing out from beginning to end easily and quickly.

You might have a hard time shutting down your thoughts and being in your body.

Clairsentience

Clear-feeling

Clairsentients absorb the thoughts and feelings of others super easily. They are usually empaths and very sensitive to emotionally intense environments. They are highly intuitive. If you find yourself avoiding the grocery store during busy times or dreading spending time with lots of people where there might be intensity or drama, you might be clairsentient.

As a clairsentient I can vouch for the hyper sensitivity. Artists and musicians who have this as one of their main intuitive methods may actually use substances to manage anxiety because they are so highly sensitive.

Not only are clairsentients an antennae for people's emotions and feelings, but for physical symptoms as well. Out of nowhere after feeling quite well and happy it's easy for this group to all of the sudden feel depressed or have a stomach ache. Intuitive readers and healers who are clairsentient can get overloaded and shut down becoming physically and chronically unwell. They easily pick up the physical symptoms of their clients. If they don't clear and shield themselves they can become very unwell and possibly think they are not cut out for healing work. They are then diagnosed with a condition such as chronic fatigue syndrome or some inflammatory syndrome because they are burnt out from taking care of others. Being so attuned physically and emotionally to show they are taking care of. They need breaks and lots of downtime.

I've known nurses who end up having a hard edge as way of protecting themselves emotionally and physically from their work. Clairsentients can also shut down and not want to be out in life. Feelings of fear and anxiety can keep them from events or new experiences. They can be hyper-focused on everyone else and not really be aware of it, or really concerned with other people's feelings and well-being but not their own. This outward hyper-focus is what causes un-comfortability. If you are really shy you might be predominantly clairsentient.

If Clairsentience is one of your main intuitive methods you can be:

Easily in tune with other people's feelings and emotions and feel intuitive hits in your gut.

A channel for the physical symptoms and maladies of others.

Easily anxious in busy and loud rooms and environments.

One to shy away from new experiences and feel shy about meeting new people.

Clairaudience

Clear-hearing

You may be Clairaudient if you wake up hearing music in your head. Or you hear music and songs in your head without music actually playing. You are highly sensitive to loud voices or ones that are displeasing to you.

Clairsentients tend to be really sensitive to loud volumes and nosy places. They too may avoid the grocery store on Sunday or noisy events. They retreat to find quiet from noise and like to sleep with no noise at all, or they will sleep with a white noise machine to drown out noise.

Clairaudient people often hear a voice talking to them.

Claircognizants get the thought as information.

Clairaudients actually hear a voice as if someone is talking to them inside their head. They can hear the voice like they hear the music inside their head upon awakening.

If you have ever heard your name called upon awakening you might be clairaudient. Do you talk to yourself a lot, or have lively conversations out loud? This is a clear-hearing trait. Music is huge for you and you must have it in your life. You may make special mixes and playlists for yourself and also for other people. Listening to music at home around the house for winding down are really good for the health and well-being of clairaudients. Meditation and quiet time are crucial for their well-being. Clairaudients will often hear ringing in their ears during meditation, and throughout the day. This is intuitive guidance literally being downloaded to them. If you need quiet and like to be alone, you might be clairaudience might be one of your intuitive methods.

If Clairaudience is one of your main Clairs you may:

Hear music upon awakening.

Hear your name called upon awakening.

Be sensitive loud environments and people.

Crave quiet time and need to be alone to regenerate.

Love music and might be musician or in the musical arts.

Here are some other very real Clairs.

Clairaulience or Clairscent

Clear-smelling

If you are really sensitive to smell you might be clairaulient. It is common for a clairaulient person to smell an odor related to a deceased loved one who has passed. In our family when we smell cigarette smoke we know it's my Mom. She smoked and there hasn't been a cigarette lit in the house since she passed. You might smell a signature dish of someone who has passed. This Clair is common among those who do mediumship, which is talking to the dead.

Mediums communicate messages from our deceased loved ones to us.

Clairgustance

Clear-tasting

This Clair is quite phenomenal. If you have this ability, you may be able to actually taste something by just thinking about it. In the practice of Intuitive Readings and Mediumship a clairgustant person could taste the smoke from a fire that killed a deceased love one in their mouths, or taste the signature dish of a loved one who has passed. My very first mediumships reading was smelling fettucine alfredo, a grandmother's famous dish.

Clairtangency

Clear-touching

Clear touch is also known as psychometry. Some intuitives will ask to hold an object like a ring or a picture that belonged to a deceased relative or that currently belongs to a family member or beloved you are wanting to know about. These objects can give insight into details about them and your relationships with them.

Take the Intuitive Test

Now that you know about all Clairs, you might have a sense of what your primary intuitive method is. Here is a questionnaire to get really clear about your unique intuitive superpower blend. For each example choose a, b, c, or d.

You've just read a book.

A. Were you inspired by its deep thoughts, interesting facts, or concepts? Were you delighted with all you learned, wanting to learn more?

B. Did the characters outfits and fashion sense of the time period appeal to you? Were you struck by the descriptions of the environment such as the flowers, buildings and landscape and you could see it all so clearly?

C. Were the character's voices so real to you it was easy to hear what they would sound like? Did you find yourself right there with the characters as if you could hear them in their world?

D. Did you feel what the other characters felt, empathizing with them? Were you moved to tears or did you laugh? Did you want to be friends with a character in a book or feel deeply protective? Did you wonder what it would be like if it happened to you?

What do you do when you meet someone?

A. Wonder how you can work together or what you have in common? Do you easily connect to people of the same interests? Do you find yourself impressed by what they know and feel inspired to read up the information you've shared?

