

The background of the book cover is a soft-focus photograph of white flowers on thin branches. A large, thin yellow circle is positioned in the upper right corner, partially cut off by the edge of the frame.

WHISPERED GIFTS

A Gentle Guide to Remembering Your
Spiritual Gifts

RYAN ALLEN

WHISPERED GIFTS

A Gentle Guide to Remembering Your
Spiritual Gifts

RYAN ALLEN

The Clairvoyant





About the Author

Ryan Allen

Ryan Allen is a visionary creative, intuitive guide, and podcaster whose life journey reflects both resilience and spiritual awakening. Born in Aston, Birmingham to West Indian parents who migrated to the UK in the 1970s, Ryan was raised by a hardworking single mother who nurtured his determination to rise beyond his beginnings in a council flat.

After earning a degree in Visual Communication from the Birmingham Institute of Art and Design, Ryan built a thriving career as a media professional, former TEDx Executive Producer, and sought-after speaker. But it was his inner transformation—learning to embrace the clairvoyant gifts he once felt ashamed of—that truly defined his path.

What he once hid out of fear, Ryan now recognises as a sacred superpower. His work blends creativity, storytelling, and intuitive insight to guide others back to the truth of who they are.

Today, as host of the *Hey Ryan* podcast and Creative Director of *The Brand Thinker*, Ryan shares his voice and vision to help others reconnect with their inner wisdom and remember the spiritual gifts they've always carried.

Learn more at:

www.ryanoneilallen.com and www.baliinengland.co.uk

Copyright © 2025 by Ryan Allen, The Clairvoyant

All rights reserved. No part of this book may be used or reproduced in any form whatsoever without written permission except in the case of brief quotations in critical articles or reviews.

Printed in the United Kingdom.

For more information, or to book an event, contact :

www.ryanoneilallen.com

ryanoneilallen@gmail.com

Book design by The Brand Thinker

Cover design by The Brand Thinker

Self-published book by Ryan Allen, The Clairvoyant

First Edition: August 2025

Acknowledgments

To my beloved family — your sacrifices laid the foundation for this becoming. To my mother, whose grace under pressure, unshakable devotion, and quiet power formed the blueprint for everything I am: thank you for your example, your strength, and your love that carried me when I didn't have the words to ask.

To my friends, soul allies, and kindred spirits — you've been witness-bearers to my becoming. In the sacredness of your presence, I found laughter, safety, and the subtle encouragement to keep going when the path blurred. You offered me mirrors when I needed reflection, and stillness when I needed restoration.

To Kim — you recognised the artist in me before the world caught up. You held a space for the boy who coloured outside the lines and loved too loudly. Your belief was a quiet fire that helped fuel my own.

To Aundrea — your mindful, soul-deep questioning and unwavering commitment to my truth dismantled what needed shedding and nurtured what longed to emerge. You didn't just help me speak — you gave me permission to sing again. You didn't just ask me to move — you reminded me I was born to dance, even as a street dancer finding rhythm in the chaos. Your presence allowed me to embrace every fractured part of myself, and hold it all — artistry, anger, softness, knowing — without shame.

To those who knew me across lifetimes, roles, and reinventions — thank you for not requiring that I stay the same. Your permission to evolve is one of the greatest gifts I've received.

To the boy from Aston, who danced in silence, who felt everything too much, who dared to dream under grey skies — this book is our reunion. We made it. We're still dancing.

And to you, dear reader: thank you for allowing these words to find you. May they remind you that your sensitivity is sacred. That your knowing is real. That your gift — however whispered, however hidden — is waiting to be remembered.

With deepest gratitude,

Ryan

CONTENT

About the Author	1
Acknowledgments	4
Prologue	8
 CHAPTER 1	
Who Are You Beneath the Noise?	10
 CHAPTER 2	
Do You Remember What You Once Knew?	12
 CHAPTER 3	
What Is Hiding Behind the Shadow?	16
 CHAPTER 4	
How Does The Spirit Whisper to You?	19
 CHAPTER 5	
Are You Ready To Trust What You Feel?	22
 CHAPTER 6	
Have You Met Your Shadow?	25
 CHAPTER 7	
What Happens When You Stop Running from Yourself?	28

CHAPTER 8
Are You Open to Being Seen?31

CHAPTER 9
Why Did the Fire Wake Me Up?34

CHAPTER 10
What Is Energy Telling You Right Now?.....37

CHAPTER 11
Are You Holding on to Someone Else’s Beliefs?41

CHAPTER 12
Is It Time to Reclaim Your Name?44

CHAPTER 13
What If Your Gift Doesn’t Look Like Theirs?47

CHAPTER 14
Have You Let Spirit Speak to You Without Fear?51

CHAPTER 15
Will You Finally Say Yes to You?.....54

Prologue

For the ones who always knew — but were never quite sure how.

I didn't set out to write a book about spiritual gifts. In fact, for a long time, I tried to pretend I didn't have any. I did what many of us do when the world doesn't offer language for what we feel: I performed, I perfected, I over-explained, and I buried the parts of me that didn't fit the mould.

But no matter how far I ran — from the street-dancing boy in Birmingham who felt everything too deeply, to the adult who mastered media and knew how to say just the right thing — my knowing wouldn't leave me alone. It whispered in dreams. It stirred in silence. It asked me, not with force, but with gentle persistence: *When will you stop pretending you don't see?*

So, this book is not a manual. It's a remembering.

