



Process #2

SOUL PROCESS GUIDE

Track. Develop. Deepen.

Intuition Journal

Intuition Journaling

Acknowledging, tracking, reflecting...these are the core practices that support our spiritual growth and development. It's in re-tracing our steps that we gain insight and expanded clarity into our path, our approach and our perspective.

My main challenges in my intuitive development centered around inconsistent habits, tracking and reflection. I struggled to understand what I 'should' focus on so instead of embracing a specific daily practice and just starting with that, I spread myself thin over a *whole bunch* of different practices to try and get ALL of it in (with the hopes that the *more* I did, the more crazy-awesome my intuitive insights would be!).

What I refused to accept and acknowledge was that intuitive (spiritual) development is a multi-year journey – not a one month 'project'. In fact, our intuitive development is not life-long but actually a soul-long journey. It is a gradual unfolding of our spiritual understanding, skillset and way of being. And, just like personal development (self knowing, self awareness, self mastery), our spiritual development occurs in phases or stages of growth. We build a foundation, add a layer and then continue to build layer upon layer upon layer – each layer supporting the layers above & below it – each one necessary in the overall structure & in its placement.

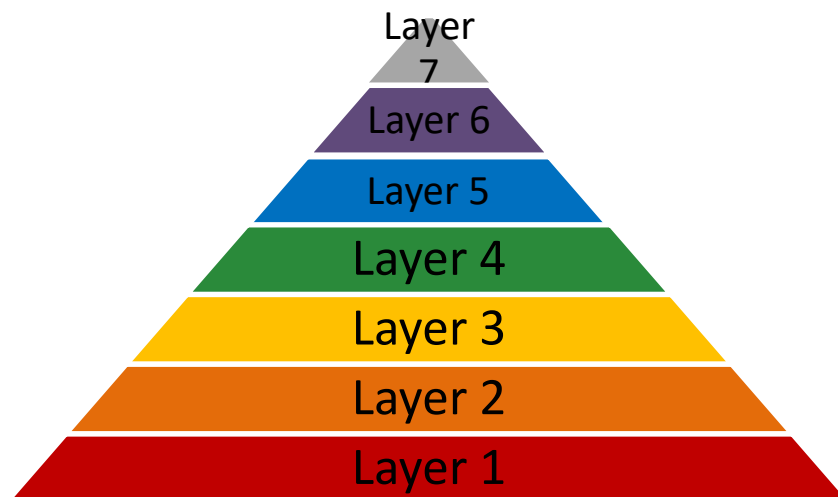


Figure 1: Layers of Understanding, Growth & Development

The process, growth and evolution of our understanding is an ever-increasing, ever-deepening evolution – much like two triangles placed one over top of the other (maybe this is where the 'Seal of Solomon', Star of David and the significance of a hexagram come from?).

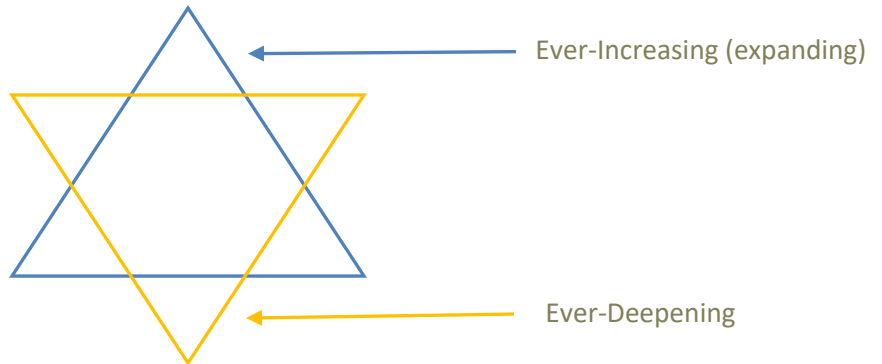


Figure 2.0 Double Sided Depth of Understanding, Wisdom & Knowledge

What I failed to understand was that in rushing, pushing and forcing my intuitive development, I was actually prolonging & lengthening the process.

Bam! Agonizing realization right there!

