



Kris Donoma



ACTIVATE YOURS

INVISIBLE GIFTS

ACTIVATE YOURS INVISIBLE GIFTS

Do you know deep down inside that you have Invisible Gifts that need to be shared with the world?

Have you ever had experiences that were beyond your own understanding? Have you ever felt gifted as a superhero in a Marvel movie (or DC, depending on your taste)?

According to science, as human beings, we can perceive 3% of the reality. What happens then for the remaining 97%? An invisible world is there, ready for us to be discovered.

In many ancient cultures, clairvoyance for example was easily accessible to many people. There were different types of religions/mystery schools, ready to initiate young people considered suitable to embrace the secrets of the ancient knowledge of psychic powers.

So there were cases of clairvoyance, predictions, telepathy, clairaudience, mediumship and so on.

Now, in this contemporaneity, the *realm of matter* seems taking most of our attention through material occupations/distractions.

Can you imagine a world where psychic powers are in everyday use to make the world a better place?

What are the tools to activate those powers?

The initial keys to ACTIVATE your psychic powers are:

- *INTENTION: The genuine intention to activate your powers is the first key to the activation itself.*
- *INTUITION: Intuition is a psychological and cognitive phenomenon where individuals are able to understand or know something immediately, without the need for conscious reasoning. Seems to be the direct connection with a superior knowledge.*
- *PRACTICE: The focus and time you dedicate to honing an art makes that art effective. The more you dedicate ourselves to practices to make psychic powers more effective, the more you will see the results.*
- *A SOLID INNER FOUNDATION: Only a pure heart can welcome these gifts. And how to have a pure heart? By taking a path of healing, cleansing one's impurities and dissolving traumas of ourselves and our ancestors. Awakenning your invisible gifts without first doing healing work can be dangerous for yourself and the people around you. To begin the activation process it is necessary to have a solid foundation within yourself.*

Are you ready to discover your invisible gifts?

In the next page, you will find the list of the most well-known psychic powers.

I

CLAIRVOYANCE or "clear seeing"

The term "clairvoyance" comes from the French words "clair" meaning "clear" and "voyance" meaning "vision". It literally means "CLEAR VISION."

Types of Clairvoyance:

- **Precognition:** This is the ability to see or predict future events.
- **Retrocognition:** This involves knowing about past events that the clairvoyant would not otherwise know about.
- **Remote Viewing:** The ability to see places, people, or objects that are not physically present or visible to the clairvoyant.

Clairvoyants often describe their visions as occurring in a trance-like state or through sudden flashes of insight. These visions can be *symbolic* or *literal* and might involve seeing a specific location or event, sometimes with great detail.

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CLAIRAUDIENCE or "clear hearing"

Clairaudience is the claimed psychic ability to HEAR things that are inaudible to the normal ear. This can include hearing voices, sounds, or music that are not physically present.

Types of Clairaudient Experiences:

- **External Clairaudience:** Hearing sounds as if they are external, coming from the world around the person, similar to how we hear everyday sounds.
- **Internal Clairaudience:** Hearing sounds, voices, or music internally, similar to hearing thoughts or memories in one's head.

Individuals who claim to have clairaudient abilities often describe *receiving messages* from the deceased, spirit guides, or angels. These messages can come through as clear voices or musical tones that provide guidance, warnings, or insights.

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CLAIRSENTIENCE or “clear sensing”

Clairsentience literally means "CLEAR SENSING" or "clear feeling." It refers to the ability to gain information about people, objects, places, or events through sensing or feeling energies and emotions that are not perceptible to others.

How It Manifests:

- *Empathic Abilities:* Many clairsentients are also empathic, meaning they can physically feel the emotions of others, sometimes taking on these emotions as if they were their own.
- *Physical Sensations:* Clairsentients may experience physical sensations that provide insights, such as a sudden chill, pressure, or a change in temperature, which they interpret as a sign or communication.

Clairsentients may use their abilities in psychic readings to help others understand their emotional or spiritual states. They often engage in practices like healing, where sensing the energy fields of others is crucial.

