



Worksheet: Visiting With the “Clairs”

In learning to understand and develop our Intuition, it's important to gain an understanding around how our Intuition actually communicates with us. Some people are lucky enough to experience the stereotypical seeing a vision (clairvoyance) or hearing a voice (clairaudience) but Intuition can communicate through several other “Clairs”. In fact, most people experience most if not all forms of “Clair” communication styles, to some degree or another, however, everyone tends to have one dominant “Clair”.

Several “Clairs” are listed below, although I'm sure as we learn more about our Intuition and Psychic abilities, additional “Clairs” will be revealed.

***Clairvoyance* means clear seeing.**

This is when visions past, present and future flash through our mind's eye, or third eye, much like a daydream. 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. If this sounds familiar, your clairvoyance is most likely a dominant sense.

***Clairaudience* means 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. If this feels right to you, clairaudience may be a leading sense for you.

***Clairsentience* means 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, about someone we just met or 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 feel inspired to pursue careers as doctors, therapists, counselors, nannies and teachers. If this is you, clairsentience is at the top of your senses list.



Claircognizance means clear knowing.

This is when we have knowledge of people or events that we would not normally have knowledge about. Spirit 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.

Clairaliience means 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 means clear tasting.

This is the ability to taste something that isn't actually there. This experience oftentimes 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.

Clairtangency – clear touching. Also known as psychometry. To handle an object or touch an area and perceive through the palms of one's hands information about the article or its owner or history that was not previously known by the clairtangent.

How do you recognize what your preferred or dominant style of sensing is?

Begin by sitting in a comfortable place where you won't be distracted for a few minutes. Scan the area around you, taking in all details and feelings of where you are. Then close your eyes and focus on your breath. Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the *sight* of something that stood out, the *sound* of something that you heard, the *feeling* of something registering in your stomach or heart, a *taste* or *smell* that suddenly appeared or a strong *thought* about something that hit you from out of the blue?