

What Is Your Strongest Intuitive Ability?

Your intuition speaks to you in different ways. This quiz will help you discover which intuitive sense- **Clairvoyance (seeing), Clairaudience (hearing), Clairsentience (feeling), or Claircognizance (knowing)**- is strongest for you.

How to rate: On a scale from 1 to 5, with:

5= Always
4= Often
3= Sometimes
2= Rarely
1= Never

Section 1: Clairvoyance (Clear Seeing)

NEVER RARELY SOMETIMES OFTEN ALWAYS

I often see images, colors or symbols in my mind that seem meaningful.					
When I close my eyes, I can easily visualize things in detail.					
I sometimes see flashes of light, shadows, or movement out of the corner of my eye.					
My dreams are vivid, detailed, and sometimes feel like messages.					
I can picture a person or place in my mind with great clarity, even if I haven't seen them in a long time.					

Total Score for Clairvoyance: _____

Section 2: Clairaudience (Clear Hearing)

NEVER RARELY SOMETIMES OFTEN ALWAYS

I often hear thoughts, words, or guidance that seem to come from outside of me.					
I tend to receive insights or ideas as if someone is speaking them in my mind.					
I sometimes hear ringing, buzzing, or unexplained sounds when no one else does.					
I feel deeply connected to music and notice hidden meaning in lyrics.					
When I'm alone, I sometimes hear my name being called, even when no one is around.					

Total Score for Clairaudience: _____

Section 3: Clairsentience (Clear Feeling)

NEVER RARELY SOMETIMES OFTEN ALWAYS

I easily pick up on emotions or energy of others, even if they don't say anything.					
Being in certain places or around certain people makes me feel drained or energized without knowing why.					
I get goosebumps, chills, or tingled when something feels deeply true.					
I trust my gut feelings and often know when something is off before anyone says anything.					
I feel connected to objects or spaces and sometimes sense their history or energy.					

Total Score for Clairsentience: _____

Section 4: Claircognizance (Clear Knowing)

NEVER RARELY SOMETIMES OFTEN ALWAYS

I just <i>know</i> things without being able to explain how.					
I often have sudden insights or “downloads” of information that later prove to be true.					
I make decisions quickly because I trust my inner knowing.					
I often blurt out answers or solutions without consciously thinking about them.					
People frequently ask, “How did you know that?” because my insights are so accurate.					

Total Score for Claircognizance: _____

Interpreting Your Results

- The section with your highest score represents your strongest intuitive ability.
- If two or more sections have similar scores, you likely have a blend of intuitive strengths.
- If all scores are balanced, you may be naturally intuitive in multiple ways!

Your Strongest Ability:

This is your **dominant intuitive gift**- the way you naturally receive intuitive messages the most clearly. Pay attention to how it shows up in your daily life and trust it when it speaks to you!

Clairvoyance (Clear Seeing)

You are highly **visual** and receive intuitive messages through images, symbols, and dreams. You may experience vivid mental pictures, prophetic dreams, or flashes of light. Your imagination is strong, and you likely excel at creative or artistic pursuits. You can strengthen this ability by practicing visualization exercises, working with dream interpretation, and noticing the symbols around you.

Clairaudience (Clear Hearing)

Your intuition speaks to you **through sounds and words**. You may hear inner guidance as thoughts, phrases, or even external sounds. You have a strong connection to music and language, and you may find that inspiration comes to you like a voice in your mind. Strengthen this ability by listening to your inner dialogue, paying attention to song lyrics or sounds, and practicing deep listening in meditation.

Clairsentience (Clear Feeling)

You are deeply **empathetic** and pick up on emotions and energies around you. You often sense the mood of a room before anyone speaks, and you may experience physical sensations (goosebumps, chills) when something is deeply true. Your intuition is felt in your **body** and emotions, making you highly sensitive to people and environments. Strengthen this gift by trusting your gut feelings, practicing energy protection techniques, and spending time in places that make you feel good.

Claircognizance (Clear Knowing)

You receive intuitive messages as **sudden insights or a deep sense of knowing**. You may not always understand how you know things, but your instincts are usually right. Ideas and solutions come to you quickly, and people may often ask, "How did you know that?" Trust your inner wisdom, as it is a direct connection to universal knowledge. Strengthen this ability by writing down insights, following your first instincts, and meditating to clear your mind for new downloads.

Your Least Strong Ability (How to strengthen it):

Just because this ability is not your strongest, doesn't mean you don't have it! Intuition is like a muscle- the more you use it, the stronger it becomes. Below are tips and exercises you can do to help develop this ability so you can receive guidance in even more ways.

Clairvoyance (Clear Seeing)

You may struggle to visualize things clearly in your mind or don't receive strong mental images. You might now pay much attention to symbols, dreams or visual cues in your environment.

How to strengthen it:

- **Practice visualization:** Close your eyes and imagine a familiar object in great detail. Try visualizing it in different colors, shapes and textures.
- **Keep a dream journal:** Write down your dreams immediately upon waking. Even if they don't make sense now, patterns and insights may emerge as you continue to do this.
- **Engage in creative activities:** Drawing, painting, or even day dreaming can help activate this ability.

Clairaudience (Clear Hearing)

You may find it hard to trust inner thoughts as intuitive messages, or you might not notice messages in music, speech, or sounds.

How to strengthen it:

- **Practice deep listening:** Sit in a quiet space and focus on the sounds around you. Notice the subtle background noises, like the hum of the fridge or a bird outside.
- **Use affirmations aloud:** Speaking affirmations or prayers can help attune you to intuitive messages that come to you in the form of words or thoughts.
- **Try automatic writing:** Ask a question, then write whatever comes to mind without overthinking. Your inner voice will start to flow freely the more you practice this.
- **Listen to high-vibration music or frequencies:** Sound healing, or soft instrumental music can open your mind to receiving intuitive sound messages.

Clairsentience (Clear Feeling)

You might now naturally sense energy shifts, feel other people's emotions, or recognize intuitive gut feelings.

How to strengthen it:

- **Practice body awareness:** Throughout the day, check in with your body and notice subtle sensations- temperature shifts, tingles, or emotions that arise.
- **Try grounding exercises:** Walk barefoot on the earth, practice deep breathing, or do body-focused meditations to become more in tune with sensations.
- **Hold objects to read their energy:** Pick up a crystal, piece of jewelry or an item that belongs to someone and see if you sense anything about it.

Claircognizance (Clear Knowing)

You may struggle to trust your gut instincts, second-guess sudden insights, or not notice when you "just know" something.

How to strengthen it:

- **Meditate for mental clarity:** Claircognizance is strongest when the mind is clear. Try short daily meditations to quiet mental chatter.
- **Trust your first instinct:** When making decisions, go with your first thought or feeling without overanalyzing it.
- **Write down random insights:** Keep a notebook of spontaneous ideas and thoughts. Over time, you'll see patterns in your intuitive instincts.
- **Practice problem-solving exercises:** Challenge yourself to come up with quick answers to random questions and trust whatever comes first.

Your intuition is always speaking to you- this quiz is meant to help you recognize how it communicates with you the most. Now that you know your strongest Clair, you can start developing it further!