If I had simply slowed down, accepted that all will come in due time (perfect timing), I would have actually sped up my development...*by slowing down.*

So, as we continue to embrace your development and spiritual journey, I want to encourage and nurture you to just – slow – down. Take a deep breath. Let's embrace letting go of 'rushing' and trying to experience 'it all' and begin acknowledging, tracking and reflecting on what your Spiritual Guides are presenting to you right now – knowing and trusting that they see the BIG picture – the larger purpose – for you and know exactly what you need to experience, learn and heal in this phase, stage or layer of your journey.

Intuition Journaling

The practice of keeping an Intuition Journal isn't so much about journaling in the traditional form that you've come to practice it (acknowledging, reflecting, writing). Rather, this practice is about *tracking* what is happening spiritually for ourselves.

If we were to download the ability and understanding of all of our psychic senses in one moment, we would literally be overwhelmed with it all (& shut down) OR we would miss the

most important understandings of how to integrate them into our lives, our purpose and our serving of others.

The development of psychic abilities and spiritual understanding are an unfolding that happens in relation to our own spiritual goals and soul lessons. With each lesson, development and/or awareness, comes a coordinating:

- ✓ Release, surrender and healing of a personal limiting belief, insecurity, self doubt or fear
- ✓ Insights and awareness into ourselves, our purpose & our path
- ✓ Deeper, broader understanding of our previous phases of growth and understandings
- ✓ Integration and coordination with our current understandings & practices
- ✓ Deeper clarity around our current level of psychic abilities

So, our goal over the coming weeks is to simply begin observing ‘what is’ and tracking how that is growing, changing and deepening. On the following pages, you’ll find a format for starting your own Intuition Journal and implementing the practices of *observance and tracking*.

How to Intuition Journal

Step 1: Start an Intuition Journal

Buy or create a blank journal specifically for tracking your experiences and development.

Some Suggestions:

- Journal
- Blank notebook or scribbler
- Binder with lined paper (or print out the templates that follow!) *my preference!

Step 2: Create a Format for Tracking

Designate and set up specific pages to begin tracking.

- At the top of each page, write the heading/title (templates on the following pages) and draw a line underneath it across the page.
- Write today's date (day, month & year!) underneath so you have a point of reference.
- Write down the examples given with each title so you can check off experiences after they happen.

*See following template pages to print off (if using a 'binder' journal)

Step 3: Identify

It's time to identify & create clarity around what it is that you desire and intend

- Write down 3-5 desires and/or intentions (p 1) for your intuitive development over the coming 6 months.

Step 4: Get Curious

If we don't acknowledge our curiosities, we can't attract them to us!

- Write down 3-5 questions (p 2) you would like the answers to around spiritual abilities, your experiences and/or your spiritual path.

Step 5: Start tracking your progress & learning!

- Make time each week (ex. Mondays) to go through these pages and check off or add any experiences, questions or ponderings that have come up for you during the week.

My Intentions & Desires

Date: _____

What is it that you'd most like to experience as you develop your intuitive abilities? Are you seeking deeper understanding of life's purpose & meaning? To connect yourself (& others) with your spiritual guides? To support yourself & others in navigating your life, relationships & spiritual path? To experience the wonder & awe of the various levels of the spiritual realm?

****By naming our 'desires' up front, we give permission for our Guides to bring it to reality!**
Name your desire/intention then use the space below to expand upon it.

Desire #1: _____

Desire #2: _____

Desire #3: _____

Intention #1: _____

Intention #2: _____

Questions & Curiosities

Date: _____

What questions, concerns or curiosities do you have around psychic, intuitive and spiritual abilities? What is it that draws you to them? What worries or scares you about them?

****By naming our these up front, we give permission for our Guides to help us resolve & heal them. Name it then use the space below to expand upon it.**

Question #1: _____

Question #2: _____

Insecurity #1: _____

Fear #1: _____

Curiosity #1: _____

****Be sure to include an extra blank page (or two!) after this page for questions, curiosities, etc that begin showing for you over the coming weeks and months**

My Dominant Senses

Date: _____

Let's re-establish where your current natural strengths are in terms of psychic ability, insights and natural tendencies. Check each item that you've experienced and record how many out of 6 (ex 2/6) beside the heading.

