



INTUITIVE SKILLS

ASSESSMENT TEST

JESS CARLSON - jesscarlson.com

WHAT'S YOUR GIFT?



In this test, you'll have a chance to get familiar with which of the four main clairsenses you happen to be naturally inclined toward. We all have each of these gifts but for most of us, one or two are more natural for us. This doesn't mean you can't use the others! What it does mean is that your naturally dominant sense is the one{s} that your Higher Self will communicate to you with most often and most easily. The others can be exercised and developed if you wish.

Clairsense means "clear-sense," "clair" meaning "clear." You'll be assessing yourself on these senses:

Clairvoyance - clear seeing; the ability to receive messages through visions, dreams, and signs perceived with either the physical eyes or the third eye.

Clairaudience - clear hearing; the ability to receive messages through sounds which can take the form of whispers in your ear, songs in your head, or words of wisdom that grab you and answer specific prayers or questions coming from other people or sources like a song on the radio or overhearing a conversation out in public.

Clairsentience - clear feeling; the ability to receive messages through the feeling of energy such as picking on the energy of locations, people, or even objects {though this is often honed further into a skill called psychokinesis}.

Claircognizance - clear knowing; the ability to receive messages in the form of a knowing or a gut feeling that, when followed, always turns out to be true and accurate which often comes through as knowledge that just appears as thoughts or ideas that pop into your mind.

There are other clairsenses, including ones around taste and smell, but these are less common. So we're going to be focused on the four main, most common and most active abilities.

KEEP THIS IN MIND...



Here are a few things to keep in mind as you do this test.

Be honest with yourself!

Answer the questions as best as you can while being honest with how these things show up in your life. Remember that you have all of these four senses so this isn't about seeing what you're missing but rather seeing what areas you may want to focus on moving forward.

Don't have expectations!

This is both for the sake of an honest assessment but also to keep you from being unnecessarily bummed out at the end when you see what your results came out to.

THE TEST



Circle or write down the number for each of these questions that you answer YES to.

Use the chart in the next section to track your YES answers to determine your natural clairsense.

1. Do your dreams tend to be very vivid and life like, in full color?
2. When working on creative projects, like deciding how you want something to look, do you get a clear image in your head and work from that?
3. When you close your eyes, can you clearly see any object of your choosing? For example, can you visualize an apple hanging from a tree branch just by thinking about it or can you vividly see stories play out in your mind as you read them?
4. Do you often get visual solutions to your problems in your mind?
5. Are you very artistically creative and visually oriented? Do you learn best by having a visual representation of things to work from?
6. Do you ever see lights or auras around people when you talk to them?
7. Do you often see things moving in the corner of your eye but when you turn to look it goes away?
8. Have you ever had a voice in your ear/head clearly speak to you and give you specific guidance and it turned out to be helpful?
9. When trying to find the answer to a problem do you find that you catch other people's conversations that sound like answers to your questions?
10. Do you often hear ringing or buzzing sounds in your ears?
11. Do you hear voices when you're waking up or going to sleep?

12. Do you sometimes hear music playing in your head or do specific songs that you haven't heard in ages just pop up in your head and the words seem timely?
13. Do you wake up in the morning with a song in your head?
14. Have you ever heard anything outside of you, such as whispering, music or voices when there was no-one there?
15. Do you have words or whole sentences pop into your head fully formed which are relevant or solutions to problems you're having?
16. Do you get a tingling sensation in your body for no reason?
17. Do you feel your emotions very deeply? Do they have an actual physical feel to them?
18. Do you find you can feel the emotions of others easily?
19. Do you need a lot of time alone to recharge your energetic batteries?
20. Would you consider yourself to be sensitive and thin-skinned?
21. Do things like movies, television, novels, and the news affect you deeply with the emotions from them staying with you for days?
22. Do you often know the right things to do according to how it feels to you?
23. Do you become uneasy or overwhelmed when in a crowd?
24. When you meet someone can you tell within moments if you're going to get along with them well? Are you usually right about this?
25. Would you consider yourself very analytical and thinking-oriented?
26. Are you often skeptical? Do you have to have rational explanations for things?
27. Do you get lots of great ideas that come from out of nowhere?
28. Are you good at solving problems and lateral thinking?
29. Do you often make subtle assumptions which turn out to be true?
30. Do you often size up people and know things about them without being told?
31. Do you know that things are going to happen ahead of time?
32. Do people sometimes see you as a know-it-all because you always seem to have the answers to any question or life problem?