It's for those of us who sensed energy before we had words for it. Who were told we were "too sensitive," "too much," or — my personal favourite — "a bit strange." It's for the quietly intuitive, the spiritually curious, the ones who could feel when a room was heavy or a person was hiding behind a smile. It's for the ones who never quite fit in and suspected, all along, that maybe they weren't supposed to.

In these pages, I'm not offering a five-step plan to enlightenment (frankly, I don't trust anyone who does). What I am offering is something softer, truer — an invitation to return to the place within you that already knows. To listen again. To feel without

apologising. To see with new eyes, and also with ancient ones.

You'll meet stories here — my own and maybe echoes of your own. You'll be asked questions — not to interrogate yourself, but to welcome yourself back. There are no prerequisites. You don't need crystals or cards or cosmic credentials. Just a willingness to be honest with yourself, even when it's uncomfortable, even when it's inconvenient, even when the truth of your gift contradicts everything you were taught to believe.

Because that's where it begins: in the moment you stop shrinking to fit and start standing in your whole, sacred, complex self.

So, before we begin, let me say this: you're not broken. You're not imagining it. And you're definitely not alone.

You're just waking up.

Let's remember, together.

With love and laughter,

Ryan

CHAPTER 1



Who Are You Beneath the Noise?

I was born in Birmingham, a city where the echoes of faith blend with the rhythm of everyday resilience. My earliest memories are soundtracked by Sunday sermons, gospel songs, and the deep, questioning silence that followed me even as a child. I was the curious one. The quiet observer. Sensitive to energy, to words unspoken, to the ache in someone's eyes before they ever said a word.

As a child, I didn't know that was called intuition. I just thought I felt too much. I would dream vivid dreams that later mirrored reality. I'd feel the heaviness in rooms and try to smile it away. No one explained that spiritual gifts sometimes show up quietly, wrapped in what the world calls "over-sensitivity."

Religion was central in my life. For ten years, I was deeply immersed in church — serving, studying, showing up in every way I could. That season taught me structure, devotion, and discipline. But over time, I also felt the limitations. I felt questions forming in me that had no place in the sermons I heard. I started to feel the walls, the rules, the unspoken "shoulds" that fenced in my spirit. And when the fire happened — a literal fire that took my home and shook my sense of safety — something cracked open in me.

WHISPERED GIFTS

That fire wasn't just external. It burned through my illusions. It forced me to look at myself without the masks. And what I saw was someone deeply gifted... and deeply afraid of being seen.

I began the work of remembering.

Of healing.

Of returning.

I've studied, yes. I went to university. I painted. I created it. I danced in private when no one was watching. I've worked in the media, stood in creative rooms, shaped messages. But nothing taught me more than the fire — and the years that followed. I began mentoring others quietly, offering energy readings without needing tools or cards. I felt what was not being said. And when I stopped trying to “explain” my gift and simply lived it — something bloomed.

Today, I am a spiritual guide, an intuitive, a storyteller — but most importantly, I'm human. Still evolving. Still listening. Still honoring the boy from Birmingham who knew things he couldn't explain.

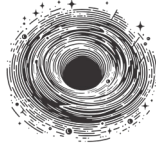
This book is for those of you who've always sensed there's more.

For those who felt different. For those who see but haven't named it. For those healing from church hurt, from family wounds, from being misunderstood.

You're not broken. You're not too much. You're just waking up.

And this book — is a soft light to guide you home.

CHAPTER 2



Do You Remember What You Once Knew?

There is a thread — invisible, but strong — that runs from who you are now to who you were as a child. Not the surface memories, not just birthdays or first days of school, but those quiet, unexplainable moments you didn't know how to name.

Maybe you remember dreaming of places you'd never seen. Or sensing when someone was about to call before the phone rang. Maybe you had an invisible friend who wasn't imaginary at all, but a spirit guide walking beside you in innocence.

Children are open. Not yet armored. Not yet told to be quiet when they speak of the stars or say they saw something shimmering at the edge of the room. Children live in frequency. They remember what adults forget — that we are more than flesh and thought. We are spirit with skin.

I've sat with many clients over the years, and the one question I often ask is: "What do you remember from before you were told what was 'real?'" That question opens a door. Eyes soften. Shoulders lower. The room shifts.

WHISPERED GIFTS

Because we all remember.

Even if the memory is faint. Even if it's been buried beneath years of trying to fit in.

Some people cry. Some laugh. Some feel embarrassed that what they're about to share feels "silly." But it never is.

You are not silly. You are sacred.

When I was little, I would line up my crayons not by color, but by how they made me feel. Some colors hummed. Others felt heavy. I didn't understand energy, but I was living in tune with it.

You've had those moments, too. You've picked up a crystal and felt your palms tingle. You've walked into a room and instantly known who was in pain. You've said, "I just know," and then doubted it because no one taught you to trust that knowing.

But you can return.

You don't need to build something new — you need to remember what's been with you all along.

Let this chapter be your remembering.

Try This: *Sacred Memory Retrieval*

1. Find a quiet place. Light a candle if that feels right.
2. Take a few deep breaths.
3. Ask yourself, gently: *“What do I remember knowing as a child, before anyone told me what to believe?”*
4. Write it down. Don’t filter. Let it come in waves.

You may remember an imaginary friend. You may remember seeing light around people. You may remember knowing things you weren’t taught.

This is not fantasy. This is your spirit speaking.

And it wants to come home.

You’ve spent years learning how to survive, how to show up in ways that made you acceptable, productive, normal.

