

DISCOVER YOUR SPIRITUAL GIFTS

Instructions: Circle the number of each statement that resonates as true for you. Including any statements that may have occurred in the past or are still occurring. Tally up your score according to the score sheet after the quiz. Find out what type of intuitive archetype you may resonate with the most!



1. You're frequently drained at the end of the day, especially on days involving large amounts of social interacting.
2. Do you get a sense that you are part of the Universe?
3. Do your hands get warm around people that are visibly upset or sad?
4. Do you often know what people will say before they do?
5. Have you ever sensed someone or something watching you?
6. Do you often "know" things without having an actual explanation as to why you know?
7. Out in open country, have you felt something not want you there?
8. You've looked up at the stars and had a longing to be "up there".
9. You feel extreme empathy, often feeling emotions and experiences as physical sensations of pain or hurt.
10. You know you're here for a purpose but you struggle to pinpoint it.
11. Sometimes you see things out of the corner of your eye but when you look, it's not there.
12. Have you felt your body on a journey without you moving?
13. Animals appear on your path or in your vicinity frequently.
14. You come from a family of healers in traditional or non-traditional sense.
15. You've been referred to as an "old soul".
16. Do you easily take on the emotions of feelings of other people and change moods?

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17. Do people feel comfortable around you and sometimes want to touch you or hug you?
18. When you walk into a place, can you tell the vibe?
19. You get anxious all of a sudden for no reason.
20. You just never quite felt like you fit in here on Earth.
21. You have a habit of delivering very profound messages to others but have no idea where it came from.
22. Small children and animals are often drawn to you, even when they're shy around others.
23. Do you believe the world could be a place of peace and love instead of war and hate?
24. Have you ever walked into a place and felt shivers and/or a presence?
25. Do you ever hear people's thoughts?
26. You have had someone close to you die and experienced strange things afterwards.
27. Your hands and palms often feel tingly - pins and needles, buzzing, throbbing, vibrating, or pulsating.
28. You're always looking at things more deeply.
29. Complete strangers spill their life stories to you without asking.
30. Electronics and appliances tend to "go out" or act up around you.
31. Do people feel so relaxed around you that they may even feel sleepy.
32. Are there people you do not like to be around physically without explanation?
33. You're not really one for organized religion but anything New Age or woo-woo and you're all over it.
34. You frequently experience heightened awareness in public places - difficulty breathing or nervous butterflies.
35. Have you had an encounter with a spirit of any kind?
36. People ask you for back and shoulder rubs, or back scratches and your known for being good at them.
37. Have you woken up to feel a weight on you when nothing is there?
38. You feel sometimes so sleepy around people you are around that you just want to lie down.
39. You're already in a traditional healing field - medical workers, guidance counselors, physical therapists, etc.
40. People that get upset about the dumbest things in life bother you.
41. Do you get a sense of wonder and love just by being alive?
42. Do you have vivid dreams that you feel have happened or will happen?

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- 43. Do you feel tingling in your head or it gets itch-scratchy often?
- 44. You remember seeing or sensing spirits as a child.
- 45. You are drawn to earthly things - leather, fur, gemstones, necklaces made with feathers or beads.
- 46. Have a strong desire to be alone or be in nature.
- 47. At night, do you close your eyes, faces or human like creatures?
- 48. Hidden knowledge and mysteries of the world are your jam.

Tally Up!

Tally up your score according to the score sheet by circling the item numbers that resonate with you.

Lightworker #1	1	9	16	18	25	29	32	34
Lightworker #2	2	4	6	21	23	38	41	43
Lightworker #3	5	11	19	24	26	30	42	44
Lightworker #4	7	12	13	35	37	45	46	47
Lightworker #5	3	14	17	22	27	31	36	39
Lightworker #6	8	10	15	20	28	33	40	48

Which Lightworker do you identify with the most? Read on to discover the intuitive archetype and characteristics that speak to you the most!

Lightworker #1: You are an EMPATH

You can literally feel for someone else. This psychic ability allows you to "read" an aura, interpret the information and copycat it back to the person. People may be drawn to you like a magnet and feel quite comfortable sharing their deep secrets with you. Your problem is learning how to help without becoming a "psychic sponge" and absorbing all the negative energy.

Lightworker #2: You are a CHANNELER

Channeling is the ability to access information and/or energy from a higher level of consciousness. Whatever your age, you may be referred to as an "old soul" and be sought out for the spiritual insight you have built up over many lifetimes. Your problem is confidence and learning to trust this ancient wisdom which comes easily and naturally without book reading.

Lightworker #3: You are a MEDIUM

You are a Medium if you have felt or seen presences whether they are ghosts, spirits, or angels. You can look into other dimensions such as the astral worlds or spirit world. Your problem is trusting what you see and constant bombardment from other entities which could possibly be harmful if not protected properly.

Lightworker #4: You are a SHAMAN

You are a Shaman if you are aware of the natural world, spirit in animals, plants and trees and have a natural affinity for them. Because you derive a sense of danger from your link with wild animals, you can save lives as you sense impending danger. You will also have a natural healing ability of what can help or heal someone. Your problem is leaving a portal open for negative entities to enter into your space.

Lightworker #5: You are a HEALER

You are a Healer if you are drawn to help others, have unconditional love for people and animals and generally want to help people out of their pain and suffering. Your body responds to people in pain by "turning on" such as having warm hands, feeling the need to hug and comfort someone and be there to listen. Your problem to work on is disassociation as you tend not to do this too well and take on other people's problems as your own.

Lightworker #6: You are a STARSEED

A Starseed is said to be an advanced spiritual being. Originating from other planets and realms and possessing spiritual and scientific knowledge dating back hundreds of thousands of years. Starseeds will agree to come to Earth to fulfill their mission. However, when they get here, they are made to forget their true origins. And many go through their existence on Earth without knowing where their souls really came from. They forget their homes and their missions, but once they awaken, they will see clearly what they must do. That's when they start to live out their purpose.



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Regina helps men and women develop their spiritual intuitive gifts, so they can easily access higher realms of consciousness using simple divination tools for guidance and direction to create a life they love full of prosperity, happiness, and success.

Regina has been a natural mystic and empath all her life and has been able to detect the energy of people, places, and things since the age of 9. Regina has developed her own intuitive gifts and healing modalities while studying with many Holistic Practitioners, Spiritual Healers, Psychic Mediums, Coaches, Authors, and Speakers. Regina now practices as a Certified Holistic Practitioner in Mt Jackson Virginia.

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