JESS COLEMAN & CO

Spirit Connection Starter Kit

5 printable tools to clear your energy,
connect with your Spirit team,
and trust what you receive — every time.

1. *Clair Strength Self-Assessment*
2. *Spirit Sign Decoder + Tracker*
3. *Ground + Clear Ritual Guide*
4. *Energy Hygiene Checklist*
5. *Clair Cheat Sheet*

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SPIRIT CONNECTION STARTER KIT

Clair Strength Self-Assessment

Check every statement that feels true for you — there are no wrong answers.

Clairvoyance

CLEAR SEEING

- ☐ I see flashes of color, light, or symbols in my mind's eye
- ☐ I notice the same image or symbol appearing again and again
- ☐ My dreams feel vivid, symbolic, or prophetic

Clairaudience

CLEAR HEARING

- ☐ I hear my name called when no one else is there
- ☐ Song lyrics or phrases land in my head at meaningful moments
- ☐ I receive thoughts that don't feel like my own

Clairsentience

CLEAR FEELING

- ☐ I pick up on someone's emotions before they say a word
- ☐ I feel chills, warmth, or pressure with no clear cause
- ☐ Certain places or people instantly shift my mood or energy

Claircognizance

CLEAR KNOWING

- ☐ I "just know" things without knowing how I know
- ☐ I've had a strong gut feeling that turned out to be right
- ☐ Answers arrive fully formed, with no steps in between

Reading Your Results

Count your checkmarks in each box. Whichever category holds the most is likely your dominant clair sense — the channel Spirit most naturally uses to reach you. The others aren't absent, just quieter for now. With practice, all four strengthen over time.

Spirit Sign Decoder

Common ways Spirit communicates — and what each one tends to mean.

Repeating Numbers

111, 333, 11:11 and similar sequences — a nudge that you're aligned and on the right track.

Animals & Nature

The same animal, bird, or symbol from nature showing up more than once is rarely coincidence.

Songs & Lyrics

A lyric or melody landing at exactly the right moment, often carrying a message you needed to hear.

Dreams & Visions

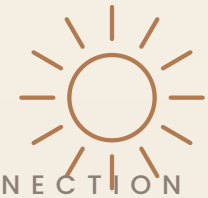
Vivid, symbolic, or visiting dreams — pay attention to what repeats and how it feels on waking.

Chills or Tingles

A physical confirmation response, often arriving right as a truth is spoken or recognized.

Sudden Inner Knowing

A thought or certainty that arrives complete, with no reasoning trail behind it.



Spirit Sign Tracker

Log every sign as it happens — patterns build trust faster than memory does.

DATE	SIGN	WHAT IT MEANT / HOW IT FELT

SPIRIT CONNECTION STARTER KIT

Ground + Clear Ritual Guide

A short practice to open every connection session with clarity and protection.

1

Ground

Sit with both feet flat on the floor. Picture a cord of light running from your spine down through the earth, anchoring you. Stay here until your breath naturally slows.

2

Clear

Take three slow breaths. With each exhale, imagine releasing any energy that isn't yours — tension, others' emotions, leftover noise from the day.

3

Set Intention

Ask, silently or aloud: "What do I need to receive right now?" Let the question settle without rushing toward an answer.

4

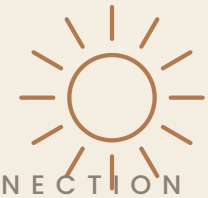
Open

Soften your gaze or close your eyes. Bring your attention to your Higher Self and stay receptive — no forcing, no chasing.

5

Close

Thank yourself for showing up. Picture the cord of light fading, your energy field sealing back to just you.



SPIRIT CONNECTION STARTER KIT

Energy Hygiene Checklist

Simple, daily practices to stay grounded, clear, and connected.

- [ ] **Ground your energy**
  A few minutes each morning, feet on the floor, before checking your phone.

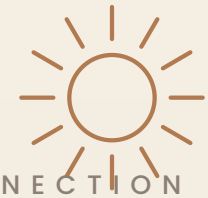
- [ ] **Set an energetic boundary**
  Name what's yours to carry today — and what isn't.

- [ ] **Clear your field**
  Shower, fresh air, or a few slow breaths to release what you've absorbed.

- [ ] **Release what isn't yours**
  Notice emotions that spiked around other people, and consciously let them go.

- [ ] **Reconnect with your breath**
  Three slow breaths, anytime you feel scattered or pulled outward.

- [ ] **Call your energy back**
  Before bed, picture gathering your attention back from the day, fully into your body.



SPIRIT CONNECTION STARTER KIT

Clair Cheat Sheet

The four main intuitive senses — and how you naturally receive.

Clairvoyance

CLEAR SEEING

Receiving impressions as images, colors, symbols, or visual flashes — in your mind's eye, in dreams, or as physical signs.

Clairaudience

CLEAR HEARING

Receiving impressions as words, phrases, or sound — internally as thought, or externally through what others say or play.

Clairsentience

CLEAR FEELING

Receiving impressions through emotion or physical sensation — chills, warmth, pressure, or a sudden shift in mood.

Claircognizance

CLEAR KNOWING

Receiving impressions as sudden, complete certainty — information that arrives with no traceable reasoning behind it.