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CLAIRSENTINENCE or “clear feeling”

Clairsentience, often described as "CLEAR FEELING," is a form of extrasensory perception that involves receiving intuitive messages through physical or emotional sensations. Here are the key points about clairsentience: Is the psychic ability to feel or sense things that aren't visible or physically present. People with this ability are often referred to as "empaths."

- *Physical Sensations:* Clairsentients may experience chills, goosebumps, or a tingling sensation as indicators of psychic information.

- ***Emotional Receptions:*** They may feel a sudden, strong emotion as a form of psychic intuition about a person, place, or situation.
- ***Environmental Sensitivity:*** Clairsentients can be extremely sensitive to the energies around them, which can include the emotions of others or the general vibe of a location.
- **Gut Feelings:** They often describe having a "gut feeling" about something. This is a common way that clairsentient information can present itself.
- ***Empathic Abilities:*** Clairsentients can absorb emotions from people around them, which can make it difficult to distinguish between their own feelings and those of others.
- **Enhanced Intuition:** They typically have a heightened intuition, which helps them make decisions or understand situations beyond logical reasoning.
- **Healing Potential:** Many clairsentients are drawn to healing professions, as they can often sense what a person needs emotionally or physically.

Understanding and managing clairsentience involves learning how to distinguish between one's own emotions and those picked up from external sources, as well as protecting oneself from overwhelming or negative energies.



CLAIRCOGNIZANCE or “clear knowing”

Claircognizance, or "CLEAR KNOWING," is another form of extra-sensory perception that involves an intrinsic ability to know something without a logical basis. Claircognizance is the psychic ability to know things intuitively without any logical reasoning or direct evidence.

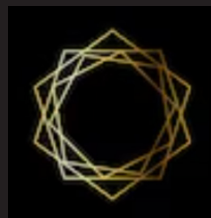
- ***Sudden Insights:*** Individuals with this ability often experience sudden insights that appear to come out of nowhere. These insights can pertain to past, present, or future events.
- ***Information Download:*** Claircognizants may describe the sensation of receiving a "download" of information directly into their mind, often overwhelming in its speed and detail.
- ***Problem Solving:*** They have a remarkable ability to come up with solutions to complex problems without needing to go through a step-by-step analytical process.
- ***Inner Certainty:*** People with claircognizance have a profound sense of inner certainty about the information they "know," even when they have no way of explaining how they know it.
- ***Premonitions:*** They may have premonitions about events or experiences before they occur, which are typically accurate and detailed.
- ***Truth Detection:*** Claircognizants can often tell when someone is lying or when something isn't quite right, simply by "feeling" the truth of a situation.
- ***Creative Ideas:*** They are often a source of innovative ideas and original thinking, which seem to be inspired from an unknown source.
- ***Affinity for Knowledge:*** They generally have a voracious appetite for knowledge and learning, often driven by their intuitive senses.
- ***Spiritual Connection:*** Many claircognizants feel a strong connection to spiritual or metaphysical realms, believing their abilities are linked to a higher, universal source of knowledge.

Managing claircognizance involves trusting one's intuition, discerning between intuitive knowledge and personal bias, and sometimes finding practical ways to validate and act upon the knowledge received.

MEDIUMSHIP

A medium is someone who claims to have the ability to COMMUNICATE WITH SPIRITS of the deceased. Mediumship is the practice where a person purportedly mediates communication between spirits of the dead and living human beings.

- **Types of Mediumship:** There are various forms of mediumship, including *mental mediumship* (communication through the mind of the medium), and *physical mediumship* (where physical phenomena are said to occur).
- **Sensory Communication:** Mediums often receive messages through clairvoyance (seeing), clairaudience (hearing), clairsentience (feeling), and claircognizance (knowing).
- **Spirit Guides:** Many mediums work with specific spirit guides—spirits who assist them in the communication and mediation process.
- **Evidential Mediumship:** This form focuses on providing evidence of life after death, through delivering specific information about the spirit such as their personality, memories, and shared experiences with living individuals.
- **Healing:** Many mediums believe their work can bring healing to grieving individuals by providing closure or reassurance from deceased loved ones.
- **Trance States:** Some mediums enter into trance states where they allow spirits to "speak" through them, using their voice or body movements.



