

Clairvoyance workbook



Everything you need to open
your third eye and awaken
clairvoyance!

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Clairvoyance mini-course

The Kit includes:

This PDF workbook
The Video Lesson
The MP3 Meditative Journey

Start where you like

Print out the workbook or use it as a guide for your own
journaling

Start with the parts of this kit you feel most drawn to

Come back to the other parts later if/when they call to you

Explore your connection to your clairvoyance in any way
that feels good to you!

Use this kit as a guide, always go with your gut and what
feels true to you



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Hear? Storm

Before you read any further or dive into the rest of the content, take a moment to write down any ideas, words, first thoughts that come up when you think of "clairvoyance".



Clairvoyant Tools

Using tools can help to connect with your clairvoyant abilities. Always go with what you feel is intuitively the right tool for you, but here are some ideas to get you started...

Oils:

Peppermint
Lavendar
Frankincense
Rosemary
Lemon

Crystals:

Amethyst
Lapis Lazuli
Clear Quartz
Selenite
Smokey Quartz

Other tools:

Tarot or Oracle cards
Crystal balls
Dream Journal
Magic Eye artwork
Fiction books

Any other tools that you feel called to work with to help you develop your clairvoyance:

Your Experiences

Have you had Clairvoyant experiences? What did they feel like?

Are you a "visual" person? Can you create an image in your mind's eye?

Have you ever experienced "receiving" images rather than consciously creating them?

Have you ever had a negative experience while connecting to your clairvoyance?

Unpacking Fears

What fears do you have about fully opening up to your clairvoyance?

In what ways has keeping yourself closed or disconnected actually served and supported you?

What have you seen and experienced that has made you want to stay closed?

What do you fear may change in your life if you start using your clairvoyance?

Future Predictions

What is your current feeling about "future predictions"?

Do you believe predictions are changeable or not?

How can you stay in your power when it comes to working with predictions?

What do you believe clairvoyant visions of the future are for you personally at this time in your life? How can they help you?

Setting Boundaries

On the next page you will write a letter to your guides, angels, higher self, or whoever/whatever else you feel supports and guides you when it comes to receiving guidance.

You have the opportunity here to clearly state what you would like to have happen, to set some boundaries and get really clear with your team on what you want to see and what you don't want to see.

The following is just some examples to get you started, but this really needs to be your personal letter, outlining what you are willing to see and not see at this time in your life. This can change of course! You may decide to change things later on and that's great, but what do you want and need right now when it comes to your clairvoyant abilities?

Some ideas include:

- ★ Not seeing anything "scary"
- ★ Not seeing the future if there is nothing you can do to change it
- ★ Seeing "potential outcomes" and knowing that you always have the power to choose
- ★ Not seeing anything for anyone else unless it's in a session, reading or have permission from that person
- ★ Seeing only your next steps and not receiving huge big picture downloads

Include how you would like to see - through dreams, in meditation, through symbols flashing in your mind etc., and include WHO you would like to be able to communicate with you through your clairvoyance (e.g. Angels, guides, Higher Self etc.

Your Letter

A series of horizontal dashed lines for writing.

Action Steps

Create some affirmations that can help you claim (or re-claim) your natural state of being clairvoyant

What do you need to do with your energy and boundaries in order to become more clairvoyant?

What daily practices are you going to start working with in order to boost your clairvoyance?

If you see anything you are unsure about, what will do?