1. Clear Sight (Clair Voyance) /6

- Pay attention to how things look: visual details, arrangements, colors and shapes
- Tend to think, explain & learn best in visuals, metaphors or stories
- Find myself saying "I see...what you're saying" during conversations
- Work as/enjoy: decorating, painting, building, photography, etc
- Notice flashes of light/sparkles/energy out of the corner of my eye
- Have seen a spirit at some point in my life or see auras around people, plants or animals

2. Clear Hearing (Clair Audience) /6

- Pay attention to what I hear: sounds, tones, rhythm & music
- Tend to think, explain & learn best through auditory explanations & conversations
- Find myself saying "I hear...what you're saying" during conversations
- Work as/enjoy: music, singing, public speaking, creating ambience through music, etc
- Heard a disembodied voice or conversation while falling asleep
- Have heard a disembodied voice, noise or music while awake

3. Clear Taste (Clair Gustance) /6

- Pay attention to (& often sensitive to): taste of foods, drinks, air, etc
- Find myself saying things like "Well, that left a bitter taste" during conversations
- Work as/enjoy: Chef & cooking, baking, brewing/making beer, wine & spirits, food critic
- Have suddenly had a specific taste in my mouth (cigarette/coffee/etc) even though I haven't put anything in my mouth
- Experienced a bitter taste in my mouth right before a negative experience
- Recall the taste of something when recalling memories

4. Clear Touch (Clair Tangence) /6

- Pay attention to (& often sensitive to): touch, texture, others touching me; feel of material, furniture, clothing or food, etc
- Find myself saying things like "That feels...insightful" during conversation
- Work as/enjoy: clothing design & texture, touching things, hugging others
- Have received a sudden insight, knowing or feeling as a result of having touched a piece of jewelry, a picture or an article of someone else's
- Receive an impression of someone's 'story' or history after touching them

'Intuitive Awakening' Mentoring with Jackie Harray

- Impression of event(s) that happened in a space/room/building just by being there (without prior knowing or knowledge)

5. Clear Smell (Clair Alience) /6

- Pay attention (& often sensitive to): smells, perfumes, cleaners, lotions, scents
- Find myself saying things like "That stinks..." in the midst of conversation
- Work as/enjoy: making perfumes, scents & candles, combining & diffusing oils or burning candles, creating ambience through scent & smell
- Experienced the unmistakable aroma of coffee, cigarette smoke, sweet cherries, wildflowers, etc (even though I'm nowhere near something that would smell like that)
- Tend to notice the smell of something (clothing, building, food, etc) before anything else
- Tend to recall the smell that was in the air when recalling a memory

6. Clear Sensing/Feeling (Clair Sentience) /6

- Pay attention to: emotions, feelings, compassion, interactions between people, how words make people feel and how situations *feel*
- Tend to find myself frequently saying "I feel..." during conversation
- Work as/enjoy: counselling, coaching, psychology, healing, caregiving
- Overwhelmed or wiped out after being around a lot of people or busyness
- Tend to pick up on the underlying emotion or 'truth' amidst conversation with someone
- Experienced positive or negative physical 'symptoms' right before a positive or negative event or situation (stomach ache/headache/anxiety; excited, joyful or butterflies) that is unrelated to myself or food that I've ate.

7. Clear Knowing (Clair Cognizance) /6

- Pay attention to: thoughts,
- Find myself saying things like "I know what you mean..." during conversation
- Work as/enjoy: thinking, writing, learning, philosophy, doctor, scientist, sales, leader
- I often wake up right before the alarm goes off (pick up the phone as someone is calling, know the next line in a tv show before it's spoken, etc)
- Suddenly struck with ideas, inspiration or knowing while driving, showering, etc
- Find myself struck with clarity, inspiration or self knowing around a topic while writing, creating, building or fixing.

My Primary Psychic Senses/Natural Tendencies:

Review your results from the check-ins above. What would you say are your primary or strongest clairs?

1. _____
2. _____

Rate your experience (how often), **understanding of** and **confidence with each of the intuitive senses below.** (for your own future reference - there's no right/wrong here).

