

Week 3: Activating Your Inner Senses

Lesson 1 – Types of Inner Senses

- Everyone has physical or outer senses *and* inner senses, or psychic gifts. You have psychic gifts that are coming online now.
- Each person is born with these senses and over the course of a lifetime, they can become dulled or inactive due to nonuse.

A note: There is no forcing any gift to come online. When you are most aligned for a gift to reactivate, it will simply do so. Just as naturally as a plant grows toward the sun, so too will your gift grow. Please do not go looking for something that is not there, as that will only cause confusion within you.

The way to allow these gifts to come online is to surrender to the process. Soften entirely and welcome with curiosity what these gifts have to show you, rather than forging your way through like bushwhacking through a jungle, lean back and follow the barely noticeable deer trail that winds its way perfectly through the forest, to the sunlit field beyond.

Auditory:

- ❖ You are able to hear tones, frequencies, music, and voices that others cannot perceive. This is an inner hearing that allows you to hear beyond the veil into other times and space, and sometimes between spaces.
- ❖ When this gift is coming back online, you may experience ringing in the ears, spontaneous tones in the ears, specific instruments or music whose location cannot be identified, voices from people/beings you cannot identify.
- ❖ When this gift is honed, you are able to tune your inner hearing like a radio and listen to specific frequencies at will.

Visual:

- ❖ You are able to see beyond the veil, through dimensions, time, and space. This means you can see other realms and beings who live outside of third dimensional reality. You can receive visions, downloads, and ideas in the form of still and/or moving images.

- ❖ When this gift is coming back online, you may see geometric fractals, the faces or bodies of interdimensional beings, have clear lucid dreams.
- ❖ When this gift is honed, you are able to see many beings and spaces beyond the third dimension, which may include spirits who have passed, angelic beings, ascended masters, or Inner Earth, to name just a few.

Sensation:

- ❖ You feel the energies and bodies of others within your own body. This may be identified as synesthesia, in which when you look at another person, you can feel what they are feeling, taste what they are eating, etc. You feel inter-dimensional spaces and beings as changes in your physical body, such as certain places in your body becoming activated, the temperature changing, the body moving on its own, etc.
- ❖ When this gift is coming back online, you may experience sudden twitches or jerky movements when the energy of the space changes, the body may vibrate or shake, or you may notice that your body begins to lead you to places in which you experience synchronicities. You may also notice that certain parts of your body contract when you are around certain energy patterns.
- ❖ When this gift is honed, you are able to locate where there is dis-ease, contraction, or illness forming in the body, and use your body as an ultra sensitive detection device to identify the energy of a space and to follow where a frequency is leading you.

Energetic:

- ❖ You perceive non-material frequencies in their energetic forms, which is also their purest form. You receive the raw energetic information from the source of the frequency which may be heard, seen, and/or felt.
- ❖ When this gift is coming back online, you may begin to see auras, feel energies in a room or a body, receive direct downloads that are difficult to discern and understand, and more.
- ❖ When this gift is honed, you are able to receive raw information and translate it into something usable, whether that is words, tones, or channeled energy through the body. You may be able to receive information from other beings, star systems, dimensions, living bodies, or truly any other part of Creation that you want to communicate with. This is the most in-depth and challenging sense to master, and also the one that is able to receive the most variety of

information. Usually people do not begin with this sense, but develop it through the other gifts.

Lesson 2 – Understanding Your Strongest Inner Sense

The information below is channeled from The Being From Inner Earth and shares some easy ways you can tell which gift is already strong within you, and ways to refine each gift.

- ❖ Auditory strengths
 - You already have good hearing
 - You are considered a good listener by others
 - You have larger than usual ears
 - You can easily pick out music in a noisy environment
 - You are naturally gifted with music or melodies
 - You can easily distinguish the energy/emotion that is coming through a person's voice
- ❖ Refining the auditory gift:
 - Work to hear more than just the thoughts of your own head and the voices in your own mind that do not support your growth.
 - Make your inner self small and quiet so you can hear everything around you.
 - Call on the energy of a rabbit to assist with refinement.
- ❖ Vision strengths
 - You notice fine and minute details in your environment
 - You can find camouflaged animals easily
 - You see images or movies in your mind when listening to or reading a story
 - You can see the history of an object from touching it
 - You have an active and vivid imagination
- ❖ Refining the vision gift:
 - Allow all images to be what they are without trying to determine where they come from.
 - Refine and shed layers of the ego to drop judgement.
- ❖ Sensing strengths
 - You have a sensitive physical body
 - You have sensitive skin

- Your body physically responds to the energy in a room
- You experience inner conflict between the needs of your body and what you want to do
- ❖ Refining the sensing gift:
 - You will experience more physical sensitivities both inner and outer
 - Food sensitivities will become stronger
 - Media consumption will affect you more strongly
 - Call on the energy of a jellyfish to learn how to soften the body and remain neutral
- ❖ Energetic strengths
 - You can identify with all of the gifts that have already been mentioned
 - You receive information instantaneously
 - You know what someone is saying even if you do not speak the same language
 - You know if someone is telling the truth or not
- ❖ Refining the energetic gift:
 - This is the most difficult sense to master
 - Hone the other gifts first
 - Learn how to translate the energy received into a usable form, such as language, music, or pictures

Lesson 3 – Holding a point of focus (breath → inner sensation → image/energy)

- Guided practice, then self-guided practice
- Reflect after each practice with a rating 1-10 of difficulty; how often did your thoughts take you away from focus and how difficult did you find it to return your focus 1-10? After practicing several times, has it become easier?

Lesson 4 – Guided Meditation: The Council of Inner Selves

Reflection questions

1. How did you perceive your inner selves?
2. What did you learn about yourself?
3. Which senses were the most active in you? Rate them in order from most active to least active.
4. How was your focus throughout the meditation on a scale of 1-10?