Now it’s time to be true.

Truth is not a performance. It’s remembering.

Let the child in you show you what you once knew — and still do. Let this book walk beside that younger version of you. You are not walking backward — you are circling back to wholeness.

WHISPERED GIFTS

And what you'll find there is power.

Unfiltered. Untamed. Unapologetically yours.

So... do you remember? Let's find out together.

CHAPTER 3



What Is Hiding Behind the Shadow?

There are parts of ourselves we were taught not to love. Parts we hide. Parts we silence. We call them flaws. But often, they are doorways.

The shadow is not evil. The shadow is not wrong. The shadow is the wounded child who never got to speak. The anger that protected you. The sadness that softened your sharp edges. The truth you learned to bury so others wouldn't leave.

When people first start doing shadow work, they expect darkness. But what they often find is light—hidden under years of judgment.

I had to face my shadow after the fire. When everything around me was stripped bare, the only thing left was myself. And that self was layered. There were gifts under grief. Clarity under confusion. But I had to be willing to look.

When you avoid your shadow, you cut off your power. You leave parts of your soul behind. You keep your spiritual gifts in compartments — afraid that if you open them, your life might unravel.

WHISPERED GIFTS

But here's the truth: Your gifts don't thrive in hiding. They need integration.

You are not either/or. You are both/and.

You can be intuitive and have a temper. You can be wise and still healing. You can be spiritual and sometimes scared.

The shadow is the bridge between who you've been and who you are becoming. And when you welcome it, you stop living in fragments.

Try This: *Meet Your Shadow*

1. Sit in a quiet space. Journal in front of you.
2. Write down: "*Parts of myself I don't like.*"
3. List them. Be honest. Be kind.
4. Then ask: "*What is this part trying to teach me?*"

Example:

- ▶ "I get jealous."
 - What is it pointing me toward? Where am I longing for validation?
- ▶ "I procrastinate."
 - Where am I afraid to fail or succeed?

WHISPERED GIFTS

The goal isn't to fix the shadow. It's to listen to it.

As you build a relationship with your shadow, your energy becomes clearer. More grounded. More magnetic. Because you're not leaking energy trying to be perfect.

You're just being real.

And realness is magnetic.

The more you welcome your shadow, the more your clairvoyant gift sharpens. You begin to see through illusion. In others. In yourself.

You begin to see clearly, because you are no longer afraid of your own depth.

This work isn't easy. But it is sacred. And you are strong enough to do it.

You were never meant to be light without shadow. You were meant to be whole.

And now... you are beginning to return to that truth.

CHAPTER 4



How Does The Spirit Whisper to You?

Not all messages arrive like thunder. Sometimes, Spirit speaks like a breath across your cheek — subtle, soft, impossible to explain to someone who didn't feel it. Yet utterly real.

The truth is, we've been conditioned to expect noise. Our world runs on alerts, notifications, and bold declarations. But the language of Spirit is quieter. It shows up in the pause between thoughts, in the pattern of a dream, in the sudden memory that stirs something deep inside you.

When people ask me, "How do I know the Spirit is speaking?" I often ask them back, "Have you stopped long enough to listen?"

Listening isn't just about ears. It's about attention.

Spirit speaks in symbols. In chills. In songs that repeat in your head for no reason. In the look someone gives you at just the right time.

WHISPERED GIFTS

Sometimes, it's a phrase that pops into your mind, clear and out of nowhere. Sometimes, it's the energy of a place — a sense of familiarity that washes over you when you enter. Sometimes, it's your own body tightening or softening, without words.

Learning to hear Spirit isn't about forcing something mystical to happen. It's about remembering how to listen.

You already know how. You did as a child. You listened to your instincts. You trusted your senses. You played with the invisible.

You knew.

Let's return to that knowing.

Try This: *The Language of Spirit*

1. Take five minutes today. No distractions. No phone. Just sit.
2. Breathe deeply. In and out. No forcing.
3. Ask, gently: "*Spirit, how do you speak to me?*"
4. Wait. Observe. Don't expect fireworks. Look for subtlety.
5. Write down what you notice.

Did a word pop into your mind? Did a memory rise up? Did your body relax or tighten?

That's the whisper.

WHISPERED GIFTS

We often miss it because we expect it to sound like a loud voice or a flashing sign. But most of the time, it's quieter than that.

It respects your sovereignty. It invites. It never imposes.

Over time, as you continue to listen, a relationship forms. A dialogue. You'll begin to understand your own symbols, your own signs. You'll notice when it's Spirit, not just you.

For me, it's sometimes a presence I feel beside me when I'm journaling. A warmth in my chest. A clarity in my thoughts. For others, it might be visuals — seeing colors, auras, or images in the mind's eye. For some, it's a physical sensation. Or sound. Or emotion.

There is no wrong way. There is only your way.

And the more you honour it, the stronger it becomes.

So, listen. Slow down. Ask. Receive.

You are not imagining things. You are being spoken to. And your soul already understands the language.

CHAPTER 5



Are You Ready To Trust What You Feel?

Trusting your inner compass can feel like stepping into a fog without a map. But your feelings—your inner tugs, hesitations, excitements—are not random. They are messengers. They are the language of your soul.

In a world that often demands logic and proof, many of us have learned to doubt what we feel. We want to explain everything. Validate it. Rationalize it. But the intuitive world doesn't always play by those rules.

It speaks in whispers, not shouts. In nudges, not road signs.