	Experience	Understanding	Confidence
Clair Cognizance	/10	/10	/10
Clair Sentience	/10	/10	/10
Clair Audience	/10	/10	/10
Clair Tangence	/10	/10	/10
Clair Voyance	/10	/10	/10
Clair Gustance	/10	/10	/10
Clair Alience	/10	/10	/10

Page 4: Clair Cognizance

Clear Knowing Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- | | |
|--|--|
| | <ul style="list-style-type: none">○ Wake up right before the alarm goes off○ Think of someone right before they phone○ Phoning someone at the same moment as they're phoning me○ Struck with inspiration, clarity or understanding while (showering, exercising, driving, washing dishes, etc)○ Flood of understanding, wisdom or clarity comes through (that is not my understanding) while talking with someone, writing or journaling○ Wave of understanding, knowing or know-how effortlessly comes through – without even thinking about it – while building, fixing, writing or creating something (that previously I had not known or understood)○ Thinking of a song right before it starts playing on the radio○ Knowing the answer, someone's words or a request before it's spoken out loud (hint: you find yourself interrupting them with the answer!)○ Had the knowing that something 'bad' was about to happen right before it happened |
|--|--|

I'd like to...

Page 5: Clair Audience

Clear Hearing Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- Pick up on and know the thought(s) of someone else during conversation
- Hear the perfect message for what I'm learning or going through (without intending to) via a song that plays on the radio
- Vividly hear someone speaking while I am sleeping/dreaming
- Memory of a dead loved one pops into my head while in the midst of thinking/talking about something unrelated
- Hear a snippet of a song, a phrase or a single word in my head that supports me to understand my current situation or decision
- Receive a quick warning 'thought' or hear a voice speak it just before an accident or incident
- Hear a disembodied voice, sound or conversation as I fall asleep
- Hear a disembodied voice, sound or conversation while awake

I'd like to...

Clear Sight Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- | | |
|--|---|
| | <ul style="list-style-type: none">○ Flashes of light, orbs, images or sparkles of energy out of the corner of my eye○ Find myself explaining a concept, understanding or process (that I don't currently know) through images or metaphors (that pop into my head) while serving or helping someone else through conversation○ Auras, colors or energy around people○ Auras, colors or energy around plants/animals/objects○ Colors and energy within/overtop of people, plants, animals or objects○ Waves of colorful energy behind my eyelids while meditating○ Waves of colorful energy while my eyes are open○ Shapes or patterns while meditating (visually or in mind's eye)○ Physical-type apparition of a person, place or animal (eyes open)○ Visual apparition of a person, place or animal (eyes closed)○ Non-visual image/mini-movie of a person, place or animal (eyes closed/open)○ Vivid dreams that seem real○ Vivid past life regression (sleeping/awake/meditation) |
|--|---|

I'd like to...

Page 7: Clair Sentience

Clear Sensing Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- Sensing the 'mood' of a room, group of people or person upon entering
- Sensing the emotion/mood/feeling of someone who is nowhere near me
- Sudden cramps, gas, digestive upset, anxiety or headache prior to attending an event or gathering (unrelated to food or personal anxiety)
- Sudden excitement, elation or joy (for no personal reason) that later I found out coincided with another person's joyful event
- Feeling wiped out after being around other people
- Negative feeling about someone or something followed by a negative experience with them
- Sense the underlying emotion of someone while in conversation with them & know it is different than what they are portraying/saying
- Feeling the emotion between & behind words that are spoken & understanding more deeply the 'real' issue, struggle, challenge, intention or truth
- Feeling pain or discomfort (in my knee) while around someone who is currently having issues with their (knee) without my previous knowing

I'd like to...

Page 8: Clair Tangence

Clear Touch Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- Perceive or know information or the history of the owner of a piece of jewelry/picture/object after touching or looking at it
- Sense prior events or interactions within a building/room upon entering (without prior understanding or knowing)
- Feel like I'm physically being ('pushed' down the stairs) by some unknown force or something similar
- Find I don't/do like something (clothing, coffee cup, jewelry, etc) for no logical reason
- Get an odd/uncomfortable/eerie feeling about someone upon touching them (shaking hands, hugging, etc)

I'd like to...

