

clear seeing

Clairvoyance



How to develop

1) Be aware that your flashes of vision may be literal or figurative. You may see an image that is of someone walking in the door of a new place of work and feel the excited emotions they experience (clairsentience). Or you may see a person in a thunderstorm. Is that person experiencing a storm of activity or emotions in their life? Journal what you receive and how you experience it.

2) Learning to see auras is a great way to practice your gift. Ask a friend to sit against a plain background and let your eyes soften focus. Look for a white light, or colors. If you watch a speaker, or teacher, who is passionate about their subject, you will see their light flare and grow around them. How is your light growing today?



Chakra & crystals

Clairvoyance is associated with the 3rd eye chakra. The color Indigo is linked, and some recommended crystals are Amethyst and Lepidolite.

Strengthening this ability is about wisdom, clarity, self-trust and experiencing the truth.

What is Clairvoyance?

Clairvoyance means clear seeing.

Ah! The most famous Clair sense! It is the ability of discerning objects not physically present to the senses, and to perceive matters beyond the range of ordinary perception.

You may see pictures or clips (like small movies) playing in your mind's eye, see auras, or have uncanny perceptions or insights into people or situations.

clear smelling

Clairalience



What is Clairalience?

Clairalience means clear smelling.

This is the ability to smell odors that do not appear to have an immediate physical source.

Many people report smelling their loved one's perfume, or cigarette smoke etc. Smells are inextricably linked to some of our strongest memories.

How to develop

1) Ask your deceased loved ones and guides to help you with this project! Ask them to send you scents that you will recognize.

A loved one's favorite cookies at the holidays, the scent of peppermint for the candy they always ate, the scent of hot tar for someone who worked as a roofer, etc. Let them surprise you!

2) Become olfactorily aware. The TV commercial slogan is true: we are "nose-blind" and often tune-out our environments.

Make a note of the different scents you come across each day: cut grass, coffee.... The more aware of your surroundings, the more the messages will come!



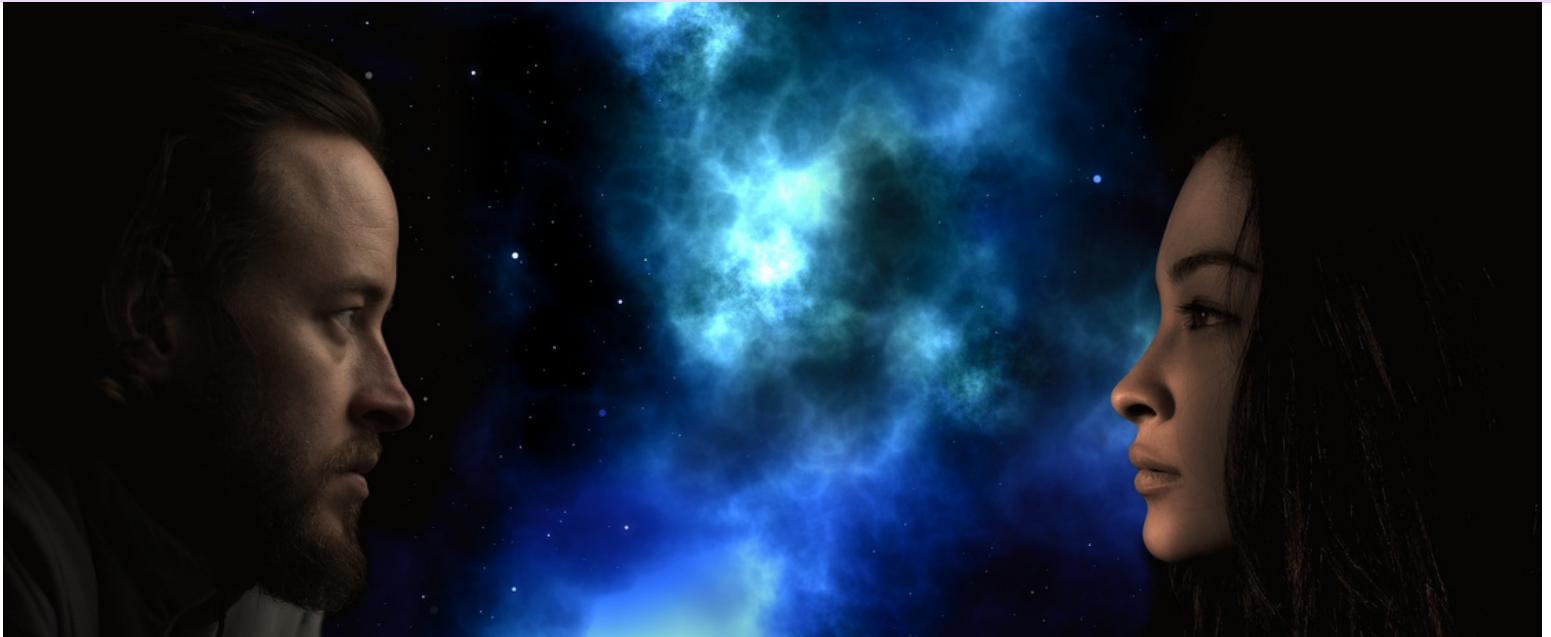
Chakra & essential oils

This psychic sense is associated with the throat chakra. Some of the essential oils associated with this chakra are: Peppermint, Rosemary, Eucalyptus, Basil.

