



YOUR
SACRED
gifts



with
Rev. Rose



YOUR SACRED GIFTS

You possess extraordinary gifts beyond your wildest dreams! I am here to highlight just a few and help you uncover these incredible gifts so that you can begin to harness their power and spread your magic in the world.

You may already have a sense of your gifts so I want to help you to attune to those gifts so that they become stronger and easier to identify!

Below I have highlighted some of the core gifts I am talking about and provided an explanation of them. There are many more sacred gifts available to us but this will provide an amazing start for your journey!

Clairvoyance: Clear seeing

Clairsentience: Clear feeling

Clairaudience: Clear hearing

Claircognizance: Clear knowing

Clairgustance: Clear tasting


Clairaliense: Clear smelling

Clairtangency: Clear touch

INDICATIONS YOU MAY BE CLAIRVOYANT

- You can see it in your mind like a movie
- You have Déjà vu
- You have vivid/lucid dreams
- You can see colors or energies around people and objects which others cannot, often called Auras
- You may just see a color, object, symbol, or concept

Third eye, psychic eye, and psychic visions are all phrases that you might hear associated with clairvoyance.





INDICATIONS YOU MAY BE CLAIRESENTIENT

- Feeling exhausted after being around certain people
- Getting eerie feelings in homes
- Empath, intuitive empath, or spiritual empath are other phrases that you may hear associated with clairsentience
- Gut feeling

Empath, intuitive empath, or spiritual empath are other phrases that you may hear associated with clairsentience



INDICATIONS YOU MAY BE CLAIRAUDIANT

- You may hear sudden instructions, messages, or ideas in your head like, “call mom”, “go right”, or “check the garage door”
- Most times, this voice will be in your own tone of voice
- Ringing and noises in the ear can also indicate strong clairaudience
- In addition to voices, a clairaudient psychic or medium may hear things that others cannot like sounds or music



Many clairaudients are called channelers.



INDICATIONS YOU MAY BE CLAIRCIGNIZANT


- Claircognizant feelings can be very strong and come in the form of intuitive thoughts that pop into your head at random
- If you've ever known that you should avoid your new neighbor, take a different route to work, not take that drink or call someone up, you've experienced some inner knowing!

Often old souls carry strong claircognizance due to many lifetimes of wisdom and growth.



INDICATIONS YOU MAY BE CLAIRGUSTANT

- You notice random tastes in your mouth with out having eaten anything



This may be the taste of something that brings a memory of a deceased loved one or a taste that will trigger a memory to pay attention to or reflect on.

INDICATIONS YOU MAY BE CLAIRALIENCE

- You can smell things that others cannot


Often loved ones communicate with smells. Colognes or perfumes, or the smell of a cigar someone you loved used to smoke. Usually a good indicator of mediumship abilities.





INDICATIONS YOU MAY BE CLAIRTANGENT

- You have the ability to touch an item and receive information from it. Sometimes where it has been, who it has been connected to and its overall energy



Some mediums can use an object of someone who has passed or is lost to create a deeper connection and gain insights about the individual. Also, very useful to determine if an item holds curses or bad energy to be cleared.

WHICH GIFTS DO I HAVE & HOW DO I ACCESS MY GIFTS?

STEP 1: START REFLECTING ON YOUR LIFE

- Identify times when you said to yourself “I knew I should have done that!” or “I knew I shouldn’t have done that!”
- Recall dreams and visions.
- List times when you may have had a gut feeling about something.
- Think of the times when you thought about a person or a thing and low and behold, they showed up or called.

This is just a start but it’s a great start and the more you think about it the more you will realize that these gifts have been there all along!



STEP 2: INCREASE YOUR DAILY AWARENESS

We are taking it up a level here by allowing ourselves to be aware in the present moment.

- When you wake up can you notice the dreams you may have experiences that night?
- Can you notice when you get ringing or bubbling in your ears?
- Can you notice that gut feeling?

STEP 3: ENGAGE IN CURIOSITY

Now we move to building a relationship with our gifts. This idea of curiosity brings us deeper into the magic of our gifts.

- Begin by asking questions about whatever it is that has come up for you.

For example: If you have a dream and you remember all or some of it. Start by thanking the dream for showing itself to you. Then asking “what more do I need to know about this dream? Is this dream for me or telling something about someone else? What feelings do I need to understand around this dream?”

You can be inquisitive with anything that comes up for you whether it’s a message in your mind, a ringing in the ears, a gut feeling or a knowing.

These 3 steps will bring you so much closer to your gifts and amplify them so you can use them to enhance your life and the lives around you!



May your gifts
keep giving

with love,

Rev. Rose