Page 9: Clair Gustance

Clear Taste Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- Experience the sudden taste of (beer, cigarette smoke, coffee, oranges, other) with no physical or logical source
- Notice a vivid (real-like) taste during dreams or past life regressions
- Experience a vivid, distinct taste as a part of memories or insights into other people
- Experience a bitter or unpleasant taste in my mouth just before a negative event or upon meeting someone who later turned out to be very unpleasant or have a strong negative impact in my life

I'd like to...

Clear Smell Tracking

Date: _____

*Check off each experience after it happens. Be sure to record either the date (if first time) or the prevalence (occasional, often, consistently) to the left so you can track your progress and observe any patterns of development or areas of current focus. As you experience things that aren't on this checklist, simply extend this list by adding them at the bottom.

Date/Prevalence	Experience
-----------------	------------

- | | |
|--|--|
| | <ul style="list-style-type: none">○ Smelling the scent or odor of something (ex. perfume, flowers, cigarette smoke, bacon, etc) without a physical source○ Overwhelmed or 'hit' with the distinct smell of something just before a thought or memory○ Perceive a distinct smell or scent of something upon entering into a past life regression or meditation○ Experience a distinct, vivid scent or aroma in the midst of my day (with no physical source)○ Distinctly smell a strong scent or odor while dreaming○ Noticing the smell, scent or odor of people, places or buildings as a first impression |
|--|--|

I'd like to...

WEEKLY REVIEW

***Check-in with your tracking pages. Acknowledge or check-off any experiences that have come up for you this week. Reflect using the questions below.**

1. What experiences have been coming up this week? Are they similar or new?
2. How might your understanding, clarity or skillset be deepening as a result of these experiences?
3. What struggles, challenges or uncertainties have come for you?
4. What curiosities or desires do you have this week?

Tool #4:

PRACTICE EXERCISE

*We are ALL naturally psychic, spiritual & intuitive at our core – so let go of any feelings of unworthiness or inability. As part of your daily spiritual practice (Ex. Journaling & reflection + meditation + observing), spend 5 minutes observing your senses through the simple exercise below.

Step 1: Get Comfortable & Notice

- Sit in a comfortable position in an area where you won't be disturbed for a few minutes
- Scan the area around you – just allow yourself to notice the space, the mood, the sounds (whatever becomes noticeable) around you

Step 2: Observe & Process

- Close your eyes, focus on your breath and allow yourself to relax & center into your breath
- Breathe deeply and begin to recall and review what caught your attention when you scanned the space around you. Was it the sight of something that stood out? The sound of something? The feeling of something or an emotion? A taste or smell that suddenly appeared? A thought or knowing?

Step 3: Expand & Record

- Once you've identified the initial 'hit' of what stood out for you, begin exploring and expanding your understanding of that.
Ex. If what first came to mind was a picture on the wall, ask yourself questions, pushing your understanding, curiosity & observations deeper and deeper:
 - What was it about the picture that stood out? What details about the picture come to mind (image, words, color, texture, feeling, memory)?
 - What does that image/word/color/texture/feeling bring up for me? Notice where your thoughts go: feeling or emotion, person, place, memory, circumstance, situation or challenge – follow where it leads and continue to be curious and to observe.
 - Does this relate to something going on in your life (challenge, situation, desire, intentions) or another person? If yes, how might it relate?
- Record any insights, questions, concerns in your intuition journal on the 'Questions' page

Tool #5:

RECONNECT

After learning about, creating and implementing my own Intuition Journal, I'm feeling:

****Circle all of the words that apply to you**

Relieved

Excited

Surprised

Motivated

Overwhelmed

Intrigued

Irritated

Determined

Fascinated

As a result of understanding more clearly about intuitive, psychic and spiritual abilities, I am:

****Fill in the blanks**

Curious to learn more about _____

Excited to implement _____

Going to change this _____

This Week's Daily Affirmation:

I am embracing _____ and letting go of _____

so that I may experience _____ in/as a result of my spiritual practice.