

Crystal Clear Intuition

The Free Training Series to amplify, expand, enhance and take your intuition to the next level.

Crown Chakra - Claircognisence

by Hannah Andrews



Reality Awareness

"Awakening the Consciousness of Humanity"

Dedication

To all of the Beings on this planet, having this Human experience, I see you, I feel you, I am here for you. May you always remember your Human self and your Spiritual self both in existence at the same time, may you always remember who you really are and embrace every experience you have, for that, is what you came here for after all, to experience.

With gentleness, Hannah.
The Life Purpose Queen



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About Me

Welcome Beautiful Soul!

My name is Hannah and I am an Intuitive Healer and Life Purpose Mentor.

I have been working as a Healer, guide, teacher and more for many, many lifetimes. My gifts are strong, deep, very connected and run back a very long way, back through to Ancient times, when practises of magic, mysticism and Earth based spiritual practises were real, very active and accepted on this planet.

These gifts, live in my blood, they are in my DNA and it is here that I activate my awakening again this lifetime, to serve again, to the highest level of evolution to help humanity awaken back to their true nature.



Day #1: Crown Chakra - Claircognisence

Welcome to our Clear Intuition Free Training!!!

Here we are delving into the Crown Chakra - our Claircognisence

I will share tips and divinely inspired intuitive insight about our Claircognisense Spiritual Organ - the place where we receive our Intuition through our Thinking.

I am going to share here too - that as we are 'here' at the Crown - our powerful Crown Chakra is our first portal - to receiving help.

Our Crown Chakra, is deeply Feminine - yes, each Chakra, has a female and male complete balance within it, yet, the overall system of our 8 Chakras has a divine balance where each Chakra is either more Feminine or Masculine - and the Crown is Female. Why? It is our OPENING. It is where we open to Spirit or close to it. When we deeply start connecting in with our Crown Chakra, our Claircognisence, we may feel a sense of betrayal or abandonment from the Masculine.

Whether that feeling comes in the form of:

- ~ feeling hurt from a male in your life from present or past
- ~ feeling abandoned by a male in your life from present or past
- ~ feeling a sense of no support from a male or from life itself/God/energy/Universe
- ~ feeling out of whack with your routine
- ~ not being able to sleep

If you have been doing inner work - especially consistently (Masculine is structure and routine) and working on your Masculine side, you may feel for the first time ever in your life:

- ~ a deep love and sense of safety and security from males/a male in your life, that you've never felt before
- ~ feel deeply supported and loved by God/Universe and feel deeply connected to Source
- ~ feel a sense of security and safety that gives you the basis of deep foundation to achieve your dreams
- ~ feel comfortable to be who you really are in your life, possibly for the first time ever

Both of these aspects - the wounded Feminine and the supported Feminine - are on both ends of the spectrum - one is very open and feels safe, the other is very closed and is in fear.



Day #1: Crown Chakra - Claircognisence

It is important to recognise that these are indeed - on the ends of a spectrum, there isn't a good or bad, right or wrong - they all exist on the end of the spectrum. In that - it is finding that delicate balance.

Being too open allows entities and other people's energy IN - being too closed leads to depression and negativity.

It is finding that delicate balance. Deeply open & receptive (female) - with boundaries (masculine). Is where we want to be.

For Today:

- Notice how much your Crown feels open or closed.
- Are you in a mostly positive state? Or mostly negative state?
- Key here is - to feel your emotions. Not shut them down.
- If you have closed your Crown - to the ideas you have been receiving because you don't know 'how' something can be possible, you will be feeling more abandoned by the Masculine in your life, because you are feeling unstable and 'don't have a plan'.
- When you can open, trust and 'make a plan' - yet, be open to that plan changing, you step into deep trust of Spirit - to be there for you.
- If you don't know how, ask - How Can I? You open your Crown to new ideas when you do this. You also, open to the Masculine, being able to support you.
- And open your Crown to the Divine Wisdom - you let the Light IN.
- And this Light? That is what fuels our body. It is what gives us inspiration. It is what ignites our HEART.
- And you want to be open to your HEART being ignited don't you?
- Take a deep inhale and connect with your Crown.
- Ask it what it needs today.
- And take action to support this.



Write or draw any revelations, aha moments or messages that you received from Day #1 to ground into reality your new sense of awareness:



Day #2: Crown Chakra - Claircognisence

ANGER!!

The Crown Chakra is famous for ANGER coming UP AND OUT!!! It is also elation and spiritual awakening at it's best!!!

