

## **Practice your Clairvoyance - Set an intention**

All you need to do is set an intention around something that you want in your life. For example, my daily intention for the last couple of years has been to move out of fear and into love. I ask for guidance from source energy and allow the love to unfold.

Once you've set your intention, be on the lookout for signs from nature and life that your energy is aligning with your intention. The signs will be there. In fact, they'll be everywhere. See if you can spot them.— *10-min.*