SCORE YOUR TEST



In the chart put a check mark next the question numbers that you answered YES to. At the bottom below each column total up the number of checks you have and write in your answer. In the next section look for the description of the column or columns that have the highest answers.

- Under 3 : this sense is less active for you and could use some practice to grow it
- Between 4 - 6 : this sense is awake and sometimes active but will be more active with use
- 6 or Higher : this sense is very naturally active for you so work with it intentionally

To determine which of your clairsenses is the strongest, find the category in the next section associated with the column where you had the most yes answers. Its possible that you may have two that are very close or even the same. If their difference is 1 or 2 points these two senses are both strong for you. Anything that is 3 or more points lower from your highest scoring column is one of your weaker senses that would need to be developed to work with.

Column 1	Column 2	Column 3	Column 4
1	9	17	25
2	10	18	26
3	11	19	27
4	12	20	28
5	13	21	28
6	14	22	30
7	15	23	31
8	16	24	32
Total This Column	Total This Column	Total This Column	Total This Column

THE RESULTS



Column 1 - Clairvoyance

Your strongest clairsense is Clairvoyance. Clairvoyance means clear seeing. You are very good at visualizing things and noticing how people and places look.



Column 2 - Clairaudience

Your strongest clairsense is Clairaudience. You tend to be very sensitive to noise around you and you



Column 3 - Clairsentience

Your strongest clairsense is Clairsentience. You base most things you do and most decisions on your gut



Column 4 - Claircognizance

Your strongest clairsense is Claircognizance. You often find that you just know things and have no real

More Details

★ CLAIRVOYANCE

You are very good at visualizing things and noticing how people and places look. You likely have a strong visual memory and can easily recall what someone was wearing, or if you're studying for a test, you can close your eyes and recall words on the page of a book or a computer screen. Things need to be visually appealing for you and everything needs to be orderly and balanced. You dream vividly and remember them well.

Your Higher Self and guides will communicate to you most through visions, daydreams, sleeping dreams, and visual energy cues like flashing or sparking astral lights. They will help you to see auras around people and things to help guide you to what and who you need the most. They will send you visual signs when asking for guidance like repeating number sequences, sending symbolically significant animals, images, and written material into your path. You'll likely also see signs of their presence around you like feathers falling around you or suddenly showing up at your feet or finding pennies on the ground.

★ CLAIRAUDIENCE

You tend to be very sensitive to noise around you and you can be easily irritated or elated by certain sounds. You likely have to use very gentle alarm clocks to wake up with in order to keep you from being jarred too easily. You may find that you unintentionally eavesdrop on people in a crowd and you become easily pulled into people's conversations. You may have to avoid loud and crowded places like nightclubs and bars or you can only stand to be there for a short period of time. When you sleep you may need to use earplugs or have some kind of gentle background noise on because any little sound will disturb you. When you sit quietly you often find there is a ringing or buzzing in your ears and the more you pay attention to it the louder it gets.

Your Higher Self and guides will communicate to you most through sound and by speaking to you. This won't always sound like another voice outside of yourself but it can. When it is you'll likely hear very gentle whispers unless it is an archangel communicating with you, in which case you'll feel like someone's holding a megaphone up to your head and talking to you! The voices of the angels will always be loving, inspiring, and to the point - they don't tend to chatter or go on though your spirit guides will. You will likely hear music or even words and phrases in your head before you go to bed at night or when you wake up in the morning. When you nap or sleep lightly you will often hear the angels talking to you.

