

The Four Major Intuitive Abilities

1. Clairvoyance – clear seeing

Clairvoyance is an inner seeing. It's the most well-known, but least understood intuitive gift on our list of psychic abilities.

I would describe it as watching a little movie inside your head.

Someone who is clairvoyant is not necessarily seeing the future or having dramatic psychic visions like you see in the movies.

Rather, clairvoyance can be very subtle. For example, you may just see a color, a number, or even a symbol you may or may not understand what these images mean, and they are not always meant to be taken literally.

On the other hand, you may get a full blown premonition. Like the old saying goes, "I saw that one coming!"

Other terms for clairvoyance: third eye, psychic eye, psychic vision.

2. Clairsentience – clear feeling

Clairsentience is the ability to receive intuitive messages via feelings, emotions, or physical sensations. Empathy (feeling the emotions of others) is also a form of clairsentience.

Whether you are at school, home or at work, anywhere you may feel drained or pick up on the moods of people around you. You may feel exhausted being around someone who is negative, and it may be difficult for you to watch the news.

As a clairsentient, it may be very easy for you to know when someone is lying to you – you can just feel it somehow. And you may even feel the physical ailments of others.

Other common terms for clairsentience: empath, spiritual or intuitive empath

3. Clairaudience – clear hearing

No list of psychic abilities would be complete without clairaudience.

Clairaudience is a way of receiving intuitive messages without using the physical ears.

Think of clairaudience as an inner hearing. For example, you may suddenly hear that little voice inside you say, "go right!" or "stop!"

When a sensitive person – such as a psychic or medium – is clairaudient, they are able to hear things that others cannot, such as spirit voices, sounds, and even music.

Spiritual mediums are often clairaudient and can hear words, phrases, and names from those who have passed on.

Most times, the medium will hear Spirit speaking inside his or her own head in her own voice (it sounds like when you are reading silently to yourself). On some occasions, the medium may also hear the actual voice that the spirit had when they were living.

Common Misconception About Clairaudience:

Let's pretend you and some friends think you hear a spirit voice in your house. This is usually not be considered a clairaudient experience because the sound was out loud, for all to hear with the physical ears.

4. Clair-cognizance – clear knowing

Clair-cognizance is the ability to just know something without logic or facts. It may help to think of it as an inner knowing.

Like if you know that you shouldn't trust your new neighbor or get on that airplane, but you don't know why, that is Clair-cognizance. It's an important extrasensory perception, and psychic abilities.

These claircognizant feelings can be very strong. They can also come in the form of intuitive thoughts that can pop into your head at random.

Clairalience – clear smelling

Clairalience is the ability to smell things outside the normal range of smell, such as the perfume of a loved one who has passed away.

Sometimes a person in spirit will fill a room with a familiar smell so that their loved ones know they are around.

I don't know how our loved ones in spirit do this, but many people find this phenomenon very comforting.

Clairgustance – clear tasting

Last on our list of psychic abilities is Clairgustance. Clairgustance is an inner tasting; that is, tasting without putting anything into your mouth.

This form of extrasensory perception is sometimes experienced by mediums when they give a reading.

The way it works is pretty simple. When a medium is communicating with a spirit, they may begin to develop a particular taste in their mouth. So, if a person in spirit used to love to eat chocolate cake, a medium who has this sense might taste chocolate cake.