

Meet the Claire's: Keys to how Spirit might be using your senses to get in touch with you. This also includes key words to help you jumpstart your abilities.

Clairsentience/Clairempathy- Clear Feeling; *I feel/I sense*; Gut knowing or feeling. This is really the catch all of all senses! Every other sense is just a break down of this God knowing. This is when you get a feeling about someone you have just met. Also, the sense responsible for Empathic ability. The distinction I make between the two is that Clairsentience often has more to do with objects such as in picking up left over energy or psychometry. Ex: Standing next to slot machine and knowing it's a winner! Clairempathy often has more to do with feelings and emotions of the people in your life. Ex: How twins know their sibling needs them. *Being empathic: being able to pick up on the feelings and thoughts of others. Empathy is an extension of your intuition and mediumship. In the hunter-gatherer days it's what allowed humans to judge whether someone meant us harm.

Claircognizance- Clear Knowing; *I understand*; To receive a download from spirit. To know something without any way of backing it up. Also, described as an intuitive leap. It's most often found in naturally left brained analytical people. It's a way of going about a left brained process in a right brained manner. Ex: Albert Einstein sudden inspirations about how the universe worked. He called it Eureka! Also, the skill utilized in automatic writing.

Clairvoyance- Clear Seeing; *I See*; This particular Clair comes in two flavors: Objective and Subjective.

Objective: Pictures, images, colors, old photographs, symbols seen in your minds eye. Ex: Some people describe seeing a collage of images in his head.

Clairvoyance: Subjective: Literally seeing a vision or spirit person outside of oneself. Similar to a holograph. Ex: People who talk about seeing a loved one at the end of their bed after having passed.

Clairaudience- Clear Hearing; *I hear*; Also, comes in two forms: Objective and Subjective.

Objective: Often spirit will use our own internal monologue to convey a message. With practice you can ask your guides and spirit to change their vocabulary and/or tone to make a distinction. Ex: The thought that you should call a friend only to find out they really needed to hear from you.

Subjective: Hearing a voice as you would normally. Ex: When people talk about hearing their name called when no one is present.

Clairtangency- Clear Touching; I feel; The primary skill utilized in psychometry. Comes in objective & subjective forms. To touch something/someone and know about it's history and/or future. Ex: Some intuitive readers will link with a clients energy by holding their hands

Clairgustant- Clear Tasting; I taste/I smell; Scent is the strongest sense associated with memory. We all know that taste and smell are closely related. Ex: If you walk into a room and smell your deceased fathers cologne and no one is physically present.

Ex 2: If you are speaking with a friend and as she's trying to gather the words to describe a co-worker you get a bitter lemon flavor in your mouth, and the co- worker has a bitter personality.