A FREE GUIDE FROM YOLANDA

Discover Your Intuitive Style

Trust your inner guidance and watch it grow



Yolanda Cholmondeley-Smith

INTUITIVE READER AND USUI REIKI TEACHER

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Your intuition is already speaking to you

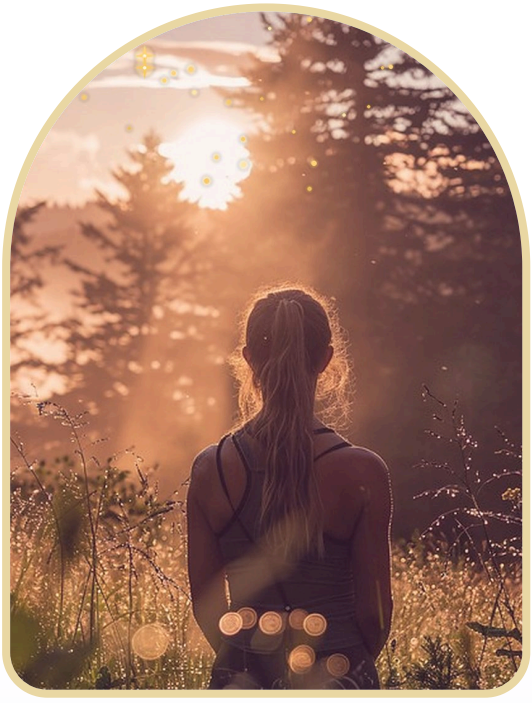
I’m so glad you’re here. After more than 30 years working as an intuitive, one thing I know for certain is that everyone is intuitive. Your inner guidance is already speaking to you, every single day. This little guide will help you discover how.

Grab a journal and a pen, find a quiet corner, and enjoy.

WHERE TO BEGIN

How does your intuition speak to you?

For most of us, it comes through in six distinct ways, often called the six clairs. Getting to know each one is the first step to recognising which gifts already feel natural to you, and which ones you might like to nurture further.



THE SIX CLAIRS

Six ways your inner wisdom speaks

1

CLEAR SEEING

Clairvoyance

Images, symbols, or visions that arrive through your inner or third eye, offering glimpses of the past, present, or future.

2

CLEAR HEARING

Clairaudience

Messages that come through as words, sounds, or an inner voice, sometimes in your own voice, sometimes in another's.

3

CLEAR FEELING

Clairsentience

The ability to sense emotions and energy, your own or someone else's, often felt as a gut instinct, a shift in the room, or a wave of chills.

4

CLEAR KNOWING

Claircognizance

A sudden, certain knowing without any logical explanation for how you know it.

5

CLEAR SMELLING

Clairalience

Perceiving a scent that has no physical source in the room with you.

6

CLEAR TASTING

Clairgustance

Perceiving a taste that isn't physically present.

> *Most of us find that one or two of these feel especially natural, while the others sit quietly in the background, waiting to be developed. None of them are more special than the others: they're simply different channels through which your inner wisdom chooses to speak.*

THE QUIZ

Discover your intuitive style

12 questions. No right or wrong answers, only honest ones.

1. Grab your journal and pen, and write 1 to 12 down the page.
2. Choose the answer that is most true for you, not the one you wish was true.
3. Write A, B, C or D beside each number. At the end, you'll count them up.

QUESTION 1 OF 12

You meet someone new, at work, a party or a class. In the first minute, what do you usually notice?

- (A) How they make you feel: relaxed, tense, warm or drained.
- (B) A clear sense of whether you can trust them, though you couldn't say why.
- (C) A little picture, colour or image that comes to mind about them.
- (D) A word or phrase that drops into your head about them.

QUESTION 2 OF 12

You walk into a room where people have just had an argument. How do you know something is off?

- (A) You feel it in your body: a tight chest, a heavy atmosphere, a knot in your stomach.
- (B) You simply know, before anyone says a word.
- (C) The room looks different to you, flatter or darker, or you see a flash of what happened.
- (D) A quiet inner voice says, 'Something has happened here.'

