

VISUAL LEARNER

A visual learner needs to see information to learn it. Visual learners respond well to:

- Notes/drawings on a white-board
- Videos and demonstrations
- Photos and graphics
- Graphs, charts and diagrams
- Maps and graphic organizers

SPIRITUAL PRACTICE IDEAS:

- Visualization
- Scripting with Vision focus
- Guided Meditations with Visualization
- Oracle Card Pull
- Tarot Reading
- Vision boards (Pinterest or real)

AUDITORY LEARNER

An auditory learner needs to hear information to learn it. Auditory learners respond well to:

- Instructions read aloud
- Repetition
- Collaboration/social classwork
- Recording Material
- Audiobooks & Audio Lessons
 - Podcasts & Music

SPIRITUAL PRACTICE IDEAS:

- Chanting Mantras
- Recording Audio Affirmations
- Speaking Intentions out loud
- Social Spiritual Retreats
- Light Language
- Audio Channeling
- Playing music
- Listening to Meditative music

KINAESTHETIC LEARNER

A kinaesthetic learner needs to actively engage to learn. Kinaesthetic learners respond well to:

- Concrete materials
- Body Movement
- Variety
 - Tactile - Sensory Touch (fidgets)
- Hands on Activities
- Field trips or Outings

SPIRITUAL PRACTICE IDEAS:

- Yoga & Kundalini yoga
- Meditation
- Pranayama Breathwork
- Meditating outside
- Using Props, Pillows or Tools
- Pendulums
- Somatic Dance & Movement
- Creativity + Making Art

READ & WRITE LEARNER

An Verbal learner needs to read and write to learn it. Verbal or Textual learner respond well to:

- Books & Texts
- Blogs & Written Long form
- Questions & Answer
- Note Taking
- Bullet Lists & Organizing by Lists

SPIRITUAL PRACTICE IDEAS:

- Journaling Practice
- Setting Daily Intentions
- Scripting
- Automatic writing
- Prayer or Invocation
- Gratitude Practice
- 5 Min Morning Pages (brainspill)
- Bible Scripture/Reading

HOW YOU ACCESS INTUITION

| Clair Ability | Intuition/Psychic Ability | Learning Style | How it Manifests |
|------------------------|---------------------------|-------------------------|--|
| Clairvoyance | Clear Seeing | Visual Learner | Intuition comes through visual images, symbols, or visions. These individuals learn best through visual stimuli such as pictures, diagrams, or videos. |
| Clairaudience | Clear Hearing | Auditory Learner | Intuition manifests as hearing sounds, voices, or messages. These people learn best through listening to sounds, spoken words, and verbal communication. |
| Clairsentience | Clear Feeling | Kinesthetic Learner | Intuition is felt physically or emotionally, like gut feelings. Kinesthetic learners understand best through touch, movement, and hands-on experiences. |
| Claircognizance | Clear Knowing | Reading/Writing Learner | Intuition comes as sudden knowledge or mental downloads. These individuals excel in learning by reading, writing, and mentally processing ideas. |
| Clairgustance | Clear Tasting | Sensory Learner | Intuition through the ability to taste things without physical presence. Sensory learners connect with experiences through taste and texture. |
| Clairience | Clear Smelling | Sensory Learner | Intuition involves smelling scents that aren't physically present. Sensory learners may also engage through smell in combination with other physical senses. |