



# Getting to Know the Clairs

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Generally speaking, we access our intuition via what are called the Clairs. One is not 'better' than the other, and we can (and should) learn to use all our clairs but starting out, it is beneficial to know where your strength lies.

The most common Clair is that of Clairvoyance, or Clear Seeing. It often seems like a scene flashing through our mind's eye of an event- past, present or future. You will often physically feel this in your third eye, right in the brow area.

Many of us are very visual and learn best by seeing a diagram, versus someone telling us how to do something.

You may have vivid dreams or daydreams or see flashes of color or movement. You have a good imagination and can visualize things easily. Those strong in clairvoyance are often drawn to the arts, photography, graphic design, etc. The third eye is very sensitive and you may actually feel a throbbing or a slight headache as you are developing. There is nothing wrong, just be gentle with yourself and the process. Development is a process, not a sprint.

Another Clair is Clairaudience, or clear hearing. Clairaudience is when we hear words, phrases, sounds, bits of a song in our mind's eye. More rarely, it is an audible, outside our mind, sound--though this takes a tremendous amount of energy. People who are primarily clairaudient may really enjoy music, theater, singing, public speaking or writing.

Clairsentience is Clear Feeling. Many of us are clairsentient without being aware of it. Clairsentients feel another person's emotions or even their physical pain. Clairsentience is that 'gut feeling', it is that immediate like or dislike of a person, it is that 'I knew it' experience. You often will literally feel this clair in your gut. You may have been told you are an empath, one who feels others' feelings.

Being highly sensitive to their own feelings and those of others make clairsentients naturally drawn towards caregiving careers: healthcare, teachers, nannies, therapists, and aid workers are all possible careers.

Very similar, but different, is Claircognizance, or Clear Knowing. Those strong in Claircognizance have a knowledge of people or events that they would not normally have knowledge about.

Think of it as truths that simply pop into our minds, like a stroke of genius. Premonitions are a form of Claircognizance, as is the feeling of déjà vu, as if you have been there before. You may also pick up a skill very easily, as if you knew how to do it before. There is no practical explanation for why we know what we know.

Those gifted in claircognizance could be philosophers, or even business people or entrepreneurs who seem to be in the right place at the right time.

Two other lesser known clairs are Clairalience, or clear smelling: you suddenly smell your late father's tobacco smoke or your mother's perfume. Clairgustance is clear tasting: a taste comes into your mouth when you are not eating.

Know that while you are probably more dominant in one clair than another, it is possible to become proficient at utilizing all clairs, just as without thought we utilize all our other senses of sight, sound, smell, taste and touch.