Try adding a few drops to your laundry, or get an essential oil diffuser for your car air vent.

clear knowing

Claircognizance



How to develop

1) Gut instincts... do you pay attention? Let's review! Think back to events, people or opportunities that you received prior gut feelings about. Did you trust those gut instincts, or do you now wish you had? Does it inspire you to trust those insights, moving forwards?

2) When you receive a phone call or text message, pause before looking at the screen. Who is contacting you? A name will come to mind. Look at the screen – were you right?

3) Meditate. Do any people, names, events come into your awareness? Journal and continue. Look back at this at the end of the week. Did you get the name of an old colleague and then hear from them out of the blue?



Chakra & crystals

This psychic sense is associated with the crown chakra.

Color and light are great activators for this chakra.

Stained glass is perfect as it combines both. Perhaps not a coincidence that churches use this to facilitate our spiritual awareness?

Crystals associated are: clear quartz and fluorite. Colors are white and violet.

Listening to Tibetan singing bowl meditations in the musical note of B clears and strengthens this chakra too.

What is Claircognizance?

Claircognizance means clear knowing.

This is the ability to know something, instinctively, intuitively, and without solely relying on the five physical senses.

It is truths or premonitions that pop into our minds with no practical explanation.

It can feel like a download of information from the Universe.

clear feeling

Clairsentience



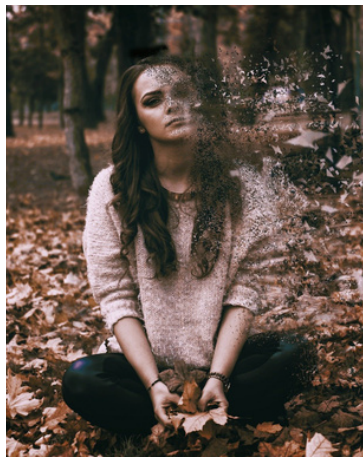
How to develop

1) Let's work on you becoming more sensitive.... Oh no! you may say, I feel too much already... but the aim is not to be like a sponge absorbing everything. NO! It is to feel, and let it pass through you, like a wave. Set the intent that feelings, the energy of others, sensations, all of it, are part of the ocean you are in, but you a rock, and they roll past you. You feel it, but don't drown in it.

2) A key factor is knowing what YOU feel and where the edge of that boundary is. Self-care and awareness are vital.

Spend time in nature, get some quality peace and alone time. Turn off the TV, take a break from your phone.

Consider this a detox from the sensory overload, and make time for it daily. As you do this, you will feel lighter, stronger and able to receive clearer messages.



Chakras & crystals

This psychic sense is associated with TWO chakras: the 3rd (solar plexus) and the 4th (heart). FEEL the vibration of the crystals.

For the solar plexus chakra: Citrine, Yellow Jasper, Lemon Quartz.

Pink or deep green crystals for the heart chakra: Rose Quartz, Kunzite, Emerald, Green Calcite.

What is Clairsentience?

Clairsentience means clear feeling.

It is the ability to perceive emotional or psychic energy that is imperceptible to the five standard senses. It is the psychic ability for a person to acquire knowledge by means of feeling.

Do you get strong "gut" feelings about people/situations? Can you tune in clearly to the moods of others?

clear tasting

Clairgustance



What is Clairgustance?

Clairgustance means clear tasting.

This is the ability to taste something that isn't physically there. This often happens unexpectedly when a deceased loved one is communicating a memory that reminds us of them.

Mediums often receive tastes associated with physical conditions too: a taste of blood, or chemical/drug treatments that the loved one experienced.

How to develop

- 1) Pay attention to the subtle tastes. Do you have a craving for a certain lunch that day, and when you go to the restaurant, you bump into someone you needed to see? Using your senses is an easier way for your guides to communicate with you.
- 2) Practice sharpening your awareness of taste. Try different foods and drinks mindfully. Journal what tastes remind you of certain places or memories.
- 3) Have you ever suddenly tasted the cookies they made for special occasions?
- 4) This is one of the more overlooked Clair senses, but it can bring a more rounded message from Spirit. It brings depth and authenticity to the messages. Keep going!



Chakra & herbs

This psychic sense is associated with the throat chakra. Peppermint and sage are two of the herbs associated with this chakra, Experiment with adding these to your favorite dishes.

Listening to Tibetan singing bowl meditations in the musical note of G clears and strengthens this chakra too.

clear hearing

Clairaudience



What is Clairaudience?

Clairaudience means clear hearing.

If you are clairaudient, you can hear messages from more than just the physical world.

This includes voice messages or sounds from angels, spirit guides and those who have passed on. Think of it as tuning your radio into additional and higher frequencies!

How to develop

1) Turn off all noise distractions, put away visual distractions. Take a deep breath... and just breathe.

Bonus points if you do this outside in nature! Become aware of slight sounds: wind, leaves, hum of traffic. Practice asking your guides questions and listen for the response.

2) Before leaving the house in the morning, ask your guides to bring you an audible answer to a specific question. Pay attention to songs you hear, to words people say, etc.

3) Journal the messages, when you hear a word, your name called, etc. Write down the questions you ask and see how the messages manifest in audible answers. Experiencing how frequently it happens will provide you with validation that your skills are growing!



Chakra & crystals

This psychic sense is associated with the throat chakra. Work with crystals associated with this chakra: Lapis lazuli (pictured), blue lace agate, Blue apatite. Hold them while you meditate, carry them with you... the possibilities are endless!