When I first began to truly own my clairvoyant abilities, I was met with skepticism—not just from others, but from myself. Could I really trust what I was sensing? Was I making it up? And yet, over and over again, the truth of what I felt would show itself in undeniable ways.

One client came to me with what seemed like a surface-level question. But the moment she entered the space, I felt heaviness in my chest, a sense of a long-buried grief. I

WHISPERED GIFTS

gently asked, “Have you lost someone recently?”

Tears filled her eyes.

She hadn’t said a word about it.

That’s the power of energetic perception. It bypasses the mask and listens to the vibration beneath the words.

We all have this ability in some form. But to access it, you must begin to trust what you feel. Not just in moments of crisis or drama, but in everyday life.

Trust begins with acknowledgment.

You feel something—pause. Name it. Don’t dismiss it. You feel resistance to a person—don’t shame yourself. Get curious. You feel drawn to a place or opportunity—notice how your body responds.

The body is a brilliant vessel of intuition. It tightens in the presence of falsehood. It opens in the presence of alignment.

Try This: *Embodied Discernment*

1. Think of a decision you’re facing.
2. Close your eyes and imagine saying “yes” to it.
3. How does your body feel? Lighter? Heavier? Excited? Numb?

WHISPERED GIFTS

4. Now imagine saying “no.”
5. Again—observe without judgment.

This simple practice helps you bypass mental noise and tap into deeper knowing.

When you trust your feelings, you reclaim power. You stop outsourcing your decisions. You stop waiting for signs written in the sky and start honoring the signs written in your spirit.

And yes—mistakes may still happen. But every time you trust yourself, you strengthen the connection. You grow in clarity. You deepen your relationship with your gift.

Trust is a muscle. And like any muscle, it grows with use.

Your feelings are not the enemy of reason. They are the gateway to your truth.

Let them guide you. Let them teach you. Let them lead you home.

CHAPTER 6



Have You Met Your Shadow?

You've been taught to shine, to rise, to grow — but what if the doorway to your light is hidden in your shadow? What if the part of you you've been avoiding is actually the part that will free you?

Meeting your shadow isn't a punishment. It's an invitation.

Your shadow is every part of you that was once rejected — by family, by religion, by society, or even by yourself. It's the anger you weren't allowed to express. The intuition you were told was “just imagination.” The dreams you gave up to stay safe.

When I first began this work, I thought healing would be about moving forward. I thought it was about getting better. But I quickly learned: before you can move forward, you must turn around. You must face what you've been running from. You must meet yourself in the places you've ignored.

WHISPERED GIFTS

That's what the shadow is — the part of your soul you placed in the dark.

For me, the shadow showed up in quiet shame. Shame about being different. Shame about sensing things others didn't. Shame about not being able to explain why I knew what I knew.

In church, I had learned to pray the darkness away. But this wasn't about demons or evil. This was about denied parts of myself. It was spiritual fragmentation.

Real awakening doesn't bypass pain. It integrates it.

Shadow work is the path to spiritual maturity. It's the gritty, unglamorous process of sitting with your inner wounds — and asking them what they need.

One day, in deep meditation, I heard a voice — not outside of me, but deep within — say, "I've never left you. You left me." It wasn't Spirit. It was my shadow. And for the first time, I felt compassion instead of fear.

We talked. I wrote. I cried.

And slowly, I reclaimed the pieces I'd lost.

Try This: *Shadow Integration Ritual*

1. Light a candle in a quiet room. Place a mirror in front of you.
2. Look into your eyes. Not your face. Your eyes.
3. Ask: *“What part of me have I been afraid to see?”*
4. Speak aloud any answers that arise. Name them with kindness.
5. Place your hand on your heart and say, *“You are safe with me now.”*

This practice isn’t about fixing. It’s about befriending.

The more you meet your shadow, the more whole you become. And wholeness is where your spiritual gifts flourish.

Your clairvoyance isn’t just light. It’s insight — the ability to see the whole picture, not just the pretty parts.

When you integrate your shadow, your vision clears. You stop projecting. You start perceiving. And you no longer confuse fear for intuition.

So ask yourself: Have I met my shadow? Or have I mistaken it for something to avoid?

The truth is, the shadow only chases those who run. But when you stop — and turn to face it — it often smiles. Because all it ever wanted... was to come home.

CHAPTER 7



What Happens When You Stop Running from Yourself?

There comes a moment in every journey where you either turn toward your truth or keep circling the same stories, hoping they will change on their own. For many of us, the act of running doesn't look like running. It looks like perfectionism. Over-functioning. Staying busy. Trying to please. Trying to disappear into a version of ourselves that feels safer, smaller, quieter.

But the truth? The truth never forgets.

It sits. Patiently. Waiting. Like a friend who knows you'll come back.

For years, I ran. Not physically. Spiritually. Emotionally. I ran by performing. By being what others needed. By suppressing what I knew — deeply knew — in my bones. That I was gifted. Sensitive. Able to perceive layers that many don't even realize exist.

WHISPERED GIFTS

The turning point for me came not with loud clarity, but with exhaustion. I was tired of editing myself. Tired of apologizing for my intuition. Tired of trying to blend into spaces where I was never meant to be invisible.

What happens when you stop running is not immediate bliss. It is exposure. It is raw. It is the peeling back of old armor.

But then... It is freedom.

When you stop running from yourself, you begin to hear yourself. You begin to honor the small voice that said, “There is more.”

You begin to show up — not as a version, but as your whole self.