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AUTOMATIC WRITING

Automatic writing, also known as psychography, is a psychic phenomenon where a person writes words without consciously writing. Automatic writing is a form of mediumship where individuals produce written words without conscious thought, ostensibly allowing a spirit or other supernatural entity to write through them.

- **Mechanism:** Practitioners enter a state of trance or altered consciousness, during which their hand moves seemingly on its own to write messages.
- **Purpose:** It is often used as a tool for personal insight, spiritual communication, and sometimes for creative processes like writing poetry or narratives that the writer feels are sourced from a spirit.

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XENOGLOSSIA

Xenoglossia is a fascinating phenomenon in which a person is able to speak or write a language that they could not have acquired by natural means. Xenoglossia is the purported paranormal phenomenon where a person is able to speak, write, or understand a language they have never learned.

- **Association with Paranormal:** It is often associated with supernatural contexts, such as past-life experiences, spiritual possession, or other paranormal phenomena.
- **Documented Cases:** There are historical cases where individuals have suddenly begun to speak fluently in a foreign language, which they claim to have never studied or been exposed to.

IRRADIATION

The concept of "IRRADIATION" in a spiritual or metaphysical context often refer to the projection or emanation of spiritual, psychic, or subtle energies from a source.

- **Sources of Irradiation:** These energies can be emitted by people, places, objects, or symbols that are considered spiritually or energetically charged.
- **Perception:** Typically, irradiations are sensed or perceived by individuals sensitive to psychic or spiritual energies, like mediums or psychics.
- **Impact on Environment:** It's believed that these energies can affect the environment around them, influencing the emotions, thoughts, or physical states of others.
- **Connection with Aura:** The concept is closely related to the idea of an aura, where the irradiation is seen as the aura or energy field that surrounds a person or object.
- **Spiritual Practices:** Many spiritual and religious practices involve methods to cultivate, control, or cleanse these irradiations, such as through meditation, prayer, dance or rituals.



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INCORPORATION or “embodiment”

The concept of "incorporation" or "embodiment" is an incorporation in spiritual terms generally refers to the process of embodying spiritual, psychic, or metaphysical elements in a physical form.

- **Manifestation in Mediumship:** In the context of mediumship, incorporation can refer to a spirit taking temporary control over the medium's body to communicate.
 - **Physical Representation:** It can also mean the manifestation of spiritual or metaphysical beliefs through physical symbols, rituals, or practices.
 - **Psychological Aspect:** Psychologically, it refers to the integration of concepts, experiences, or identities into one's self-understanding or behavior.
 - **Healing Practices:** Incorporation is often used in healing practices where spiritual or emotional healing is manifested in physical changes or recovery.
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ASTRAL TRAVELS

Astral travel, also known as astral projection, is a term used in esotericism to describe an intentional out-of-body experience (OBE) that assumes the existence of an "astral body" separate from the physical body and capable of traveling outside it throughout the universe. Astral travel refers to the experience where the consciousness or soul (often called the astral body) separates from the physical body and travels within the astral plane, which is thought to be an ethereal counterpart of the physical world.

- **The Astral Plane:** This is believed to be a dimension of reality that is subtler and more vibrant than the physical world. It is inhabited by spirits, mystical beings, and other disembodied souls.
- **Techniques:** Techniques for astral projection include deep relaxation, hypnosis, visualization, and meditation. Enthusiasts often use specific guided practices to induce an OBE.