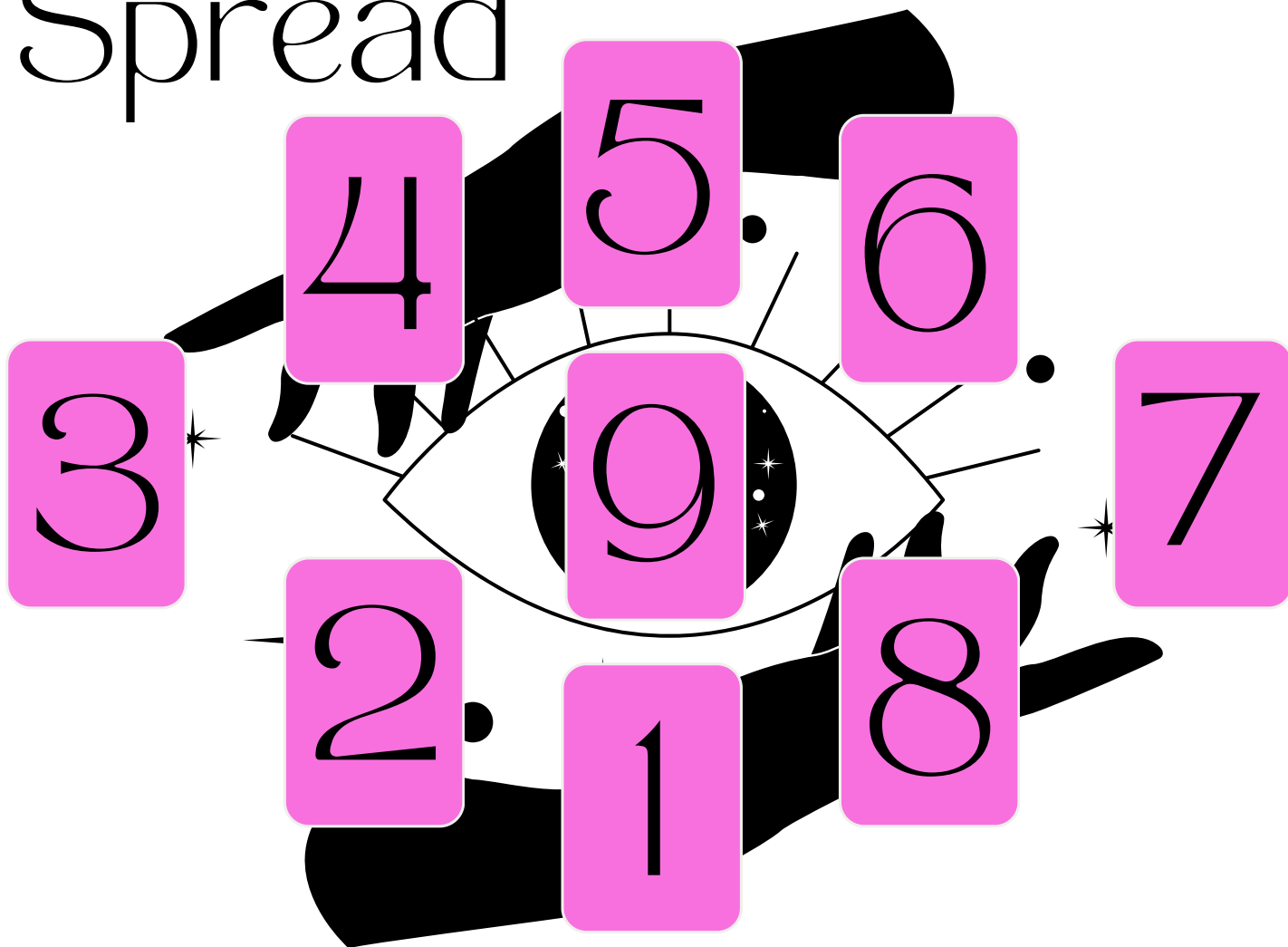
How can connecting with your clairvoyance help you in your life right now?

Extra Credit

Some extra ideas for you if you're looking to really develop your clairvoyance...

- ★ Meditate daily - use guided meditations that take you on journeys or guide you through other visualisations - try to notice when you are actively creating the images or when they feel like they are coming in from somewhere else
- ★ Practice looking at Magic Eye pictures - notice how your eyes relax and then look around your room, at your hands, at your pets (not at anyone who hasn't consented!) with your eyes relaxed in the same way
- ★ Read fiction - create worlds in your mind!
- ★ Take some time to really work through your blocks and fears, be kind to yourself
- ★ If you are not connecting with your clairvoyance for whatever reason, focus on using your other clairs
- ★ If you have beliefs about "not being visual" do some unblocking and re-programming work around that
- ★ Work with past life regression audios
- ★ Meditate lying down with clear quartz or other crystals you are drawn to placed on your third eye
- ★ Remember to work with ALL your chakras in order to have a clear strong third eye connection
- ★ Keep practicing your energy clearing, grounding and protection daily to assist you
- ★ Call in a gatekeeper guide to help you feel safer as you open up

Clairvoyance Spread



1. Your current relationship with your clairvoyant abilities
2. What is blocking you from fully opening up clairvoyantly?
3. How can you clear and remove this block?
4. What old programming and beliefs do you have around clairvoyance?
5. How can you clear and release any fear, blocks and old programming?
6. What actions do you need to take to develop your clairvoyance?
7. How can your clairvoyant abilities help you to live your best and highest life?
8. A message from your gatekeeper, guides and angels about keeping you safe while you open up
9. A message from your third eye

About Vix

Victoria 'Vix' Maxwell is the creator of New Age Hipster, a spiritual home for good witches, lightworkers, starseeds and spiritual seekers.

A Priestess for present times, modern mystic and spiritual teacher in converse sneakers, Vix supports her worldwide community in reconnecting to their own light, inner guidance and power through personal soul readings, spiritual development classes, tarot and oracle card reading courses, Kundalini yoga workshops, spiritual business and author mentoring, podcast, award winning blog and social media channels.

Vix is the best-selling young adult fiction author of the Santolsa Saga series, author of Witch, Please: Empowerment and Enlightenment for the Modern Mystic and Manifest Your Dreams published by HarperCollins and the Angels Among Us and Goddesses Among Us oracle decks and the Oracle Card Companion published by Rockpool Publishing.

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