

## *The "Clair" Senses*

We all have dormant abilities inside ourselves waiting to be used. You are not limited to only 5 senses. It is a simple matter of claiming your power and developing the skill to use it. As you continue to discover your higher self (soul) and level up, you may notice you are developing the ability to pick up on information with no known source. You will be more likely to progress in a regular daily meditation practice. You will strengthen your spiritual connection and intuition, therefore it is helpful to have a basic understanding of the many gifts we can connect to. Below is a list of ways people receive information. It's possible to develop all of these abilities with practice over time but typically you will be able to resonate with one that is your strongest "Clair." Intuition is a gift, but one that we all possess, however we are far more capable than we think.. Don't be shy or intimidated about getting more in touch with your spiritual gifts. Practice tuning in and trusting for better results. Describe below each description of "Clair" or in your journal, a time when you may have experienced each spiritual gift. Bringing awareness can help you discern which may be your souls strongest muscle.



## *Clairvoyance "clear seeing"*

This is when visions past, present and future flash through our mind's eye, or third eye, much like a daydream. You may experience vivid dreams, visions, mental images and mini movies that flash into your inner awareness. You may be able to see colors of the energy, see auras around people, plants and animals or perhaps you are able to see angels, ghosts or other beings. Many of us are highly visual and able to understand an idea best when we see it written or sketched out as an image on a computer screen or on a canvas. Visual people often choose to be artists, builders, photographers, decorators, designers and so forth. With extra sensory impressions and symbols in the form of mental images through their mind's eye third. If you are a visual person who can easily visualize solutions to problems and have a great sense of direction. Clairvoyant's may also have the ability to see future precognition to clarify and illuminate the present most common as well as see past post cognition.

## *Clairaudience "clear hearing"*

This is when we hear words, sounds or music in our own mind's voice. On rare occasions, spirit may be able to create audible sound, though this takes a tremendous amount of focused energy. Some of us best retain and comprehend information when we hear it spoken aloud. Our natural talents tend to lie in our auditory faculties, often making us gifted musicians, singers, writers and public speakers. Someone with clairaudience may receive their intuitive information with their inner or outer hearing. For example, perhaps you're driving to work and suddenly hear, "take the next exit," yet, there's no one else in the vehicle. However the message was clear and seemed to come from "outside" of you.. Later to discover, had you not taken the next exit... you may have missed a very important meeting due to the major traffic car pile up. If this feels right to you, clairaudience may be a leading sense for you.

## *Claircognizance "clear knowing"*

This is when we have knowledge of people or events that we would not normally have knowledge about. When you just suddenly know something to be true even though you didn't see it, hear it or feel it, you just know it's a stroke of instant insight or a download of information that needs no processing or interpretation. Spirit just impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a forewarning of something that will happen in the future. Claircognizance requires tremendous faith because there's often no practical explanation for why we suddenly "know" something. Many philosophers, professors, doctors, scientists, religious and spiritual leaders and powerful sales and business leaders tend to be highly intuitive and seem to just know the facts with a sense of certainty. If this is you, consider claircognizance as one of your dominant senses. Many confuse Claircognizance "clear knowing" with clear empathy "clear emotion" or clairsentience "clear feeling" because their "knowing" is quickly followed by either an emotional or physical reaction to the insight. Over time paying attention to how this insight comes into your awareness will help you distinguish and discern the difference

## *Claire Empathy "clear emotion"*

If you have Claire Empathy you can sense other people's emotions, thoughts and symptoms. It is the awareness and perception of emotional energy. You don't necessarily experience the feeling in your body but you are aware of the feeling. Example: when you walk into a room after a couple arguing, you can sense the anger and hurt in the room. You can easily hear it in someone's voice when they are lying to you. Empaths have a huge aura, they need lots of self-care and psychic protection techniques to successfully manage their empathetic nature and shield themselves from energetic overload. It's important for an Empath to know how to maintain spiritual boundaries and how to clear unwanted negative energy from their auric field

### *Clairsentience "clear feeling"*

This entails feeling a person's or spirit's emotions or feeling another's physical pain. Many of us are clairsentient without consciously being aware of it. When we get a strong "gut" feeling, positive or negative, something doesn't feel right and you experience it viscerally as a physical sensation in your body. When we get the "chills" for no apparent reason, we may be tuning into the emotional energy of a person or a spirit around us. When we are highly sensitive and are in tune with not only our own feelings, but also the feelings of others, this makes us natural healers and caregivers. We often are caretakers, feeling inspired to pursue careers as doctors, therapists, counselors, nannies and teachers. Physical feeling obtaining intuitive insights by the way of the physical experience in their body. You have that gut feeling or They can experience the physical and emotional pain of a land or a place where tragic events have occurred. The difference between Claire Empathy and Clairsentience is that Empaths sense the energy, emotions, pain etc... whereas Clairsentience experience and feel the energy, emotions, pain etc... If this is you, clairsentience is at the top of your senses list.

### *Clairience "clear smelling"*

This is being able to smell odors that don't have any kind of physical source. Instances of this could include smelling the perfume or the cigarette smoke of a deceased relative, used as a sign of their presence around us. When our sense of smell is strong and distinct, we may find that certain smells connect us to past memories or we may be drawn to working as a florist, a wine taster or a perfume fragrance creator.

### *Clairgustance "clear tasting"*

This is the ability to taste something that isn't actually there. This experience often comes from out of the blue when a deceased loved one is attempting to communicate a memory or association we have with a particular food or beverage that reminds us of them. If we have a heightened sense of taste, this would make us natural chefs, bakers or food critics