This is the moment many begin to feel their spiritual gifts resurface. It’s not because they’ve suddenly arrived. It’s because you’ve stopped running from the place where they’ve always been — inside you.

Try This: *Returning to Self*

1. Close your eyes. Place your hand on your heart.
2. Ask, “*What part of me have I been running from?*”
3. Let the answer come, without judgment.
4. Write a letter to that part. Begin with: “*I see you now. I’m sorry I ran. I’m listening.*”

WHISPERED GIFTS

Let this be the start of reconciliation.

It's okay to have needed time. It's okay to have worn masks. But now? Now, you are ready to take them off.

There is no timeline for becoming. But there is always a turning point. This might be yours.

When you stop running, you start building. You begin to create a life that honors your inner compass.

And here's what no one tells you: people will feel it.

The more you settle into yourself, the more your energy stabilizes. The more others feel safe around you. The more your presence becomes medicine — not because you're trying, but because you're true.

You are no longer fragmented. You are no longer chasing yourself in circles.

You are here. Present. Aligned. And when that happens, your gifts stop whispering. They start singing. Because they know... you've finally come home.

CHAPTER 8



Are You Open to Being Seen?

To be seen — truly seen — is one of the most vulnerable experiences we can have. And for those of us who are deeply intuitive, spiritual, or empathic, it's often one of the most frightening.

We learn early that seeing too much, knowing too much, feeling too much can make others uncomfortable. So we hide. We shrink. We contort ourselves into versions that seem easier to digest. We choose invisibility not because we don't want to shine, but because it once felt safer.

But every time you dim your light, a piece of you waits in the wings, hoping one day you'll say, "It's safe to come out now."

Being seen isn't just about physical presence. It's about energetic honesty. It's about showing up without the spiritual mask, without needing to soften your truth to make others feel okay.

This chapter is an invitation to say yes to your visibility. Not just in the outer world, but in your own inner gaze.

WHISPERED GIFTS

When was the last time you fully looked at yourself and said, ‘I am enough as I am’
— and meant it?

We want others to witness us, but we often struggle to witness ourselves.

When I finally stopped hiding my gifts, I realized it wasn’t just about the outside world accepting me. It was about me accepting myself. Fully. Even the inconvenient parts. Even the mystical knowing I couldn’t always explain.

Try This: *Mirror of Soul Practice*

1. Sit with a mirror. Light a candle. Look into your eyes.
2. Speak aloud: *“I see you. I honour you. I give you permission to be visible.”*
3. Notice what rises — joy, discomfort, tears. Let it come.

Being seen may stir old wounds. That’s okay. Your visibility does not depend on your perfection. It depends on your willingness to show up.

You do not have to prove your gift. You do not have to justify your knowing. You do not have to earn your light.

You simply have to own it.

The more you allow yourself to be seen, the more your energy calibrates to truth. That truth becomes a beacon. It draws the right people, the right spaces, the right opportunities.

WHISPERED GIFTS

And here's the irony: when you stop hiding, people stop projecting. They respond to your clarity. To your embodiment. To the power that comes from presence, not performance.

So ask yourself gently: What part of me is still hiding? What would it mean to be fully visible? Who am I when I'm not shrinking?

The world is waiting to see you. Not the polished you. Not the curated version. The radiant, real, raw, sacred you.

Are you open? Are you ready?

You are not too much. You are exactly as you were meant to be. And your presence — your seen-ness — is a gift to this world.

CHAPTER 9



Why Did the Fire Wake Me Up?

The fire stripped everything. It wasn't just the walls of my home that turned to ash — it was the illusion of control. It was the comfortable mask I'd worn, the neat identity I'd spent years crafting. In a moment, it was all gone. And yet, somehow, what remained was more true than anything I had built before.

There is something deeply sacred about what remains when we have nothing left to hide behind. The fire didn't just burn through bricks. It burned through pride. Through shame. Through silence.

And in the smoldering aftermath, I saw myself clearly for the first time.

The external fire mirrored an internal awakening. It cracked open a space I had long ignored — the part of me that knew, long before any titles or teachings. The boy from Birmingham, who felt things others dismissed. The boy who danced in secret. The boy who saw and sensed and questioned, even in the house of God.

Before the fire, I had boxed up that boy. Neatly. Tightly. Carefully. He was too wild, too sensitive, too much.

WHISPERED GIFTS

But the fire set him free.

I began to understand that loss is not always a punishment — sometimes, it's a portal.

What do you do when the life you thought you were building disappears? You rebuild — but this time, from the inside out.

I no longer had the space to pretend. No longer the desire to play small. The fire gave me permission to be bare. To be raw. To be real.

It taught me that pain is a teacher — not a cruel one, but a deep one. It led me into stillness. Into listening. Into surrender.

And in that sacred silence, I began to remember.

My spiritual gifts didn't start with the fire. But the fire uncovered them. It burned away my resistance to them. It demanded I stop negotiating with my calling.

Maybe you haven't lived through a literal fire. But I know you've been scorched. I know you've watched dreams die. I know you've held ashes in your hands and wondered if anything good could rise again.

Let me say this to you: You are not lost. You are being rebuilt.

Not in the image of what the world expects. But in the fullness of who you already are.

Try This: *From Ashes to Intention*

1. Light a candle. Watch the flame.
2. Think of one thing that fell apart in your life that you now see as a gift.
3. Write about what it taught you.
4. Thank the version of you who survived it.

The fire taught me I could survive the unspeakable. It taught me that my intuition isn't fragile — it's forged in truth. It's grounded in the soul.

