

Identify Your Psychic Strengths Chart

K **A** **V**

- Do you regularly experience gut feelings about a person or situation?
- Are you easily annoyed by the sounds of passing traffic or a barking dog?
- Do you notice the sound of a ticking clock.
- Are you sensitive to smells in your environment?
- Are you sensitive to colours in your immediate environment?
- Do you prefer a bright, well light room to soft subdued light?
- Do you prefer the warm glow of a darker, softly lit room?
- Do you regularly notice the sounds of your neighbours?
- Do you enjoy the feel of a polished wooden table or a rich velvet fabric?
- Do you quickly notice if a mirror or a picture is crooked on a wall?
- Do you regularly touch people when you are in conversation with them?
- Do you sometimes need silence in order to hear yourself think?
- When upset, do you find that eating settles you?
- Do you enjoy photography, painting or drawing?
- Are you sensitive to perfumes or aftershaves?
- When hearing a story can you easily image the scene?
- Do you often notice sounds which others ignore?
- Can you easily match colours and tones?
- Do you enjoy harmonies in music?
- Searching for a friend in a crowd, do you remember what she looks like?
... or do you simply walk and allow your feet to take you towards her?
- Do you sleep with or travel on long haul flights with ear plugs?
- Do you regularly read novels?
- Do you notice when an instrument or a voice is out of key?

TOTAL

TOTAL

TOTAL

Kinaesthetic people

If you ticked mostly **Kinaesthetic** boxes, you are a kinaesthetic type. This means that you are suited to intuitive development based around feelings such as psychometry. Psychometry includes the reading of energies left in objects by their owners, such as rings or watches. By holding objects, those with a strongly developed kinaesthetic sense can 'feel' or sense information about the owner.

Gut feelings or hunches about a person a project or a situation can be heeded as you have strong instinctual awareness. You can usually make correct decisions based on instincts. You are suited to being a clairsentient. Clairsentience simply means clear feeling.

Auditory people

If you ticked mostly **Auditory** boxes, you are an auditory type. Auditory people are more aware of their environment through sound. This makes you more suited to heeding your inner voice or communicating with spiritual guides by asking questions and listening to their answers. They make natural clairaudients. Clairaudience simply means clear hearing.

You might find that you are critical of background music in guided meditation CDs and even have a preference for a particular type of voice for guided meditations. Auditory people are capable of listening to others and identifying underlying issues and needs, making them effective counsellors.

Pitch, tone and harmony are important to auditory people to the extent where a client name Nigel explained one day that he cannot sing in perfect pitch when he is uncentred by life. If Nigel has an important decision to make he'll pick up his guitar and sing a few bars to determine if he is in key with the instrument. If not, he'll delay the decision until he is centred again.

Visual people

If you ticked mostly **Visual** boxes, you are a visual person. Visual people are natural designers, as they appreciate the look and first impression of an object. Usually possessing a vivid imagination, visual types find it easy to see images when reading for clients. They are suited to being clairvoyants. Clairvoyant simply means clear seeing.

Photographs or illustrations appeal to visual people and newspaper and magazine editors recognise this, often pairing an interesting image with a feature story to generate interest from the reader.

Visual people are capable of imagining an antique telescope and the rotating it in order to glimpse it from every angle. They can imagine a gold coin, tossed into the air and see it spinning slowly as it descends earthward.

It is possible to favour two areas or to be balanced in all three, but most people favour one more distinctly. Those areas which are not your strong points can be developed with practice.