



Understanding the Clairs

Definitions and distinctions explained

Welcome to the world of psychic abilities! This document will guide you through the primary "clairs," or psychic senses. These clairs are channels of perception beyond our ordinary senses, allowing individuals to receive information and insights in unique ways. We'll explore each clair individually, highlighting what makes it distinct.

The Core Clairs

Clairvoyance: Clear Seeing

Clairvoyance is the ability to see information beyond the range of ordinary sight. This might manifest as:

- Seeing images, symbols, or visions in your mind's eye.
- Seeing auras or energy fields around people.
- Having vivid dreams that offer insights.
- Seeing spirits or entities.

Clairsentience: Clear Feeling

Clairsentience is the ability to perceive information through feelings and emotions. This might involve:

- Sensing the emotions of others.
- Having physical sensations that indicate the presence of energy or spirits.
- Feeling drawn to certain places or objects.
- Experiencing a strong gut feeling or intuition.

Clairaudience: Clear Hearing

Clairaudience involves hearing information that isn't audible through normal means. This can include:

- Hearing voices, either internal or external.
- Hearing sounds or tones that carry specific meanings.
- Hearing guidance or messages from spiritual entities.
- Having a "knowing" of what someone is about to say.

Claircognizance: Clear Knowing

Claircognizance is the ability to know something without any logical explanation. This can manifest as:

- Suddenly knowing a piece of information without being told.
- Having a deep understanding of complex concepts.
- Receiving insights that seem to come from nowhere.
- Just "knowing" the right course of action.

Other Notable Clairs

Clairience: Clear Smelling

This clair involves receiving psychic information through scents. Someone might suddenly smell a specific fragrance associated with a person, place, or memory.

- Smelling perfume of a deceased relative.
- Detecting scents associated with danger.

Clairgustance: Clear Tasting

Clairgustance is the ability to taste something without physically putting it in your mouth. This sense is less common than the others.

- Tasting a specific food that provides insight into a situation.
- Experiencing the taste of medicine when someone is ill.

Differentiating the Clairs

The key to understanding the clairs lies in recognizing the *primary mode of perception*. Ask yourself:

- **Am I seeing something?** (Clairvoyance)
- **Am I hearing something?** (Clairaudience)
- **Am I feeling something?** (Clairsentience)
- **Do I just *know* something?** (Claircognizance)
- **Am I smelling something?** (Clairience)
- **Am I tasting something?** (Clairgustance)

It's also important to note that many people experience a combination of clairs, with one or two being more dominant than the others. You may "see" a symbol (clairvoyance) and simultaneously "feel" its emotional significance (clairsentience).

Summary

This document has explored the major psychic clairs: clairvoyance (seeing), clairaudience (hearing), clairsentience (feeling), claircognizance (knowing), clairience (smelling) and clairgustance (tasting). Each clair provides a unique pathway to receive information and guidance beyond our ordinary senses. Understanding these clairs and how they differ from each other is the first step to developing your own psychic abilities. Recognising how you perceive the world through your own clairs is a useful tool when exploring your own spirituality.