Why Anger? We come into deep awareness of what is going on in our life. The Light 'turns on' - we become spiritually aware. Meaning - we wake up out of denial - we wake up to our reality.

That isn't all joy and elation all the time. Yes we are at Claircognisence - yet, this is the Crown Chakra and not only have we started it here, but in the Life Purpose Mentorship, the Crown Chakra journey has just commenced and we are diving deep into Crown Chakra Consciousness - so the Crown Chakra energy is very ALIVE and present here with you.

Knowing the difference between your Claircognisence - your Divine Thoughts and your normal ego thinking, is quite noticeable. I don't like using the word ego - as I believe it is a Shadow Part of us, that just needs to be heard, so, let's call it Shadow from now on. Your Shadow mind, can be quite negative, and hurtful and ALWAYS find the negative in a situation and why you shouldn't do something. This can be remedied by doing a Shadow Mediation and finding out what your Shadow is trying to get your attention of. If you have never done Shadow work, I highly recommend it, as the more you do, the less mind chatter you have, as you are listening to the parts of you that are only trying to get your attention. When you integrate, you become whole, you have 'space' in your mind... and here is where your divine intuition drops in.

Your Claircognisent thoughts are 'out of the blue' thoughts, they are usually fast and you 'just know'. You don't know how you know, but you just know.

I used to be called a know it all by my family in a harsh way... yet, I realise now, that I have had this gift for quite some time.



Day #2: Crown Chakra - Claircognisence

When I was first spiritually awakened, my Claircognisence muscle was/is my strongest organ. Nowadays, they are all fairly equal (which is how you find your ultimately psychic powers) Do you find you have the

- ~ out of the blue thoughts
- ~ you just know things, you don't know how, you just know and it is always right
- ~ your mind can go at a million miles at once, and come back on point as quick and as fast as it went a million miles at once?

The thing with being highly Claircognisent is that with sooooo much energy flowing in through your Crown it can be tricky to go to sleep.

This is where it is highly important to keep up with physical exercise!

If you resonate with being highly sensitive, an empath and more - physical exercise is DEEPLY important to get you out of your head and into your body - to help with SLEEP. PLUS - when you do this, you enable your highly switched on and accurate Claircognisent self to embody your divine guidance, rather than it going around in your head and somewhat making you crazy with the amount of ideas and energy you have flowing at times.

The other thing here is - if you are having trouble sleeping - what action are you not taking during your day, that your Claircognisent ideas are flooding through giving you ideas to do about your Life Purpose and more? Do you get stuck in your head and unable to sleep at times? Do you check in, in these moments, of when you last exercised (or strong physical activity) and how often you have in the past week? Are you taking action on your Claircognisent ideas during your day? If you are having trouble sleeping your Crown may be too open and not enough action to bring those divinely inspired ideas - even not inspiration - just your intuitive guidance to make your life better in some way. Are you noticing and taking action on them? Or do you find you have too many ideas, you don't know what to do first? The solution to this?

MOVE YOUR BODY!

Seriously - have you tried it?



Write or draw any revelations, aha moments or messages that you received from Day #2 to ground into reality your new sense of awareness:



Day #3: Crown Chakra - Claircognisence

The Highly Connected Mind

Being highly Claircognisent means that your mind goes at a million miles and hour - but a centred, connected and present highly claircognisent mind - is a highly TRAINED MIND!

What do I mean by this?

That being highly connected to source/spirit/angels and more - doesn't mean it is automatically centred balance and grounded. Usually quite the opposite.

Your mind can go at a million miles in all different directions and sometimes this:

- ~ can keep you wide awake and hard to sleep
- ~ can take you down negative spirals and spend days or months there
- ~ get in a negative or overly positive mindset and cut off from your heart's true authentic feelings (spiritual bypassing)

It means - you become deeply AWARE of everything that is going on in your mind. You aren't disconnected from it. You become a power house of awareness. THIS is how you become a Master of your Claircognisense. You become deeply AWARE of everything.

Of:

- ~ other people's thoughts
- ~ of your thoughts
- ~ of your divine intuitive thoughts
- ~ of your shadow's thoughts
- ~ of what is yours and what isn't

You are able to distinguish what is what. YES! This takes practise!!! Yet, this Brain Training is as simple as:

- ~ telling your mind it is time to relax for sleep, that it is sleep time now
- ~ telling your body it is time for restorative sleep now
- ~ telling your body systems it is time for rest and restoration now
- ~ telling your mind everything is okay and hear all the other thoughts in your mind with presence awareness
- ~ allowing your mind to have a voice (journalling, meditation, listening)
- ~ telling your mind to take a deeper inhale through your nostrils and slowly exhaling through your lips, like you are blowing through a straw (this switches off the fight or flight mode and enables relaxation when you repeat this breath)



Day #3: Crown Chakra - Claircognisence

- ~ telling your mind to focus
- ~ telling your mind - anything

You have the power over your thoughts - not the other way around!

