

**Clear Sensing**  
**Clair-sensitivity – Benefits and How to Enhance healing**  
**Clair-sensitivity is a powerful and useful psychic ability**

is having a feeling or the perception of knowing about a person. Cultivating the ability to sense emotions, having empathy for people is an obvious plus in any situation, be it personal or business.

As with all of these natural gifts, practice makes perfect. When working with your healing we also have to remember it can also include anticipating what will be said, what will be done, how someone will react, etc. Always remember when someone walks away from you feeling better than when they entered our room that is a great healing. It's the healing of the mind.

Any time you have a situation where you can't objectively know the answer, get into a relaxed state of consciousness, use an anchor, rely on a sudden inspiration or any other technique that puts you into the flow, and see if you can anticipate the correct answer.

As with all 6<sup>th</sup> sense abilities, (Spiritual/Psychic) sometimes you will know and other times you won't **Clairsentience is not a guessing game**. It's more of a matter of being in the now or the flow. The key is to note how you feel, what you did, the environment, circumstances and other factors involved when you're spot on. Being tuned in to what is happening is so valuable.

Eliminating extraneous thoughts and being in the present moment is where it all starts. Remember NOW is the time of the Spirit

Two of our biggest distractions ins working with the Spirit or Psychic realm are.

1. Getting out of ourselves and into another's energy patterns for any length of time. We are self-absorbing and waiting to relate to any experience and bring the conversation back on ourselves.
2. Staying in the NOW. We tend to drift in the yesterdays or tomorrows but fine the present moment so difficult to stay in. It's a requirement to work with your 6<sup>th</sup> sense.