QUESTION 3 OF 12

You have a big decision to make. Before the pros and cons, your intuition shows up as:

A. A feeling in your gut or chest: light and open, or heavy and tight.

B. A sudden certainty about which way to go.

C. A quick mental picture of yourself in each choice, thriving or struggling.

D. A calm inner voice that simply says yes or no.

QUESTION 4 OF 12

A friend is having a hard time but hasn't told you. How do you pick up on it?

A. You start to feel low or heavy yourself when you are near them or thinking of them.

B. You just know something is wrong, with no evidence at all.

C. An image comes to mind when you think of them, like a grey cloud or a closed door.

D. You hear their name in your head, or a nudge that says, 'Check in with them.'

QUESTION 5 OF 12

Your phone buzzes and you haven't looked yet. If you get a sense of who it is, how does it come?

A. Your body reacts, a warm or tight feeling, as the person comes to mind.

B. You just know it is them.

C. Their face or name flashes into your mind.

D. You hear their name or voice in your head.

QUESTION 6 OF 12

You are about to take your usual route, but something tells you not to. How does that message arrive?

A. A physical unease: your body says no.

B. A clear knowing that simply lands in your mind.

C. A quick flash of a problem ahead, like traffic or a blocked road.

D. A quiet inner voice that says, ‘Not that way.’

QUESTION 7 OF 12

You walk into a new house, shop or place for the first time. What is your first response?

A. A feeling about the place: welcoming, cold, lively or heavy.

B. An instant knowing about what kind of place it is, or what has happened there.

C. A strong visual impression: the light, the colours, a scene in your mind.

D. The sounds, or the silence, seem to tell you something about the place.

QUESTION 8 OF 12

After a long day in a busy place, like a shopping centre or a party, you often feel:

A. Drained, as if you have soaked up everyone else’s mood.

B. Full of sudden hunches and impressions about people you passed.

C. Mentally full of images, faces and scenes that take time to settle.

D. As if voices and conversations are still echoing, and you need quiet.

QUESTION 9 OF 12

Think of a time your gut feeling was proven right. What do you remember most?

A. A feeling in your body that you couldn't argue with.

B. A knowing that was there long before events confirmed it.

C. A picture or image that turned out to be meaningful.

D. A quiet voice or word that stayed with you.

QUESTION 10 OF 12

When you ignored your intuition and later wished you hadn't, what did you tell yourself?

A. You brushed off a body feeling: 'I'm just tired.'

B. You dismissed a strong knowing: 'I can't possibly know that.'

C. You ignored a clear picture: 'It was only my imagination.'

D. You overrode an inner voice: 'That's just my own thoughts.'

QUESTION 11 OF 12

In quiet moments, like a walk, a meditation or lying in bed, what do you most often experience?

A. Physical sensations: warmth, tingling, or emotions moving through you.

B. Ideas or answers that arrive complete, with no explanation.

C. Colours, pictures or scenes in your mind's eye.

D. An inner voice or sound that feels calm and guiding.

QUESTION 12 OF 12

When you tell a friend about an intuitive moment, what do you usually say?

A ‘Something felt wrong,’ or ‘It just felt so right.’

B ‘I just knew,’ or ‘I can’t explain it, I simply knew.’

C ‘I could see it,’ or ‘I had a flash of it.’

D ‘A little voice said…’ or ‘Something told me.’

YOUR RESULTS

Count your letters

Add up how many A, B, C and D answers you chose. The letter you chose most is your leading intuitive style.

A _____ *The Feeler*

B _____ *The Knower*

C _____ *The Seer*

D _____ *The Listener*

A tie is perfectly normal. It simply means you have more than one strong channel.

Clear smelling and clear tasting are quieter, rarer channels, so this quiz focuses on the four most common. We explore all six together in my Liberate Your Intuition class.

Turn the page to meet your intuitive style

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IF YOU CHOSE MOSTLY A

I feel

The Feeler

CLAIRSENTIENCE, CLEAR FEELING

Your intuition speaks through your body and your emotions. You may sense the mood of people and places before a word is said. A tight chest, a warm heart, a gut feeling or a sudden unease is your compass.