Yet, the way we have been brain trained in school for 12 or so years, is that our mind is thinketh... when no, it is us who can thinketh.

Today come into presence with your mind.

Train your mind to think the way you WANT to think... (Do you have my free mindset training yet?! Click here to get it for free and I highly recommend watching every video training and listening to every audio training in there even if the topic seems irrelevant to you, as they are all connected and have a powerful undercurrent that connects them all: <https://www.realityawareness.com/p/power-my-life>)

Hone your Claircognisense, by deeply connected with this powerful Spiritual Organ through the Claircognisense Meditation (in Get Clear)

When you connect regularly with your Claircognisense, you deeply build a relationship with this spiritual organ. We are in relationship to everything all the time. When you have a strong, solid relationship with your Spiritual Organ of your Claircognisense, you become a SUPER powerhouse of awareness.

Your mind goes a million miles in all different directions - inside your mind and outside your mind right? So when you build a solid relationship with your Claircognisense Organ, you have a solid 'base' if you may, that enables you to acutely distinguish between all the zillion thoughts you have a day, between your

- ~ spiritual divine intuition
- ~ your shadow thoughts
- ~ other people's thoughts
- ~ thoughts that come from your brain
- ~ everything else that comes into your mind
- ~ the ones you tell your brain/mind



Day #3: Crown Chakra - Claircognisence

When you have this clear distinction?

This is where your Highly Claircognisent Power comes in. THIS is what gets strengthened.... with deep, deep clarity.

Again - yes it takes practise! Yet, you are thinking a zillion thoughts at once everyday... and you were trained in school for 12 years....

A solid routine of mindset brain training and Claircognisent connection, isn't much compared to 12 years at school right?

How clear do you want to become in your Claircognisense?

Your powerhouse of ultimately clear intuition to guide you?

Have you done your mindset and Claircognisent training today?



Write or draw any revelations, aha moments or messages that you received from Day #3 to ground into reality your new sense of awareness:



Day #4: Crown Chakra - Claircognisence

"I'm so spiritually connected, why do I feel so alone at times?"

The power of opening your Crown Chakra up and letting the Light IN, amplifies your brain. This spiritual light amplifies the way you think. It changes neural-pathways.

You think differently to most of society. You are a leader. You are switched on. You are very in tune. It doesn't mean you don't feel alone or sad because you feel like you have no one around you who gets you though.

Leaders, highly connected people, and everyone ultimately - feel alone at times. Yet - in these moments, it is 'how can I reconnect to myself' - for honey, you are never alone, you are never disconnected.

These are the waves we ride, these are the ups and downs, these are what makes us.... here. To feel... all. It isn't that you are disconnected... you are always connected. It is just your conscious awareness of your connection. When we can and have been so busy and full on, then get a day's rest - all your feelings come up. There is nothing wrong with you. You've just been processing a lot - on the go - and now, you have space, to reconnect to the truth of your Heart. And allow and be present with what is.

This is where the power of mindset comes in.

This is where the power of your Claircognisence connection comes in... to be aware of all - but not 'buy' any of it. Remember, you are the observer... but that doesn't mean you don't FEEL in your Heart ALL that you are feeling. And of calling in your Soulmate Friends. It means aligning with your intuition - to take action on your Soul's calling.

Your intuition - trusting your intuition, aligns you with your Life Purpose. Trusting your intuition - first starts with building an intimate relationship with your spiritual organs.

If you don't trust people or can be fully intimate in your relationship, whether you are single or not (you must build this intimacy with yourself, before you can experience the depths you are longing for in physical relationship with someone), it stems from not trusting your intuition - your spiritual organs.



Day #4: Crown Chakra - Claircognisence

Reconnecting with your Claircognisence, allows you to strengthen your connection to Spirit. You may be very connected to Spirit/Universe/Angels - and feel quite disconnected in your physical relationships and wonder why you feel so alone at times right? This? At it's depths and core? Is your Heart.

When the Crown Chakra is awakened/ignited - so is your HEART - it is an automatic switch that alights when you open and are connected. Yet, the alone feelings, come when we are not allowing our Heart to truly have the song of the voice we know it has. Meaning - feel all your feelings. Consciously.