★ CLAIRSENTIENCE

You can walk into a room and know if someone's been arguing recently even if by the looks of things everything is just fine. You are very compassionate and tend to feel for your fellow man no matter who they are. News stories about natural disasters and war deeply affect you and you can't watch these things for too long or you begin to take on the weight of the world. When you get really excited about something you have a "jump out of your skin" kind of feeling. On the flip side when you don't like something or don't want to do something you can find it impossible to even get out of bed. People often see you as overly sensitive and you have a tendency to take things people say to you personally, even when they are said in good jest. You don't like being in crowds because you can find the every extremely overwhelming.

Your Higher Self and guides are going to communicate to you through your body and the energy around you. Many people who are clairsentient need to be very aware of their aura and chakra health because they can be easily affected by other people and the world around them. They will use your chakras as a way to communicate with you; they will especially use your heart chakra and solar plexus as a way to let you know when something is a definite yes or no. You will often feel air pressure or temperature changes around you when the angels and spirits are with you. When your angels or guides are with you in a room you may feel them touch your shoulder or otherwise make contact with your energy body as a sign that they are with you. Your intuitive answers will be "just a feeling" kind of hits most of the time.

★ CLAIRCOGNIZANCE

You might be asked a question about something and consciously you have no answer but you begin to speak and the correct response just comes out of your mouth. You will know facts of all kinds without any prior knowledge of the topic; when you get these answers you tend to feel like "it just came to you." You might have been teased as a "know it all" when you were growing up, or even as an adult, because you just seem to know everything and you're right more often than not. You may find it hard to be around large groups of people because of a pull to contribute to every conversation going on, consciously or unconsciously.

Your Higher Self and guides will communicate to you with your sense of knowing. They will give you information through your thoughts right when you need it most. When you get these answers and you share them with other people you might wonder why they didn't know this already because you tend to think this information is common knowledge, but it isn't. When you ask for an answer to a problem or a sign for what to do you'll suddenly just have an answer come to you that feels right deep in your solar plexus. You may find that if you go to sleep with a specific need in mind and you ask your angels for help you'll wake up in the morning with an answer because the information was essentially downloaded right into your body. You may find that the more you open to your claircognizance you feel inspired more and more with creative ideas to try, like being called to paint or draw your angels and spirits.

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec ullamcorper elementum. Proin consequat dapibus ligula in iaculis. Sed nulla elit, mollis at auctor at, egestas id est. Suspendisse potenti. Nulla at felis urna. Cras volutpat consectetur nibh non ultricies. Integer lacinia nunc non lorem faucibus quis vulputate sapien tincidunt. Aliquam suscipit dictum metus, sed consequat lacus volutpat sed. Suspendisse ut malesuada arcu. Duis vehicula tincidunt euismod. Pellentesque tortor elit, porttitor sit amet hendrerit id, iaculis vitae sapien. Aliquam pharetra malesuada risus et vestibulum. Integer eu elit sit amet mi condimentum faucibus sit amet sit amet urna. Duis faucibus tortor in nisi posuere et rhoncus quam condimentum. Donec id massa turpis. Curabitur augue turpis, cursus fermentum dapibus at, posuere sit amet arcu.

★ SED PLACERAT, AUGUE QUIS INTERDUM TEMPOR, SEM QUAM POSUERE SEM, ID INTERDUM NULLA LOREM PULVINAR MAGNA.

Aliquam mattis urna ac velit feugiat luctus. Phasellus at mauris et purus porta fringilla vitae vitae tortor. Donec ornare aliquet scelerisque. Pellentesque gravida, lacus et hendrerit feugiat, massa elit dignissim urna, et pharetra eros mauris sed lorem. Suspendisse libero sem, adipiscing ut pretium nec, condimentum mollis mauris. Fusce vel magna risus. Class aptent taciti sociosqu ad litora torquent per conubia nostra, per inceptos himenaeos. Aliquam fermentum bibendum tortor in posuere.

★ IN HAC HABITASSE PLATEA DICTUMST. DONEC MI LIGULA, IMPERDIET SIT AMET FAUCIBUS ET, EGESTAS NEC NUNC. QUISQUE VIVERRA IACULIS ELIT, IN ADIPISCING EROS ELEIFEND VEL. NUNC DAPIBUS NIBH AC MASSA VARIUS MOLLIS.

Nulla fermentum adipiscing congue. Donec vitae urna quam. Praesent auctor mauris quis libero ullamcorper adipiscing. Sed placerat, augue quis interdum tempor, sem quam posuere sem, id interdum nulla lorem pulvinar magna. Aliquam mattis urna ac velit feugiat luctus. Phasellus at mauris et purus porta fringilla vitae vitae tortor. Donec ornare aliquet scelerisque. Pellentesque gravida, lacus et hendrerit feugiat, massa elit dignissim urna, et pharetra eros mauris sed lorem. Suspendisse libero sem, adipiscing ut pretium nec, condimentum mollis mauris. Fusce vel magna risus. Class a mattis urna ac velit feugiat luctus. Phasellus at mauris et purus porta fringilla vitae vitae tortor. Donec ornare aliquet scelerisque. Pellentesque gravida, lacus e Morbi a nibh sit amet lacus gravida ornare. Pellentesque eu tortor arcu, ac vulputate arcu. t hendrerit feugiat, massa elit dignissim urna, et pharetra eros ellentesque eu tortac vulputate arcu. Donec ornare aliquet scelerisque. Donec ornare aliquet scelerisque. Pellentesque gravida, lacus e Morbi a nibh sit amet lacus gravida ornare. Pellentesque eu tortor arcu, ac vulputate arcu. t hendrerit feugiat, massa elit dignissim urna, et pharetra eroaretra eros ellentesque eu tortac vulputate arcu. Donec ornare aliquet scelerisque tesque eu tortor arcu, atesque eu tortor arcu.

WHAT NOW?



Above All Else...

Be patient with yourself. This work takes time to learn and develop. You can't pick it up and put it down.

Now that you know what senses are naturally active for you and which ones are a little less so, you'll have an idea of how to get started with practicing and growing your skills.

Ways to work on growing your skills:

- ★ Keep a dream journal and write down your dreams, even when they are vague and make sure you get enough rest.
- ★ Start a meditation practice of at least 5 minutes a day. Meditate laying down with a piece of amethyst over your third eye.
- ★ Spend time in nature getting grounded and in tune with the voice of your natural environment
- ★ Pick a tarot or oracle deck to start working with and use it daily for a full month. Believe in yourself! Don't worry about being accurate, just know you're accurate right now.
- ★ Use positive affirmations like "I am profoundly clairvoyant".
- ★ Ask questions to your Higher Self daily and be still enough to hear the answers.
- ★ Treat your development like a game...have fun with it and do it with a light heart. Play with a friend! Invite someone to join you in your psychic exercises.
- ★ Take time to daydream and imagine, there's no reason to feel ashamed about daydreaming or like it's a childish waste of time. It helps to strengthen all of your psychic skills!

ABOUT JESS



I'm Jess, an intuitive reader, Witch, and spiritual activator. My mission is to connect you with the mystical wisdom from your guides, the dead, and the Universe through intuitive tarot and oracle readings and practical magick and ritual. My goal is to give you empowering guidance and advice so you can take inspired action to create the life you want. Exploring the world of mysticism is my passion and making it practical is my job. For free daily readings, teachings, and tips follow me on [Instagram](#) and be sure to keep an eye on my [website and blog](#). If you're not subscribed to my newsletter, be sure to jump on there too for updates, sub only freebies, and surprises from me. You can also get a private intuitive readings using tarot, oracle, and angel cards from me through my Etsy shop, [The Gypsy Soul Reading Room](#).

Be sure to connect with me on my blog at [JessCarlson.com](#) as well as on Instagram, Twitter, Facebook and Periscope all with the user name @jessjcarlson.

www.jesscarlson.com
contact: support@jesscarlson.com

BY JESS CARLSON
JESSCARLSON.COM
@JESSJCARLSON
SUPPORT@JESSCARLSON.COM