The fire woke me up.

Maybe, if you're honest, something in you is burning now. A restlessness. A knowing. A flicker.

Don't run from it. What looks like destruction is often sacred initiation. And on the other side of the burn... is your becoming.

CHAPTER 10



What Is Energy Telling You Right Now?

Energy is the first language.

Before words. Before thoughts. Before beliefs. Energy arrives — honest and unfiltered. It speaks through vibration. Through feeling. Through the unsaid.

You know it already. You've walked into rooms that felt heavy before anyone spoke. You've met people who lifted you, who drained you, who intrigued you — even without a single shared word.

Energy doesn't lie. But we often do.

We pretend we're okay. We smile through tension. We stay in places where our bodies say, "No," but our minds say, "Be polite."

WHISPERED GIFTS

If there's one thing I've learned through this work — it's this: Your energy never lies to you. But to hear it clearly, you must stop overriding it.

For me, reading energy was never about performance. It was about presence. I could feel what others held beneath the surface — the grief hiding behind smiles, the longing wrapped in laughter. It wasn't magic. It was sensitivity. Awareness. An ability to listen to what was there — not what was said.

That sensitivity lives in you too.

Maybe you've sensed when someone's words didn't match their vibration. Maybe you've felt emotionally exhausted after being around certain people. Maybe you've felt deeply safe around someone and didn't know why.

That's energy. That's your system reading the room — and reading truth.

Try This: *Energy Scan*

1. Close your eyes. Sit still. Breathe.
2. Bring to mind a situation you're navigating — a relationship, a decision, a place.
3. Ask your body: *"How does this feel energetically?"*
4. Pay attention. Do you feel tight? Expansive? Neutral? Heavy?

The more you practice this, the more your intuition will sharpen.

WHISPERED GIFTS

Energy gives you feedback before your logic catches up. Energy holds memory. History. Story.

I've worked with spaces that held trauma — you could feel it in the walls. I've helped clients reconfigure their homes, their altars, their creative spaces based on the energy flow. Because energy holds influence. And when we become fluent in it, we gain access to wisdom that transcends what the eye can see.

You don't need to be an expert to feel energy. You already are energy.

The question is: Are you paying attention?

Some Questions to Ask Yourself:

- ▶ Who do I feel most myself around?
- ▶ What spaces energize me? Which ones drain me?
- ▶ What does my body say when I'm about to say 'yes' to something I don't want?

Listening to energy will guide your choices, your boundaries, your healing.

It will also strengthen your spiritual gift — especially if you're clairvoyant, empathic, or energetically sensitive.

We are moving into a time where authenticity is magnetic. Where you can no longer fake alignment. Where the cost of dishonesty — even with yourself — is too high.

WHISPERED GIFTS

Let your energy lead. Let it reveal where you are congruent, and where you are compromising.

There is clarity in your field. There is wisdom in your body. There is truth in your vibration.

So... what is energy telling you right now?

CHAPTER 11



Are You Holding on to Someone Else's Beliefs?

So much of what you believe didn't begin with you.

It came from voices you trusted. From parents. Teachers. Religious leaders. Culture. Society. It was passed down like an heirloom, wrapped in tradition, fear, or love — sometimes all three.

But here's the question: Are you living your life based on your own truth, or based on someone else's fear?

The beliefs we inherit can be beautiful. But they can also be cages.

For years, I believed that spiritual gifts had to look a certain way. That hearing from Spirit required hierarchy. That visions had to come with a title. That anything outside of a particular system was dangerous. Unholy. Off limits.

WHISPERED GIFTS

But deep down, I knew.

Long before I had language for it, I knew things. I saw things. I sensed things that couldn't be explained by what I was taught. And I carried guilt for that. I wondered if I was betraying what I believed — or if what I believed was never truly mine to begin with.

Unlearning is a sacred practice.

It doesn't mean you discard everything. It means you sift. You ask. You examine. You make conscious choices.

Try This: *Belief Inventory*

1. Write down 3-5 beliefs you were raised with about spirituality or identity.
2. Ask: Who gave me this belief? Was it spoken or unspoken?
3. Ask: Is it true for me now? Does it align with my current experience and knowing?
4. If it doesn't — bless it. Release it. Thank it for what it tried to offer.

Letting go of a belief isn't betrayal. It's evolution.

You are not here to carry everyone's ideas of who you should be. You are here to remember who you already are.

That remembering often starts with letting go.

WHISPERED GIFTS

When you do this, you create space for the Spirit to speak directly to you — not through doctrine or dogma, but through presence, intimacy, and resonance.

You begin to live from alignment, not obligation.

You begin to see that the Divine is bigger than any one system, and that your gift is part of a much wider, wilder, sacred design.

Let yourself question. Let yourself explore. Let yourself be led by what feels true — not just what sounds right.

You are not dishonoring your past by choosing your present. You are honoring your soul.

And when you do that, the path becomes clearer.

Not because you've memorized all the rules. But because you're finally living from your own knowing.

You've carried enough of everyone else's beliefs.

Now, it's time to come home to your own.

CHAPTER 12



Is It Time to Reclaim Your Name?

Your name holds a frequency.

Not just the one you were given — but the one that calls your spirit back into the room. The name that holds your essence. The name you whisper in your dreams. The name you live into, even when you forget you're worthy of it.