This is not oversensitivity: it is real information.

> *"I just had a feeling ..." emotionally or physically, and you were correct.*

IN EVERYDAY LIFE, IT MIGHT LOOK LIKE THIS

- You walk into a meeting and sense the tension before anyone speaks.
- A house looks perfect on paper, yet something about it feels wrong.
- You feel lighter and more open whenever you are on the right path.

EVERY DAY THIS WEEK, TRY THIS AT WORK AND AT HOME

Pause three times today and ask yourself inwardly: 'What is my body feeling? What is it telling me?' For example, 'I'm feeling tired.' How am I feeling that? Where am I feeling that? Jot down what you notice.

A MOMENT TO REFLECT

When did your body last tell you something before your mind overrode it?

IF YOU CHOSE MOSTLY B

I just know

The Knower

CLAIRCOGNIZANCE, CLEAR KNOWING



Whole understanding arrives in an instant, complete and certain, without steps or reasons. You don't work it out: it simply lands. It can feel strange until you learn to trust it.

Often, you keep it to yourself. People may call you perceptive, or say you are ahead of events.

> *"I always knew." And looking back, you did.*

IN EVERYDAY LIFE, IT MIGHT LOOK LIKE THIS

- You meet someone and simply know you will be friends.
- The answer to a problem arrives whole, in the shower or on a walk.
- You know a plan won't work, long before the facts appear.

EVERY DAY THIS WEEK, TRY THIS AT WORK AND AT HOME

Before you ask anyone or look anything up, practise asking yourself first. For example, 'Which way shall I drive home today?' Write down your first instant answer. Check back later.

A MOMENT TO REFLECT

Think of a time you just knew. What happened when you trusted it, or when you didn't?



IF YOU CHOSE MOSTLY C

I see

The Seer

CLAIRVOYANCE, CLEAR SEEING

Your messages arrive as an inner picture, a symbol or a scene. They can be subtle and unfold gradually, or vivid or fleeting: a flash of colour, a face, an image that makes a strange kind of sense.

Your inner eye turns the unseen into a visual language that, with practice, will flow.

> *"I could see exactly how it would unfold." And it did.*

IN EVERYDAY LIFE, IT MIGHT LOOK LIKE THIS

- A friend comes to mind and you see a flash of their face, or a colour around them.
- You picture a place before you visit, and it looks just as you imagined.
- A dream stays with you as a vivid scene that later makes sense.

EVERY DAY THIS WEEK, TRY THIS AT WORK AND AT HOME

When a picture flashes into your mind, sketch it or note it. Ask: what is this telling me?

A MOMENT TO REFLECT

What image or symbol keeps returning to you lately? What might it be telling you?

IF YOU CHOSE MOSTLY D

I hear

The Listener

CLAIRAUDIENCE, CLEAR HEARING



Guidance reaches you as an inner voice, calm, clear and different from your usual thinking. It might be a single word, a name or a quiet instruction that cuts through the noise.

It says what it means once, and then waits.

> *"Something said don't go." And you were glad you listened.*

IN EVERYDAY LIFE, IT MIGHT LOOK LIKE THIS

- A song comes on at just the right moment, carrying the message you needed.
- A word or a name pops into your head and turns out to matter.
- You ask a question and hear a calm inner yes or no.

EVERY DAY THIS WEEK, TRY THIS AT WORK AND AT HOME

Ask yourself a simple question. Write down the first word or phrase you hear, exactly as it comes.

A MOMENT TO REFLECT

When did a quiet inner voice last guide you? Did you listen?

Intuition can be strengthened, just like a muscle.

Knowing your style is the first step to trusting it.

Practise as much as you can every day, with a clear, calm mind, then wait and see. Enjoy!



READY TO GO DEEPER?

My Liberate Your Intuition class is a small, six week online journey on Zoom, with just six places in each class. I'll teach you, gently and personally, to trust your inner guidance and use it every day.

You're also warmly welcome to book a personal intuitive reading with me.

www.psychicreadings.co.nz

With warm blessings,
Yolanda