Do you feel mis-understood? Do you feel like no one hears you? Do you feel like no one gets you? Are you able to drop into your Heart and let your Heart know that - you get you? Now, that might sound simple and 'not right'. Yet, have you truly accepted your unique gift? Have you - accepted your individual self, that you are indeed someone who understands WAY more than people on the planet?

Owning it means you:

- ~ stop apologising for who you are (please watch my youtube on this, if you 'say sorry' all the time: <https://youtu.be/B77S6EKdbC8>)
- ~ don't seek outside approval for what you know in your heart you need to do
- ~ don't tell people who don't get it your plans about what you know your soul calling is here to do (ie change the world)
- ~ surround yourself with people who truly support you
- ~ take action on your heart's desires every single day
- ~ look after yourself and make self care priority over other people
- ~ put your life purpose tasks first along side self care (you are your life purpose remember ☺)

If you find you are still engaging with people who don't get it and by this I mean trying to get your point of view across to certain people who will never get it - don't worry - I used to do this too, until I found my true outlet in my business you see online here today - you will find ways to 'fight' with people... only because you know you are able to help them! #ivebeenthere
Nothing wrong with this, please know this!



Day #4: Crown Chakra - Claircognisence

Just bringing deep awareness - that as soon as I started to fully turn up and own who I am and what I do, I found my need for focusing on the people who weren't willing to do the work subsided. The more I trusted my Claircognisent crazy ideas and just started writing blogs and livestreaming consistently and sharing what intuition streamed through my Claircognisence, I found that people found me, instead of me being pulled into situations where my energy was somewhat drained, simply because I found them pulling through me and using it, rather than them learning and implementing what I teach.

So, for today - where are your Claircognisent thoughts leading you?

Do you find yourself being pulled into other peoples situations when you - know your heart pull is to be focused elsewhere, but somehow you end up in that same situation over and over?

How do you tend to you, instead of them?

Meditate and ask your Claircognisence, what it wants you to do today and do that FIRST thing in your day, BEFORE you tend to anyone else.

Because what this does? It enables you to FOCUS that powerful stream of Spiritual Light and Highly Powerful Claircognisent Consciousness direct from Spirit - that holds more power than tending to other people first.. and when you do? That is when people are attracted to you like flies and are willing to do the work, instead of pulling you into their stuff, when you have your own tribe deeply awaiting you to show up and FLY.

You are the Eagle aren't you? Where do you need to switch off from the world, just for a few moments, tune into your own Claircognisent stream of highly powerful tuned in consciousness and direct it to - where and what?

The key here is not to judge it - it could look like tending to your family, tending to your physical health, tending to your business. If you just trust and not judge it, that trust muscle gets stronger and stronger.

And that - grows one powerful Claircognisent Organ, that increases your intimacy with yourself, as you are tending to this FIRST.

You do want to attract intimacy, trust and love in ALL your relationships don't you?

So today, start with YOU.



Write or draw any revelations, aha moments or messages that you received from Day #4 to ground into reality your new sense of awareness:



Day #5: Crown Chakra - Claircognisence

Your Spiritual Light on Your Brain

Imagine, your Crown Chakra open, to Spirit. Imagine, your Crown Chakra receiving spiritual light/consciousness from above. Imagine, your Brain, absorbing this spiritual light/consciousness from above. Imagine, your body being filled with this spiritual light. Imagine your body, sealing up any holes that you may have in your physical body, your gut lining, and anywhere else.

Notice where the light goes to seal up any holes. Notice that this spiritual light/consciousness pouring in through your Crown, is filling your body, but also your Aura. Your Aura, is completely expanded and full - but also sealing up any holes that your Aura may have right now. You notice this spiritual light/consciousness pouring into your open crown and your container of your body holding this amount of light and energy. You are powerfully containing this powerful energy. Breathing deeply with this awareness. As you take another inhale, you notice that as the powerful spiritual light/consciousness streams through you - it fills your body and your aura and actually activates a sacred geometric shape around you. This may be your internal compass - or another sacred geometric shape - what shape has it just created around you, that you are in the centre of? This shape is now activated and is part of your spiritual soul DNA blueprint that has now just activated a significant aspect of your Life Purpose that holds your unique frequency and soul code that just became activated by reading this.

WOW!

Didn't know THAT was going to flow through me! The power of the Crown/Claircognisence!

Do you need to take a moment to draw that shape and ground your Life Purpose Frequency Soul Code down?!?



Write or draw any revelations, aha moments or messages that you received from Day #5 to ground into reality your new sense of awareness:

