



Healing by Bridget

FREE
EDITION



DISCOVER YOUR
Intuitive
LANGUAGE

*A Gentle Guide to
the Clair Senses*



INTUITIVE LIVING SERIES



VOLUME ONE



DISCOVER YOUR INTUITIVE LANGUAGE

A Gentle Guide to the Clair Senses

INTUITIVE LIVING SERIES • VOLUME ONE

FREE EDITION

Complimentary Chapter: Clairvoyance



Copyright © 2026 Healing by Bridget, LLC. All rights reserved.

First Edition

2026

No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means, including electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the copyright holder, except for brief quotations used for review, educational discussion, or other uses permitted by applicable copyright law.

This guide is intended for personal reflection and educational purposes. It is designed to support personal growth, self-discovery, and intuitive development.

It is not intended to diagnose, treat, cure, or prevent any medical or mental health condition, nor is it a substitute for professional medical, psychological, legal, or financial advice. Always seek the guidance of a qualified professional regarding your individual circumstances.

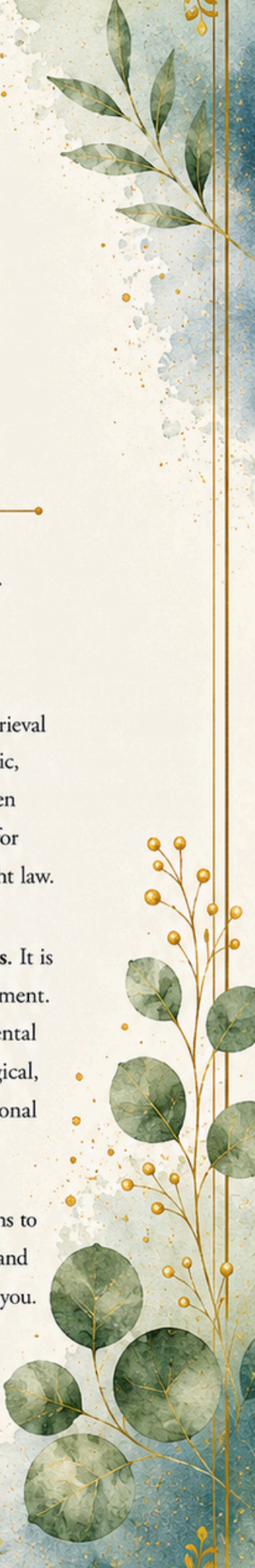
The reflections and practices shared throughout this guide are invitations to explore your own inner wisdom. Please honor your personal boundaries and move through each exercise at a pace that feels supportive and aligned for you.



INTUITIVE LIVING SERIES



VOLUME ONE





DISCOVER YOUR INTUITIVE LANGUAGE

A Gentle Guide to the Clair Senses

INTUITIVE LIVING SERIES • VOLUME ONE

FREE EDITION

Complimentary Chapter: Clairvoyance



Copyright © 2026 Healing by Bridget, LLC. All rights reserved.

First Edition

2026

No part of this publication may be reproduced, distributed, stored in a retrieval system, or transmitted in any form or by any means, including electronic, mechanical, photocopying, recording, or otherwise, without prior written permission from the copyright holder, except for brief quotations used for review, educational discussion, or other uses permitted by applicable copyright law.

This guide is intended for personal reflection and educational purposes. It is designed to support personal growth, self-discovery, and intuitive development.

It is not intended to diagnose, treat, cure, or prevent any medical or mental health condition, nor is it a substitute for professional medical, psychological, legal, or financial advice. Always seek the guidance of a qualified professional regarding your individual circumstances.

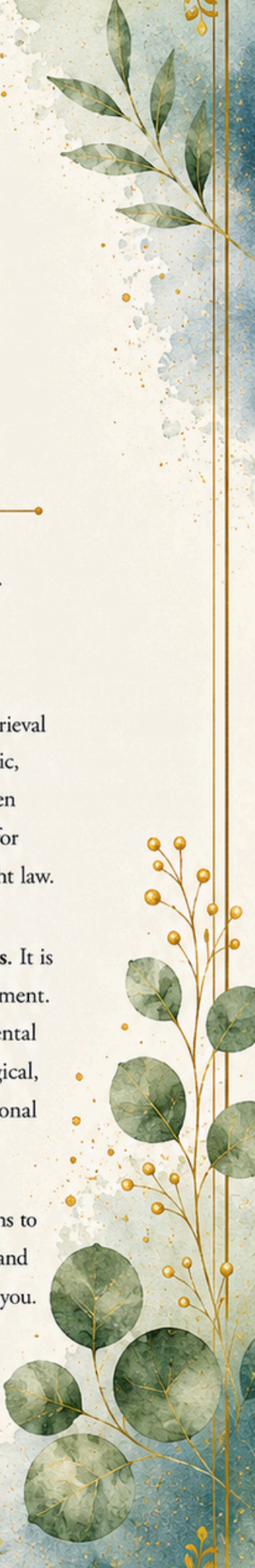
The reflections and practices shared throughout this guide are invitations to explore your own inner wisdom. Please honor your personal boundaries and move through each exercise at a pace that feels supportive and aligned for you.

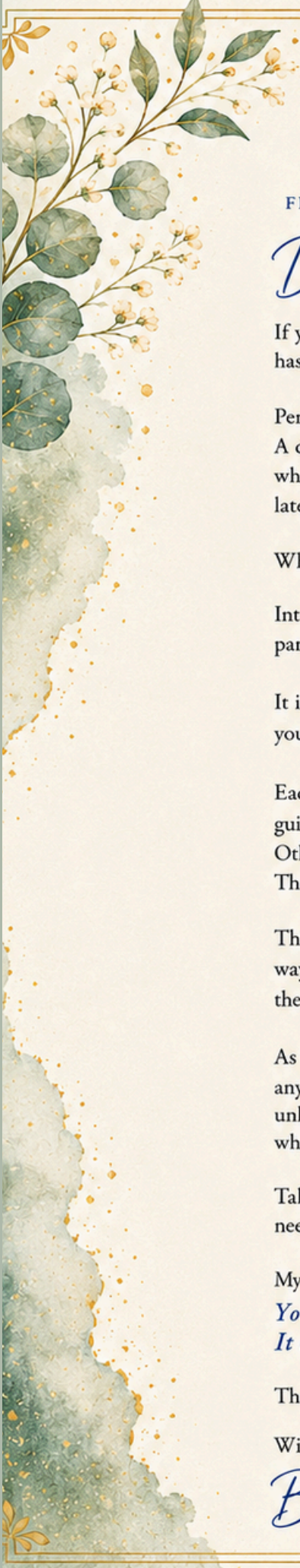


INTUITIVE LIVING SERIES

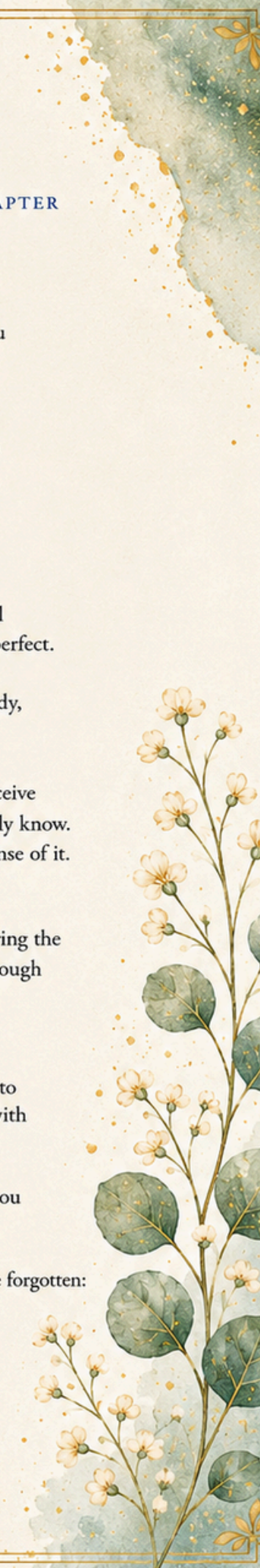


VOLUME ONE





WELCOME



FREE EDITION • COMPLIMENTARY CLAIRVOYANCE CHAPTER

Dear Beautiful Soul,

If you've picked up this guide, I have a feeling something inside you has been quietly asking to be heard.

Perhaps you've experienced moments you couldn't quite explain. A dream that stayed with you, a feeling you couldn't ignore, a room where you sensed the energy immediately, or a quiet knowing that later made perfect sense.

Wherever you find yourself today, welcome.

Intuition does not belong only to a gifted few. I believe it is a natural part of being human. It is not something you have to earn, force, or perfect.

It is a relationship, a quiet conversation between your heart, your body, your inner wisdom, and the life unfolding around you.

Each of us experiences that conversation differently. Some people receive guidance through images. Others hear a quiet inner voice. Some simply know. Others feel everything in their bodies before their minds can make sense of it. There is no single "right" way to be intuitive.

This **complimentary edition** was created to help you begin discovering the ways your own intuition may already be communicating with you through the intuitive language of clairvoyance.

As you explore these pages, release the idea that you need to get anything right. There are no grades and no special abilities you need to unlock only opportunities to notice, become curious, and reconnect with what has likely been there all along.

Take your time. Pause when something resonates. Return whenever you need to. Most importantly, trust your own experience.

My hope is that this introduction reminds you of something you may have forgotten:

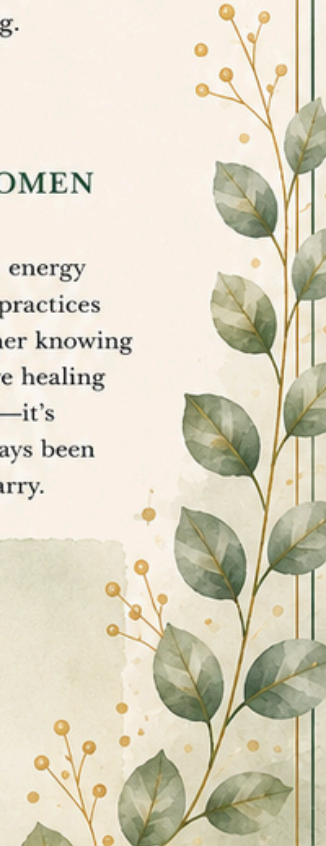
Your intuition has never left you.

It has simply been waiting for a quiet moment to be heard.

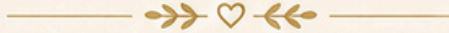
Thank you for allowing me to be a small part of your journey.

With love,

Bridget 



A LITTLE ABOUT Bridget



INTUITION HAS ALWAYS BEEN MY COMPASS.

Long before I had the words for it, I was the one people came to for insight, clarity, and a deeper understanding of what was really going on. I didn't always trust it. In fact, for many years, I pushed it aside—trying to be everything for everyone except myself.



LIFE HAD OTHER PLANS.

Through seasons of overwhelm, heartbreak, and healing, I was gently called back to the truth of who I am. I learned to slow down, listen within, and honor the quiet wisdom that had been guiding me all along. That journey changed everything.



NOW, I GUIDE OTHER WOMEN TO DO THE SAME.

My work blends intuitive guidance, energy healing, soul coaching, and sacred practices to help you reconnect with your inner knowing and come home to yourself. I believe healing isn't about becoming someone new—it's about remembering who you've always been beneath everything you've had to carry.



HEALING BY BRIDGET®

is a gentle space for women who are ready to soften, heal, and rise. A space where you are seen, supported, and reminded that you are never alone on your journey.



*Thank you for being here.
I'm so honored to be a small part of your journey.*





CHAPTER ONE

What Are the Clair Senses?

A gentle introduction to the many ways intuition speaks.

One of the most beautiful things about intuition is that it rarely speaks to all of us in the same way. For one person, it may arrive as a vivid dream that lingers long after they wake. For another, it may be a quiet knowing that seems to appear out of nowhere. Someone else may notice a feeling in their body, hear an encouraging thought at just the right moment, or keep seeing the same meaningful symbol wherever they go.

None of these experiences are more important than another. They are simply different ways your inner wisdom may choose to communicate.

These natural ways of receiving intuitive guidance are often called the Clair Senses. The word clair comes from the French word meaning clear. Each Clair describes a different way we may experience intuition—clear seeing, clear hearing, clear feeling, clear knowing, clear smelling, clear tasting, and clear touch.

While these names may sound unfamiliar at first, the experiences themselves are often surprisingly ordinary. You may have already experienced many of them without realizing there was a name for what happened.





Perhaps you've walked into a room and instantly sensed the atmosphere before anyone spoke. Maybe you've thought about a friend moments before they called. Perhaps a song played at exactly the moment you needed encouragement, or a dream stayed with you long after waking because it somehow felt important.

These moments don't have to be dramatic to be meaningful. In fact, intuition often whispers. It rarely shouts.

One of the biggest misconceptions about intuition is that everyone should experience it in the same way. That simply isn't true. Just as each person has a unique personality, each of us has a unique intuitive language. Some people naturally receive images. Others trust what they feel in their bodies. Some simply know something without being able to explain how. Many people experience several Clair senses working together. Over time, you may also notice that certain Clair senses become stronger during different seasons of your life.

There is no right or wrong way to experience intuition. There is no hierarchy. No Clair is more "advanced" than another. This guide isn't about deciding which Clair is the best. It's about becoming more aware of the beautiful ways your own inner wisdom has been communicating with you all along.



As you move through each section, I invite you to stay curious. Notice what feels familiar. Allow yourself to explore without needing certainty. You don't have to convince yourself that every experience is intuitive. You don't have to force anything to happen. Simply observe. Reflect. Listen. And trust yourself just a little more than you did yesterday. That gentle willingness to notice is often where intuition begins to flourish.



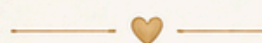
Pause & Reflect



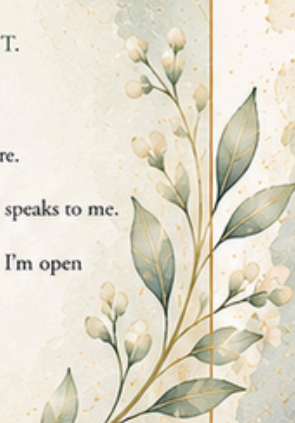
BEFORE YOU CONTINUE, TAKE A QUIET MOMENT TO REFLECT.

Which of these feels most true for you right now?

- | | |
|--|--|
| ☐ I often sense things before I can explain them. | ☐ I'm curious and want to learn more. |
| ☐ I trust my intuition easily. | ☐ I'm still discovering how intuition speaks to me. |
| ☐ I sometimes doubt what I feel. | ☐ I don't know what to expect, but I'm open to exploring. |



*There are no right or wrong answers.
Simply begin where you are.*





Healing by Bridget®

CHAPTER TWO



CLAIRVOYANCE

An Invitation to See



RECEIVING INTUITIVE GUIDANCE
THROUGH IMAGES, SYMBOLS,
DREAMS, AND INNER VISION.

“ Sometimes
the clearest answers
aren't spoken.
They're quietly shown. ”



INTUITIVE LIVING SERIES
VOLUME ONE



CHAPTER TWO

What Is Clairvoyance?

RECEIVING INTUITIVE GUIDANCE THROUGH
IMAGES, SYMBOLS, DREAMS, AND INNER VISION.

Clairvoyance is the intuitive ability to receive information through images, symbols, visions, and dreams. These images may appear in your mind's eye, in meditation, while you are resting, or even in the middle of an ordinary moment.

You might see a quick flash. A full scene. A symbol that repeats. A memory that isn't yours. A dream that feels too meaningful to ignore. These are all ways Clairvoyance may communicate with you.

Many people believe Clairvoyance is something reserved for a special few. The truth is, it is one of the most common intuitive senses. Every human being receives images in some form.

You may not always trust what you see, or you may write it off as imagination. But intuition and imagination are not the same.

Imagination is something we create.

Intuition is something that arrives.

Intuitive images often come with a felt sense of knowing. They may appear suddenly, without effort, and carry a quiet truth that settles in your heart.

Clairvoyance can show you possibilities. Offer guidance. Bring comfort. Warn you of something that needs attention. Or simply remind you that you are never alone.

There is no right or wrong way to experience Clairvoyance. Some people see in colors, others in black and white. Some receive symbols. Others see vivid scenes. Some see with their eyes closed, others with their eyes open.

Wherever you are on your intuitive journey, know this: Clairvoyance is a natural part of who you are. It is not something outside of you. It is already within you.



A Gentle Truth

You don't have to see
perfect images.



You don't have to understand
everything you see.



You only need a willingness
to notice what appears.



The more gently you pay
attention, the more familiar
your inner vision becomes.





CHAPTER TWO

You Might Notice...

CLAIRVOYANT INSIGHTS OFTEN ARRIVE IN
SIMPLE, EVERYDAY WAYS.

These are just a few of the ways Clairvoyance may
naturally show up in your life.



VIVID DREAMS

Dreams that feel unusually
real or meaningful.
They may stay with you
long after you wake.



REPEATING SYMBOLS

You notice the same
symbols over and over—
butterflies, feathers,
hearts, numbers, or
meaningful signs.



MENTAL PICTURES APPEAR

Images simply arrive in
your mind—unexpected,
clear, and often very
specific.



COLORS DURING MEDITATION

You see colors while
meditating, daydreaming,
or in quiet moments
of stillness.



FLASHES OF INSIGHT

You suddenly “see” the
answer, solution, or next
step—like a picture that
brings clarity.



SEEING MEMORIES DIFFERENTLY

A memory shifts or
becomes clearer through
an image, bringing new
understanding.



IMAGES THAT ANSWER QUESTIONS

An image pops into your
mind that feels like a direct
response to something
you’ve been asking.



*Intuition often speaks in pictures
long before we have the words.*





CHAPTER TWO

You May Find Yourself Saying...

CLAIRVOYANT EXPERIENCES OFTEN SHOW UP
IN WORDS WE DIDN'T REALIZE CAME FROM INTUITION.

Listen to the phrases that feel familiar.
They may be clues to how your intuition naturally speaks.



"I can
picture it."



That image
won't leave
me alone.



I keep
seeing
butterflies.



I had the
strangest
dream.



I keep
seeing the
same number.



I suddenly
saw exactly
what to do.



I can't
explain it...
I just saw it.



It popped
into my mind
out of nowhere.



It felt like
a picture
in my mind.

You Are Not Imagining It

Clairvoyance is not about trying to see something that isn't there.
*It is about recognizing the images, symbols, and visions
that your intuition has been showing you all along.*





CHAPTER TWO

Gentle Reflection

CLAIRVOYANCE OFTEN SPEAKS IN QUIET, PERSONAL WAYS.
THESE MOMENTS CAN BE EASY TO MISS.

*Have you ever had a dream
that stayed with you for days?*

A dream so vivid that, even after waking,
it lingered like a whisper. Perhaps the image
made no sense at first, yet something about it
felt important.

Or maybe you were trying to make a decision
when an image suddenly appeared in your mind.
It may have been simple—a color, a memory,
a place, a symbol—and yet it brought
unexpected clarity.

At the time, you may have dismissed it.
Or talked yourself out of it.
Or wondered if it was “just imagination.”
But something inside you knew it meant more.

Rather than asking yourself whether it
was “real,” consider a gentler question:

*What if your intuition was simply
offering you another way of seeing?*

Reflection Questions

TAKE A QUIET MOMENT
TO REFLECT.

Have you experienced something
similar?

.....
.....
.....

What images have stayed
with you?

.....
.....
.....

Is there a symbol that keeps
appearing in your life?

.....
.....
.....

*There are no right or wrong answers.
Simply be honest with yourself.*





CHAPTER TWO

Gentle Practice

CLAIRVOYANCE GROWS THROUGH PRESENCE,
NOT PRESSURE.

Let's Pause Together

Close your eyes.
Place one hand over your heart.
Take three slow breaths.
Allow your shoulders to soften.

Ask yourself:

*If my intuition wanted to show me
something today, what would it look like?*

THEN, SIMPLY NOTICE.

There is no right or wrong.
There is no need to search.
Just allow whatever wants to be seen.

- 🌿 Perhaps you receive an image.
- 🌿 A color.
- 🌿 A memory.
- 🌿 A symbol.
- 🌿 Or perhaps nothing arrives today.

That is perfectly okay.

Intuition grows through patience, not pressure.