- **Common Features:** Experiences reported during astral travel include floating above one's body, flying, passing through physical objects, visiting different places on earth or in otherworldly realms, and meeting other entities.
- **Purpose:** Practitioners may seek astral travel for spiritual growth, to visit deceased loved ones, to gain esoteric knowledge, or to explore distant locations beyond the physical limits.
- **Chakras and Energy:** Many believe that astral projection involves the activation or alignment of chakras, which are energy centers within the body that facilitate the separation of the astral body from the physical.
- **Lucid Dreaming:** Some consider astral travel closely related to or even synonymous with lucid dreaming, where the dreamer is aware they are dreaming and may exert control over the dream.
- **Spiritual Traditions:** Various spiritual traditions and mystical practices around the world reference concepts similar to astral travel, including shamanism and some Eastern religions.
- **Safety and Fear:** Some people report fear or encountering negative entities while astral projecting, which is why most practitioners recommend a clear and posit

II

NATURE COMUNICATOR

Communicating with *animals* and *nature*, often referred to as animal communication or interspecies communication, involves a perceived ability or skill to understand and convey messages with non-human life forms. Animal and nature communication is the practice of mentally sending and receiving messages with animals and elements of nature, such as plants and ecosystems.

- **Techniques:** Communicators often use techniques like visualization, telepathy, intuitive feelings, and sensory awareness to "speak" with animals and nature.
- **Empathy and Intuition:** A deep sense of empathy and strong intuition are considered crucial for understanding the non-verbal signals and emotional states of animals.

- *Environmental Awareness:* Communication with nature can also involve an intuitive understanding of ecosystems, plants, and the environment, promoting conservation efforts.
 - *Healing Practices:* Some believe that communicating with animals and nature can have healing effects on both humans and the environment, fostering a harmonious relationship.
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II

DREAM MASTER

The most common mastery about dreams is the ability to have *lucid dreaming*. This refers to the phenomenon where a person becomes aware that they are dreaming while still in the dream. This awareness also often allows the dreamer to exert some level of control over their dream environment, events, or themselves. A lucid dream is a type of dream in which the dreamer is conscious of dreaming and may be able to influence the action, characters, and environment of the dream.

- *Awareness and Control:* The primary feature of lucid dreaming is the dreamer's awareness of being in a dream, coupled with the potential to control the dream to varying degrees.
- *Onset:* Lucid dreams can occur spontaneously or can be induced deliberately through various techniques.
- *Techniques for Induction:* Techniques to induce lucid dreams include reality checks (habitual checks to see if one is dreaming), wake back to bed (WBTB), mnemonic induction of lucid dreams (MILD), and wake-initiated lucid dreams (WILD).

Are you ready to embrace your own Invisible Gifts?

Every person has psychic gifts that can be developed.

Through practice, training, and meditation, they can be increased, ready to be offered to the humanity.

Receiving a proper training and consistent practice are the keys.

If you want to learn how to go through a healing process to create a good inner foundation, feel confident trusting the information you receive, and utilize your gifts to help others, "ACTIVATE YOUR IMMORTAL SELF" is the program for you!

A one to one mentoring of 12 weeks, directly with Kris Donoma which will help you to empower your innate gifts.

I firmly believe that humanity is now called to create a new world based on the ability to serve others with one's gifts, in accordance with one's values and passions.

Strengthening our psychic abilities can benefit every aspect of life: from personal life, to professional life, to spiritual life, etc.

"Empowering yourself is empowering the rest of humanity".

Sign up for a discovery call:

ACTIVATE YOUR IMMORTAL SELF

On krisdonoma.com



ABOUT KRIS DONOMA



Symbologist, Archetypal Mentor, Shamanic practitioner, Shamanic Tattoo Artist and Author, Kris Donoma is a Entrepreneur and a modern Medicine Woman.

Since she was little, the world of the invisible has always been present with cases of mediumship and premonitory abilities.

She worked for years as an art therapist with Aboriginal people with schizophrenia, having the opportunity to explore their "invisible gifts".

At the same time she took his Shamanic Tattoo around the world to major festivals such as the "NZ Spirit Festival" and the "Earth Festival" in New Zealand.

Now she is focusing on helping people to find their physical and psychic gifts to persue their mission in life through archetypal mentorship and symbology tretments sessions.

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