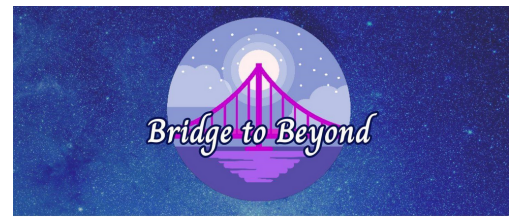


Week Five - Development



Sitting in the Power Meditation - x 3 per week

Spirit Guide Meditation - x 2 per week

Development Exercise - Blending with Spirit - as and when you feel you need.

Development Exercise - Developing the Clairs - as and when you feel you need.

Continue to implement the exercises you have learned whilst introducing the blending with Spirit exercise and developing the Clairs.

Reflect on your journey so far.

My Experience with.....

Clairsentience.....

Clairvoyance.....

Claircognizance.....

Clairaudience.....

Clairgustance.....