For many of us, our names became something we carried — not something we claimed. We learned to shrink ourselves to fit the sound of someone else's comfort. We were called by labels, expectations, family legacies, societal projections. We wore names like armor and sometimes like shame.

But your true name is sacred. It is a calling. It is a vibration that wakes something ancient in you.

For me, reclaiming my name was not just about saying it louder — it was about saying

it truer. It was about stepping into the fullness of what that name represents: identity, soul, and purpose.

Ryan O'Neil Allen. A boy from Birmingham. A man of Spirit. A soul who sees.

I had to ask myself: Am I hiding behind the name I was given, or am I embodying it? Sometimes, reclaiming your name means honoring your lineage. Sometimes, it means naming yourself anew — spiritually, energetically, or symbolically. Sometimes, it simply means returning to your core.

Try This: *Naming Ceremony*

1. Sit in stillness. Light a candle.
2. Speak your full name aloud — slowly. Notice what it brings up.
3. Then ask: What does this name mean to me?
4. Write: What do I want my name to mean from this day forward?
5. Optional: Create a declaration. “*My name is _____. I am _____.*”
Speak it into the space around you.

Your name is more than a label. It's a vessel. It carries a story. Power. Intention.

When you speak your name with reverence, you remind your body who you are. When you speak your name with conviction, you anchor your energy in truth. When you speak your name with love, you tell every part of yourself, “We belong.”

This isn't about legal documents. It's about soul reclamation.

WHISPERED GIFTS

Call yourself back.

You are more than what they called you. You are more than the mispronunciations, the erasures, the oversimplifications. You are not too much. You are not too little. You are perfectly named by Spirit.

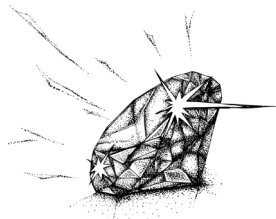
And if you don't know what that name is yet — listen. Ask. Wait. It will rise.

Your spiritual gifts grow in spaces where you are fully named, fully seen, and fully present.

So let this be a chapter of returning. Let this be the moment where you no longer apologize for being yourself. Let this be the sacred pause where you say:

"I am _____. And I am ready to walk in my true name."

CHAPTER 13



What If Your Gift Doesn't Look Like Theirs?

There's a subtle pressure that creeps into the spiritual space — an unspoken standard of how gifts are supposed to appear. Maybe it's someone pulling tarot. Maybe it's someone channeling guides with specific names. Maybe it's dramatic visions, exact prophecies, or formal rituals.

And when your gift doesn't mirror that? Doubt creeps in.

You begin to wonder: Am I making this up? Am I not spiritual enough? Do I need tools, certifications, or approval to validate what I know?

Here's what I want you to hear, deeply and without condition:

Your gift is sacred — even if it doesn't look like theirs.

WHISPERED GIFTS

When I first started recognizing my gifts, I didn't use cards. I didn't have altars lined with crystals. I didn't hear booming voices from the heavens. What I had was subtle. I felt energy. I sensed the truth. I could read a person's emotional and spiritual landscape without them speaking.

That's not showy. That's not social media-friendly. But it's real.

And the more I leaned into it, the more I saw: Spirit doesn't duplicate. Spirit customizes.

You are not here to be a copy. You are here to be a vessel.

Some people are seers. Some are feelers. Some are knowers. Some receive through art, movement, music, or silence.

There's no hierarchy. Only authenticity.

Try This: *Spiritual Inventory Without Comparison*

1. Make a list of ways you naturally connect with Spirit.
2. Think back to childhood — how did you receive inner knowing?
3. Reflect: What experiences validated your gift, even if quietly?
4. Write a simple affirmation: "*My gift is enough. I am enough.*"

The moment you stop trying to make your gift look like theirs, your energy expands. You come into resonance with your unique blueprint. That's when clarity deepens. That's when guidance sharpens. That's when synchronicities multiply.

WHISPERED GIFTS

Because now, you're no longer performing. You're simply being.

I've sat with people whose gifts didn't fit any textbook. A man who spoke only in metaphor, but could describe someone's past like poetry. A woman who received dreams in colors and decoded emotion through hues. A child who laughed every time her grandmother's spirit was near.

No books taught them that. But Spirit did.

The truth is, Spirit loves creativity. It speaks in whatever way you are most likely to hear.

So the question isn't: "Do I look like a healer?" It's: "Am I willing to trust how healing moves through me?"

You don't need to be louder. You don't need to be more mystical. You don't need to be more dramatic.

You just need to be honest.

Because honesty is alignment. And alignment amplifies everything.

Let go of the performance. Let go of the projection. Let go of the pressure.

You don't need their path. You need your permission.

WHISPERED GIFTS

And once you give it?

The Universe leans in. And says, *“Finally... you’re listening.”*

CHAPTER 14



Have You Let Spirit Speak to You Without Fear?

Fear is a quiet interrupter. It rarely shouts, but it always makes its presence known. It steps in when the whisper of Spirit begins to rise in you. It questions. It doubts. It rationalizes. And yet — Spirit doesn't compete. Spirit doesn't shout over fear. Spirit waits until you're ready to listen.

When I first started feeling the depth of my own clairvoyance, I was afraid. Not afraid of Spirit — but afraid of being wrong. Afraid of being judged. Afraid of opening doors I couldn't close. And deep down, afraid that what I felt so strongly might actually be true.

Because once you know something, you can't unknow it. Once you feel it, you can't pretend you don't. And with that knowing comes responsibility.

Letting Spirit speak requires trust. It requires stillness. And above all, it requires your yes.

