

# Meditation



**Date & Time** \_\_\_\_\_

**Claircognizance** :Main Intuitive Knowing/ Impression

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**Clairvoyance** : Visions- What did you "See"?

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**Clairaudience**: Auditory- What did you "Hear"?

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**Clairsentience**: Feel- What did you "Feel"?

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**Clairience**: Smell- What did you "Smell or **Clairgustance**: Taste"?

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