A GENTLE REMINDER

*Your intuition has its own rhythm.
Some days images arrive like sunlight.
Some days everything is quiet.
Both are part of the journey.*

*Be gentle with yourself.
You are learning a sacred language.
One you've always known...
and are simply remembering again.*





CHAPTER TWO

Journal Prompts

CLAIRVOYANCE OPENS THE DOOR.
WRITING HELPS YOU WALK THROUGH IT.

Take a few quiet moments to explore the images,
dreams, and symbols that have been showing up for you.
There is no right or wrong here—just your truth.



1. WHAT IMAGES NATURALLY COME TO YOU?

Think about dreams, daydreams, symbols, colors, or visions that
have shown up for you lately. What do you notice?



2. WHAT MIGHT THESE IMAGES BE TRYING TO SHARE?

If your intuition could speak through these images, what do you think
it might be gently encouraging you to see?



3. HOW CAN YOU TRUST THESE INSIGHTS MORE DEEPLY?

What small step can you take this week to honor what you're seeing
and allow more clarity to flow in?



*Your intuition is always speaking.
These prompts are here to help you listen.*





CHAPTER TWO

A Gentle Reminder

CLAIRVOYANCE IS A GIFT,
NOT A TO-DO LIST.



Some days your inner vision will be clear.
Other days it may feel quiet or far away.
Both are perfectly okay.

Here are a few things to remember
as you continue this journey:

- 🦋 **You don't have to see it to trust it.**
Intuition works in mysterious ways.
Even when you don't understand,
you can choose to listen.
- 🦋 **Your intuition is always speaking.**
Images are one of its many languages.
The more you listen, the more
familiar it becomes.
- 🦋 **You are the expert of you.**
No one else can interpret your
intuitive images for you.
You know what is true in your heart.
- 🦋 **Be gentle with the process.**
This is not about getting it right.
It is about building a loving relationship
with your own inner knowing.
- 🦋 **Trust grows with practice.**
The more you honor what you see,
the more natural it will feel.
One small step at a time.



Come Back to This



Whenever you feel unsure, overwhelmed,
or far from your intuition,
take a breath, place your hand on your heart,
and gently return to this reminder.

*You are learning. You are opening.
You are beautifully on your way.*





CHAPTER TWO

In Everyday Life

CLAIRVOYANCE ISN'T ONLY EXPERIENCED DURING MEDITATION.
IT OFTEN APPEARS IN THE QUIET MOMENTS OF ORDINARY LIFE.

You may notice it when you...



- ✿ rearrange a room because you can already picture how you want it to feel.
- ✿ choose paint colors before seeing samples because you can visualize the finished space.
- ✿ have a dream that stays with you long after you wake.
- ✿ repeatedly notice the same symbol—a butterfly, feather, dragonfly, or heart.
- ✿ imagine a conversation before it happens.
- ✿ suddenly “see” the solution to a problem.
- ✿ daydream about a future that feels deeply aligned.
- ✿ create vision boards or naturally visualize your goals.
- ✿ remember places through vivid mental pictures.
- ✿ close your eyes during meditation and notice colors, landscapes, or symbols.



A GENTLE REMINDER



*Clairvoyance is your inner eye.
It is always available to you.
The more you notice, the more you'll trust.
The more you trust, the more it will open.*



CHAPTER TWO

Bridget's GENTLE PERSPECTIVE

*Every intuitive journey is unique.
This is simply a small piece of mine.*

When I first began exploring intuition, I thought I was waiting to hear something extraordinary.

A song. A voice. A clear message.

Instead...

What arrived were quiet moments.

A lyric that found me at exactly the right time.

A whisper of guidance during meditation.

A voice within that felt kind, not critical.



At first, I wondered if I was simply imagining it.

Over time, I realized the guidance wasn't about being loud.

It was about being loving.

It was about listening to the small, gentle nudges that always knew what I needed to hear.



Now, when I receive a meaningful word, a song, or an inner message, I don't rush to figure it out.

I pause. I breathe.

I listen with kindness.

I let the message land in its own time.



More often than not, the answers unfold not because I pushed for them... but because I became willing to truly listen.