WHISPERED GIFTS

Not a hesitant, fearful yes — but a grounded one. One that says, “I may not understand everything, but I am open.”

Fear tries to make you control the message. Spirit invites you to receive it.

That difference matters.

Sometimes, Spirit speaks through a nudge to reach out to someone — and fear tells you you’re being too much. Sometimes, Spirit shows you something in a dream — and fear tells you it’s nonsense. Sometimes, Spirit gives you a truth about someone — and fear tells you, “Stay quiet, don’t rock the boat.”

But every time you choose fear, you dull your frequency.

Let me be clear: fear isn’t the enemy. It’s often a wound protector. It learned to speak for you when your intuition wasn’t safe. When your knowing wasn’t welcomed. When your difference was mocked.

But now? Now, you’re an adult. You can choose again.

Try This: *Voice of Fear vs. Voice of Spirit*

1. Take a situation you’re navigating.
2. Write what fear says about it.
3. Then write what Spirit says.
4. Compare the tone. Fear is loud. Rushed. Urgent. Spirit is grounded. Kind. Clear.

WHISPERED GIFTS

The more you recognize these voices, the easier it becomes to choose which one you follow.

When I finally let Spirit speak without fear, I found myself saying things I didn't plan. Insights arrived like waves — timed, precise, but full of grace. I wasn't trying to prove anything. I was simply translating energy. And in that space, healing happened — for others and for me.

Spirit doesn't need your perfection. Spirit needs your availability.

So breathe. Let the fear be heard, but not obeyed. Let the voice of truth rise gently, but firmly. Let yourself speak what you know, even if your voice shakes.

You are not here to impress. You are here to illuminate.

And Spirit? Spirit speaks best through hearts that are open. Not perfect. Just open.

Say this aloud, if you feel ready:

“Spirit, I release the fear of being wrong. I release the fear of what others think. I am willing to hear, to receive, and to trust. Speak to me in a language I understand. And I will listen.”

Your gift becomes clearer the moment fear loses its grip.

Let Spirit speak. You're safe now.

CHAPTER 15



Will You Finally Say Yes to You?

There is a sacred threshold we all come to — the moment when we stop asking if we are enough and start living like we already are.

That moment requires a “yes.” Not to a title, a platform, or an audience — but to ourselves. To our wholeness. To the voice inside that never stopped whispering, “You were made for more.”

For years, I said yes to everything but myself. Yes to expectations. Yes to playing small. Yes to fitting in. But every yes that didn’t align with my truth became a quiet “no” to my soul.

Until one day, I couldn’t do it anymore.

The cost of betrayal — self-betrayal — was too high.

Saying yes to yourself doesn’t mean rejecting everything else. It means recalibrating your life around authenticity. It means coming home to your core essence, no longer shaped by other people’s comfort.

WHISPERED GIFTS

When I said yes to me, I remembered I was a dancer. Before I was a spiritual guide, before I had words for what I could see — I was a boy who danced when no one was watching. That movement was my first language with Spirit.

And somehow, I had buried it.

In a session with Dr. Aundrea Nyle, her presence unearthed that buried self — the dancer in me, the embodiment of my gift. She didn't call it out to flatter me. She saw it and reflected on it without hesitation.

It was one of the most healing moments of my life.

What have you buried?

What truth is quietly waiting to be reawakened in you?

Try This: *The Soulful “Yes” Ritual*

1. Light a candle. Sit in stillness.
2. Speak aloud: “I give myself permission to say yes to my whole self.”
3. Write down everything that your yes includes — even the parts that feel scary or unconventional.
4. Read your list back. Let it land in your body.
5. Close your ritual by placing your hand on your heart and whispering, “I choose me.”

WHISPERED GIFTS

Your yes may shake the room — not because it's loud, but because it's real.

The moment you say yes, the Universe responds. Doors open. Synchronicities multiply. Peace finds you.

This yes is not a final destination. It's a sacred beginning.

So, will you say yes?

Not when you're more ready. Not when you're more perfect. Not when the world approves.

Now.

Just as you are.

Because you — all of you — is worthy of your own yes.

Dear Reader,

Thank you for walking with me through the pages of *Whispered Gifts*. If something in these words awakened a deeper sense of knowing, or gently stirred your spirit, I invite you to continue the journey.

Should you feel called to receive a Spiritual Reading — a sacred space to reconnect with your inner truth and receive intuitive guidance — I would be honoured to work with you.

You can reach me, Ryan Allen, The Clairvoyant, at ryanoneilallen@gmail.com.

With heartfelt love and light on your path,

Ryan

WHISPERED GIFTS

A Gentle Guide to Remembering Your Spiritual Gifts

What if the parts of you you've hidden — the ones called “too sensitive,” “too much,” or “too different” — are the very clues to your spiritual power? In *Whispered Gifts*, intuitive guide and storyteller

Ryan Allen invites you on a deeply personal and powerfully transformative journey to remember what your soul has always known. Drawing from his own awakening — from the fire that changed everything to the inner whispers that never left — Ryan gently unpacks the truth that your spiritual gifts were never lost...

only waiting to be remembered.

With compassion, clarity, and guided practices woven throughout, this book is a soft light for empaths, seekers, and sensitive souls ready to reclaim their intuition, embody their truth, and return to themselves — fully and unapologetically.

You are not too much.

You are not broken.

You are just waking up.

Let this book be your invitation to say yes — to you.

RYAN ALLEN