



Intuitive Index AssessmentTM

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Intuitive Index Assessment

Intuition arrives through five, different, perceptive pathways: Inner Knowing (spiritual gnosis or claircognizance), Feelings (empathic understanding), Sensing (body-centered felt-perceptions), Visual Images (clairvoyance) and Auditory Messages (clairaudience). Although highly developed intuitives use all capabilities, most people find one or two to be more natural. If you've tried unsuccessfully to develop your intuition, you may have been developing your least natural path. If, for example, you tried to develop your visual skills when your tendency is toward inner knowing, it would be like asking a left-handed child to learn to write with their right hand. Of course you can develop any perceptive pathway, but you might feel clumsy and ineffective when you begin with one that is less natural for you. Knowing your Intuition Index might be the game changer for your success!

The Intuitive Index Assessment helps determine your most natural perceptive pathway. Then you can use the skills you're good at to help develop the areas that don't come easily.

The Assessment

Below are a series of questions. Rate each of the possible answers for every question and don't worry if you give the same rating to several responses for the same question. There are no right or wrong answers. Base your response on your experience. Rate each answer on a 1 to 5 scale: If you don't know, use 0.

1.....2.....3.....4.....5

Never occasionally often most of the time Always

Write your ratings on a piece of paper, then plug the numbers into the score sheet as directed at the end. Have fun!

1. When I have a flash of insight, I :
 - a. Feel a sense of great connection. _____
 - b. Don't know where my insight came from. _____
 - c. Notice tingling or other sensations in my body. _____
 - d. See a vision in my mind's eye. _____
 - e. Hear a message that helps me. _____

2. I usually make my decisions based on:
 - a. An inner conviction of what is best. _____
 - b. The choice that makes me feel complete. _____
 - c. A little voice in my ear. _____
 - d. How alive my body feels. _____
 - e. The clearest outcome I can envision. _____

3. The spiritual world gets my attention with:
 - a. Omens such as bursts of wind or significant animals. _____
 - b. Flashes of light and color, rainbows. _____
 - c. Heat in my hands or other body sensations. _____
 - d. An overwhelming desire for stillness. _____
 - e. A sudden awareness of background sounds. _____

4. I know when someone is lying to me because:
- a. My body feels uncomfortable. _____
 - b. I feel an incongruity. _____
 - c. I see something in the person's face. _____
 - d. The person's voice sounds wrong. _____
 - e. I just know it. _____
5. I see colors around people, flashes and streaks of light, and/or orbs floating in the air.

6. I feel a connection with my family and friends who have died. _____
7. I know things about people they haven't told me. _____
8. When I'm with someone who hurts, I often feel pain in the same area. _____
9. I hear things other people don't seem to, such as high pitched noises, whispers or clicking.

10. Significant spiritual experiences for me consist of:
- a. Hearing a voice that says my name or a short phrase. _____
 - b. Feeling emotionally uplifted and supported by unseen beings. _____
 - c. Undergoing spontaneous healing of an illness or injury. _____
 - d. Seeing a vision or having a significant dream. _____
 - e. A sudden knowing that everything was going to be okay. _____
11. When I pray or connect with Spirit, I usually:
- a. Participate in a conversation. _____
 - b. Listen to, sing, or create beautiful music. _____
 - c. Quiet my mind's eye to receive visions. _____
 - d. Tune in and feel the presence. _____
 - e. Reach for a transcendent emotion such as awe. _____
12. The most effective meditation technique for me is:
- a. Focusing on a candle flame or image of a guru or teacher. _____
 - b. Chanting a mantra. _____
 - c. Emptying my mind. _____
 - d. Surrendering to Love. _____
 - e. Focusing on my breath. _____
- _____
13. When I visit a house I haven't been to before, the first thing I notice is:
- a. How welcoming the space is (or not). _____
 - b. The layout and design of the rooms. _____
 - c. The way the light and color work. _____
 - d. The ambient sounds. _____
 - e. How comfortable my body feels. _____

14. When someone I care about is not present, I stay connected by:

- a. Seeing him or her in my mind's eye. _____
- b. Holding something he or she gave me. _____
- c. Trying to link telepathically. _____
- d. Phoning so I can hear his or her voice. _____
- e. Feeling a heart-to-heart flow. _____

15. Sometimes when no one is around, I unexpectedly:

- a. Smell cigar smoke or perfume. _____
- b. Hear footsteps or other strange sounds. _____
- c. Feel overwhelming emotion. _____
- d. See things in the corner of my eye. _____
- e. Know I am not alone. _____

16. I know to pay attention when:

- a. I have a sudden burst of emotion. _____
- b. My thoughts align with the synchronicity of events. _____
- c. I find a feather or other meaningful symbol. _____
- d. My vision tunnels. _____
- e. I hear unusual sounds. _____

17. When someone hurts me:

- a. I need a hug. _____
- b. I want to forgive them. _____
- c. I need to understand why. _____
- d. I need to hear an apology. _____
- e. I can't get over it until I see them. _____

18. When someone gets hurt:

- a. I ask them the details of what happened. _____
- b. I want to comfort them. _____
- c. I immediately reach out to touch the injury. _____
- d. I look to see the damage. _____
- e. I maintain a calm, assuring tone of voice. _____

19. It's important to me that people I'm involved with:

- a. Feel and smell nice. _____
- b. Have a warm timbre to their voice. _____
- c. Are intelligent and interesting. _____
- d. Are emotionally present. _____
- e. Share my vision. _____

20. When I am uncertain:

- a. I listen for guidance. _____
- b. I spend time in nature. _____
- c. I notice my feelings within and around the uncertainty. _____
- d. I learn as much as I can and list what I need to do. _____
- e. I visualize and let the situation reveal itself. _____

Scoring

Put your rating for the appropriate questions in the following chart. The questions are out of order to match their associated intuitive type, so pay attention to where you put your scores. When you are done, add up each column to confirm your strongest and weakest intuitive faculty.

Q	Feeler: Empathy	Q	Senser: Felt- body perceptions	Q	Knower: Inner knowing	Q	Seer: Clair- voyance	Q	Listener: Clair – audience
1a		1c		1b		1d		1e	
2b		2d		2a		2e		2c	
3d		3c		3a		3b		3e	
4b		4a		4e		4c		4d	
6		8		7		5		9	
10b		10c		10e		10d		10a	
11e		11d		11a		11c		11b	
12d		12e		12c		12a		12b	
13a		13e		13b		13c		13d	
14e		14b		14c		14a		14d	
15c		15a		15e		15d		15b	
16a		16c		16b		16d		16e	
17b		17a		17c		17e		17d	
18b		18p		18a		18d		18e	
19d		19a		19c		19e		19b	
20c		20b		20d		20e		20a	
TOTALS									

Click [here](#) to explore what your score means.