I hope this chapter encourages you to trust the quiet conversations happening all around you. They may be softer than you expected... but they are always speaking your language.

All you have to do is listen.



With love,

Bridget ♥



DEEPENING YOUR CONNECTION



Clairvoyance grows through gentle awareness.

Not by trying harder. Not by forcing images to appear. But by becoming more present with what naturally unfolds.

You don't need to make something happen. You simply need to create space to notice.

Here are a few gentle ways to deepen your connection with Clairvoyance.



Keep a Dream Journal

Dreams often speak in symbols rather than words. Keep a journal beside your bed and write down whatever you remember, even if it feels incomplete. Over time, you may begin noticing meaningful patterns.



Notice Recurring Symbols

Pay attention to images that seem to appear again and again. A feather. A butterfly. A particular flower. A repeated number. Rather than asking, "What does this mean?" Begin with, "What does this remind me of?"



Spend Time in Nature

Nature has a beautiful way of awakening our inner vision. Watch sunlight filter through the trees. Notice the changing colors of the sky. Observe the quiet details you may normally overlook. Sometimes the more fully we see the world around us, the more clearly we begin to see within ourselves.



Practice Gentle Visualization

Close your eyes. Take a slow breath. Imagine yourself walking through a peaceful garden or sitting beside a calm lake. There is no right or wrong image. Allow whatever comes naturally to unfold without judgment.



Release the Need to Be Certain

Not every image carries a message. Not every vision needs interpretation. Sometimes beauty is simply meant to be enjoyed. Trust that what is meant for you will gently return.



Clarity doesn't always arrive in dramatic visions. Sometimes it appears as a single image that quietly stays with you.



Closing Reflection



Your inner vision doesn't need to become louder. It simply asks for your attention.



The more gently you notice... the more naturally your intuition begins to reveal itself.



Trust your own way of seeing.

It has been quietly guiding you all along.



— — — — —

READY TO CONTINUE *Your Journey?*

— — — — —

You've just explored **Clairvoyance**—one beautiful way
your intuition communicates through vision, dreams,
symbols, and gentle insight.

There is so much more waiting for you.
Your intuition has many languages, and each one
has something meaningful to share.

In the complete guide, you'll continue deepening your
connection, expanding your awareness, and learning
how to trust the wisdom that has always been within you.



Turn the page
TO CONTINUE YOUR JOURNEY.

— — — — —



CONTINUE YOUR JOURNEY



Your intuition is already speaking.

Thank you for allowing me to walk beside you as you explored the gentle language of Clairvoyance.

My hope is that this guide has helped you become a little more aware of the quiet ways your intuition has been communicating with you all along.

There is nothing you need to force or perfect. Like any meaningful relationship, your connection with your intuition deepens through patience, curiosity, and trust.

This chapter is just one part of a much larger journey.

Inside the complete *Discover Your Intuitive Language* guide, you'll continue exploring:

- ♥ **Clairaudience** – Hearing your inner guidance
- ♥ **Claircognizance** – Knowing without explanation
- ♥ **Clairsentience** – Feeling intuitive information through your body
- ♥ **Clairrallience** – Receiving guidance through scent
- ♥ **Clairgustance** – Experiencing intuitive messages through taste

Plus gentle practices, reflections, and journal prompts designed to help you discover your own unique intuitive language.

When you're ready...

CONTINUE YOUR INTUITIVE JOURNEY

♥ INSIDE THE ♥

AWAKENING THE HEART MEMBERSHIP.



Scan the QR code or click the button below to explore my growing library of gentle practices, meditations, journals, featured chapters, and the complete *Discover Your Intuitive Language* guide inside the **Awakening the Heart Membership**.



 [Healing by Bridget Resource Library](#)

With love,

Bridget ♥





MORE GENTLE *Resources* ARE ON THEIR WAY



This guide is only the beginning.

Inside the Healing by Bridget Library, I'm creating a growing collection of books, journals, meditations, and gentle practices designed to support every stage of your healing journey.



COMING SOON



Everyday Intuition



Trusting Yourself Again



Evening Reflections



Gentle Morning Rituals



Signs, Symbols & Synchronicities

And so much more...



Join the
Awakening the Heart Membership
to receive new resources
as they're released.

