



JOURNAL TEMPLATE: Ways That You Receive Your Guidance Messages

Psychic Messaging Guidance Channels

- Clairvoyance - Inner Seeing
- Clairsentience: Emotional Feelings and Physical Body Sensations
- Clairolfaction - Inner Smell
- Clairgustance - Inner Taste
- Clairgnosis or Claircognizance – Clear Direct Knowing
- Clairaudience - Inner Hearing

Date _____

1. Describe your questions presented to your Guidance and/or the scenario about which you asked for Guidance support

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