B. Do you enjoy how people put their outfits together and point out colors they are wearing? Are you guilty of looking people up and down because you are taking them in visually? Do you notice their teeth or what kind of glasses they are wearing?

C. Are you engaged by people's voices and how they sound? Do you notice the ups and downs of their voice and the tone, whether it's rich or thin? Are you tuned into the sounds of the environment when you meet them?

D. Do you say I have a "feeling" about him or her? Do you get comfortable after sensing a person is genuine or follow your bad vibes about staying away from a person? Is it important for you to trust your friends? Do you prefer fitting in with those you work with and enjoy the safety?

You are choosing a pet.

A. You are fascinated by the breed of cat you've chosen. Research is definitely in order as to the origins of your pet's breed. You are aware of all the specific traits of your cat as it relates to its breed.

B. Are you in love with how handsome or beautiful your cat is? Do you love the color of its eyes and its coat? Have you given it a name

because of how it looks, or because it looks like a character or like another pet you had?

C. Does your pet have the cutest meow and it melts your heart every time you hear it? Are you in tune with the noises it makes and what that means it wants? Do you have conversations with your pet and respond to pitch changes of its voice when it talks?

D. Are you and your pet the best of friends? Are in love with your cat? Do you get overwhelmed with feelings of love and adoration for it and consider it your furry child? Does it make you happy to spend time with your cat and you look forward to cuddle or play time with it?

You've spent the weekend with friends, what did you like about their house and your stay?

A. It was thrilling to be in a historic neighborhood. Your friends took you to interesting places historically connected to where they lived. Were you fascinated by the type of house it was? Or the interesting things that happened in the house in the past?

B. Were you inspired to re-decorate your house the way your friends decorated theirs? Did you love the style of the furnishings and colors? Were you super-comfortable in their home because of the colors and architecture?

C. Did you love the sounds of the house at night or how the stairs creaked when you walked on them? Were the sounds of the

neighborhood soothing? Will you always remember how the crickets sang while sitting outside with your friends? Perhaps the sound of the ocean, or a distant train blowing as you fell asleep will remain forever etched in your memory.

D. Are you getting new furniture because the couch and chairs in your host's home were so deliciously comfortable? Were you in love with the feel of the fabrics and textures? Or the guest towels and bathrobes they had for you to use? Did you love the way your guests welcomed you and how they made you feel during your stay? Perhaps you now feel closer to them having so enjoyed their company.

Mostly A answers indicate you get your guidance from thoughts and ideas that seem to just pop into your head. You thrive on intellectual information and need mental stimulation. Not really needing directions, you easily put together gadgets and small appliances seeming to know how it all fits together. This is called clair-cognizance. You have light bulb moments and see whole and complete pictures of ideas.

Mostly B answers show a highly visual person informed by signs in the environment. You notice visual signs such as number sequences and flocks of birds. Subjects such as astrology and numerology interest you. Visual and vivid and sometimes prophetic dreams are telling of a clairvoyant person. Clairvoyant simply means clear seeing or clear-sight.

Mostly C answers indicate a clair-audient guidance system, meaning clear hearing. Pay attention to thoughts that you hear that seem to come from a voice inside or outside your head. You are

sensitive to loud noises and are easily distracted by hearing wrong notes in music, or high and shrill voices. You must have quiet time but also enjoy comforting and friendly noise filled rooms. Clair-audients may like to fall asleep to a certain type of noise or no noise.

Mostly D answers make you highly sensitive to the emotions, feelings and even physical symptoms of others. You may easily get sick in a toxic environment or feel overwhelmed in big supermarkets, factories and shopping malls. Clair-sentience is a quality of empaths, people who easily “feel” others. They “feel out” people, places and things and rely heavily how they feel around people to determine whether they can trust someone or a situation. Extremely sensitive clair-sentients may even get agitated and anxious as a fore-telling of major disasters such as hurricanes, tornadoes or human tragedy.

You may find you have mostly "a" and "c" answers or different combinations. Those would be your stronger intuitive senses. It's normal to have more than one which actually opens the door to the rest! Once you get started intuition starts to flow.

I am so excited for you! Now you have clear sense of your intuition. You will be empowered in life noticing the feelings you get about certain people and places. Feeling hunches in your stomach to check out a career opportunity or decide to listen to red flags right away. You can protect yourself as a sensitive empath by meditation grounding and shielding yourself with white light, angels and spiritual posse. Find quiet time and rest when you feel overwhelmed from noisy places. Before you know it you will feel better.

If you'd like to amp up your skills even more [reach out to me here](#).
Massage therapist, reiki practitioners and anyone in traditional,

spiritual and metaphysical healing can highly benefit from finding out how they get their intuition and how to be able to get intuition to better serve their clients. Experiencing feelings of burnout as a healer and you don't know why is another reason to see what's going on and how you can bounce back.



Tatiana is a teacher, intuitive life coach, singer-songwriter, creator of meditations & Angel Therapy Practitioner® w. Angel Therapy Advanced Training® using her Angel Therapy Mediumship® & Angel

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She gives guidance and support through setbacks, relationship issues, career challenges and dark nights of the soul in her intuitive reading and intuitive coaching practice. As a Life-Purpose expert she is passionate about helping people move forward to overcome their fears, ditch procrastination and do what they love. From creating book titles to publishing, and coaching architects through building plans and complex client challenges, they've become published authors, radio-personalities, oracle card creators and songwriters.

She's released three albums, playing her music with Mark Watson of [AngelEarth Music](#) internationally.

Tatiana muses on all things mystical...crystals, goddesses, angels, intuition, self-empowerment, energy management on her [blog](#) and at [RGTatianaTv](#). You can always find her [here](#) sharing magical and inspirational content and @www.tatianascavnicky.com