

# Ascension

## module 1

### *Questions to be considering:*

- 1) Which Clair is your strongest sense?
- 2) Which chakra exercise resonates the most in your body?
- 3) Which exercise are you drawn to work on more?
- 4) What emotions reside in that chakra?
- 5) What memories stir up when you are doing your exercises?

### *The Clairs*

- Clairvoyance - seeing
- Clairaudience - hearing
- Clairsentience - feeling
- Clairalience - smelling
- Clairgustance - tasting
- Claircognizance - knowing

### *Chakra Balancing Exercise*

- Narrowing
- Rocking
- Figure 8's