

Clairaudience

Overview

Clairaudience is clear hearing. You receive answers and guidance through your ear chakras (connected to your throat). If you are clairaudient, the following may apply to you:

- You hear lyrics in songs that apply to your current question.
- Over hear conversations that inspire you.
- Birds chirping or other animal sounds cause you to pause and stop, or come at a Divine time.
- Hear a buzzing sound or high pitch ringing in your ear.
- Hear voices inside your mind. (If you think that you might be your ego, meditate to gain clarity).
- Hear chimes or music that no one else can.
- You listen more than talk or respond.

Development

To develop your clairaudience this week, use the following suggestions:

- Close your eyes and simply listen to all of the sounds you hear, and notice which each of them are. Stretch your hearing as far as you can to your left, your right, outside of your home, and all sides of you.
- Turn on a song, and choose one instrument to follow throughout the song. The more you practice the longer you will be able to follow that one instrument. This works best with classical or meditative music.
- Feel and sense a clairaudient affirmation throughout this entire week, such as “it is safe for me to hear,” or “it is easy for me to hear spirit.”
- Sit with your index fingers in your ears, and imagine a colored light spiraling from your finger tips into your ears. I like to use green or blue light, but use whatever you are called to. It helps to use an affirmation from the line above when doing this exercise.
- Sit quiet, and imagine various sounds; a guitar, a loved one’s voice, a baby, a kitchen appliance, etc. Use the guided meditation in this section.