



Clairabilities



Contents

- ∞ All About Your Clairabilities
- ∞ Sensory Field Trips: The Power of Your Senses to Access Your Psychic Ability
- ∞ How to Develop Your Psychic Power of Clairaudience
- ∞ Psychic Development Secrets and How to Access Your Claircognition Psychic Power
- ∞ How to Quickly Develop Your Psychic Ability of Clairsentience
- ∞ The Difference Between a Highly Sensitive Person, Empath and Clairsentient
- ∞ How to Know If You Are Clairvoyant
- ∞ Develop Your Clairvoyance
- ∞ Introducing a Powerful Technique to Open Your Clairvoyance
- ∞ Develop Your Clairvoyance Using These Powerful Techniques



All about your Clairabilities

Clairabilities are your connection to your higher self, your sixth sense, and the Spirit World. Our 7 Clairabilities use all of your senses:



Taste



Touch



Smell



Hear



Sight

Through your senses, you open the door to the intuitive psychic you already are! Using your Clairabilities helps you become stronger in your ability to connect psychically with the world around you.

What Are Your Clairabilities?

In learning about your Clairabilities, I teach you how to take your physical senses to a higher level spiritually. I call this “heightened sensing.”

We each have 7 Clairabilities, which are

- 1 Clairvoyance  Clear seeing
- 2 Claircognizance  Clear knowing
- 3 Clairaudience  Clear hearing
- 4 Clairsentience  Clear feeling
- 5 Clairkinesthesia  Clear touching
- 6 Clairgustance  Clear tasting
- 7 Clairolfactory  Clear smelling





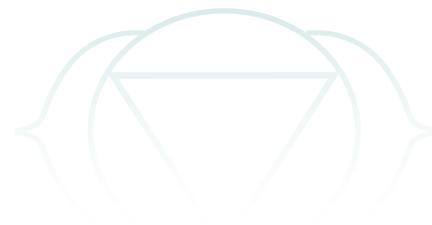
What is the Clairvoyance – Clear Seeing Clairability?

Clairvoyance is your ability to connect with your inner third eye. Through Clairvoyance, you receive images and pictures that leave psychic imprints for interpretation.

If you have ever daydreamed before, then you have experienced what it is like to use your Clairvoyance. You can practice increasing your Clairvoyance through the use of simple visualizations. Pick something that is in the room you are in now. Then close your eyes and imagine that same item in your inner vision. Notice the details of it, including color, texture, shading, and shape.

Connect to your Clairvoyance:

- 1 Find a deck of cards you feel drawn to.
- 2 Start with the intention to build your skill and ability to tune and heighten your senses.
- 3 Draw three cards.
- 4 Try to guess the suit of these cards only.
- 5 Do this several times.
- 6 Notice how you do in your guesses. Resist the temptation to “get it right.” Let go of the outcome. If you are too attached to “getting it right,” this comes from ego and puts blockages in your ability to grow. When you accept what comes to you, then you are able to tune in and expand your ability to use this sense.
- 7 Pay attention to how it feels when you are accurate. Being conscious of this feeling, increases your ability.



What is the Claircognizance – Clear Knowing Clairability?

Claircognizance is your ability to know things. You may just know about someone or something without being told anything or having researched any information.

This ability is in the Crown Chakra and is the color violet. Put your focus there and imagine this Chakra spinning with aliveness. Notice what you feel as you tune into this ability. As you do, you are communicating to your Higher Self that you are ready to open your ability in this area.



Connect to your Claircognizance:

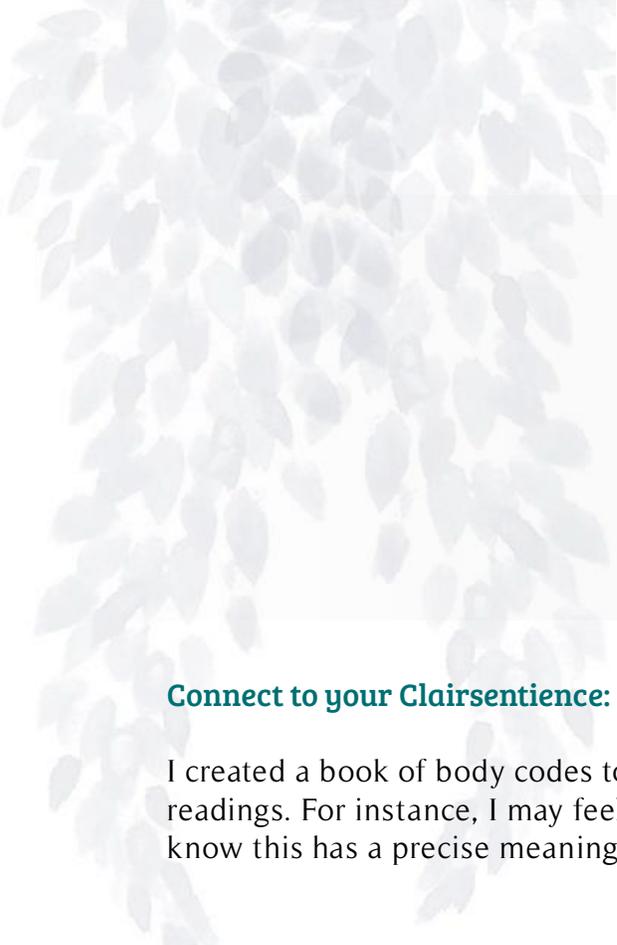
- 1 Get a notebook or a few sheets of paper.
- 2 Ask the Universe a question you want to know about and say it out loud.
- 3 Start writing. Write whatever comes to you. It may also come in the form of a picture. Try not to dwell on what you receive, just write.
- 4 Do this three times on three different sheets of paper.

What is the Clairaudience – Clear Hearing Clairability?

Clairaudience is your ability to hear things, found in your fifth Chakra, the Throat Chakra. Be aware of your Throat Chakra and tune into the color blue, seeing it spinning beautifully alive. As you do, know that it is opening for you.

Connect to your Clairaudience:

- 1 Take a moment to put your focus on your ears. Imagine them growing bigger in size.
- 2 Notice how they feel and what you see.
- 3 Try to imagine them pulsing and as if they have their own breath.
- 4 Breathe deeply and notice them. Pay attention throughout your day that you may notice sounds you have never heard.
- 5 Write down what you notice from your heightened ability.



What is the Clairsentience – Clear Feeling Clairability?

Your Clairsentience means to feel. It is in your second Chakra, your Sacral Chakra. It is orange in color. Take a moment to put your focus there and see it spinning vibrantly.

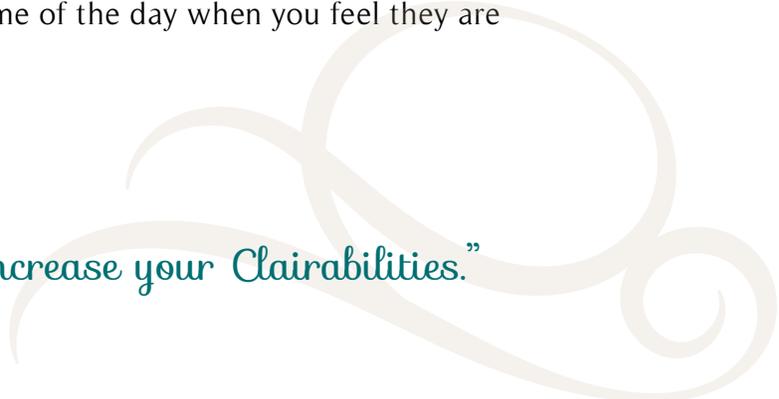
Connect to your Clairsentience:

I created a book of body codes to interpret what the feelings in my body represent during readings. For instance, I may feel a sensation of poking on my left temple area. I then know this has a precise meaning for the client.

You can develop a book of body codes for yourself:

- 1 Meditate daily on how to increase this and all Clairabilities. Ask your Spirit Guides and Higher Self to work with you to create your book of body codes.
- 2 Write down sensations you feel at any time of the day when you feel they are psychically connected to you or others.
- 3 Keep a journal of what you notice.

“It is possible for you to increase your Clairabilities.”



Sensory Field Trips: The Power of Your Senses to Access Your Psychic Ability



Psychic Ability Happens Through Your Senses (Sense-Abilities)

All Sense-Abilities are avenues by which to see the world as it really is. Psychic abilities without a purposeful intention to do good for others are skills that can be learned and, as such, are merely skills. Skills are just that—skills. Psychic awareness, psychic abilities, psychic creativity, and spiritual growth present opportunities for supernatural practices to serve personal growth and the needs of humankind. When psychic potential is unleashed, and you can see what it manifests, you know that it is probably worth your while to pursue it.



Sensory Field Trip: Step One to Access Your Psychic Self

But first things first. Decide the focus your psychic ability will take. Connecting with your higher self, your sixth sense, and the spirit world requires the use of all your senses:



Taste



Touch



Smell



Hear



Sight

These senses are the doorways through which your connection with your intuitive, psychic self develops. Through your Sense-Abilities, you take your physical senses to a higher spiritual level. This process becomes a heightened sensing. Psychic Sense-Abilities come in many forms, and the development of any psychic ability takes time and energy.

The first thing to do before attempting to invest in any kind of formal training is to get a sense of your own inner Sense-Abilities. Start by taking time to increase awareness of everything around you. Try taking a sensory field trip—a time when all you do is practice awareness. Go to a zoo, the woods, your local grocery store, or farmer's market. Take time to notice everything there. Take thirty to forty minutes to wander around.

Listen to the sounds that make up the environment, the smells you encounter, and everything you rarely take notice of. Look everywhere and feel everything. Feel textures, notice colors, sensations, temperatures, and smells. Handle things. Notice the weight and temperature of the items you touch.

What is happening all around you? Is it colder or warmer in certain parts of the store? What are you feeling on the inside of your body? What are you feeling on the outside of your body? Are you drawn to look up, down, or to the side for any reason? If so, ask yourself why. It is important to notice direction because of the way things present; looking from top to bottom, from right or left matters.

Take into account how you are feeling along the way; attempt to ascertain what reactions you are having and why. Keep track of what keeps you from focusing and what may be the cure. Focus on the smallest details; write down every experience as you go, but don't allow your writing to distract you. Jot down just a word or two to remind you of each experience. You can focus on the writing later.

Noticing directions is important, as directional messages are correlated with time. For example, something presenting from the left can mean it is linked to the past, from the middle, a link to the present, and from the right, a future connection.

The sensory field trip will help you access which Sense-Abilities you are predisposed to practice. You will get a sense of what your innate talents are. Each of the Sense-Abilities is a complementary tool, available to psychics through the way they access information—information which can't be learned any other way.

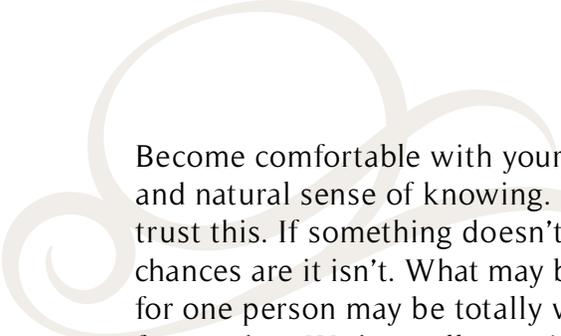


Wait, I Can Have Two or More Gifts? ... Yes!

It is possible you will find what particular affinity you have for one or several Sense-Abilities. You will find those Sense-Abilities form the foundation for your activities with clients. You will also find that each Sense-Ability grows in development and intensity. Be aware of what kind of information is most likely to be revealed to you and through which Sense-Ability it is most likely to come. Remember not to dismiss anything that is unfamiliar or strange. Be bold and open to what was previously closed to you.

Once you have determined which sense is the strongest for you, sit in a comfortable, quiet position. Become aware of your body and your breathing. Breathe in and out

slowly for a minute or so. Then, give attention to the Sense-Ability with which you connect the strongest. Next, simultaneously be mindful of your breath and your Sense-Ability, as if they were one. If hearing is the most prominent of your senses, then focus your attention on your ears. Breathe in and out slowly, focusing for several minutes on the fact that you and your ears are one. If your Sense-Ability is Taste Reception, focus on your tongue, and exhale and inhale as you do so. Each day, when it comes to your attention, take time to repeat this exercise with your dominant Sense-Ability in mind. Concentration will make your particular Sense-Ability more firmly instilled in your mind.



Become comfortable with your hunches, gut and natural sense of knowing. Learn to trust this. If something doesn't feel right, chances are it isn't. What may be right for one person may be totally wrong for another. We have all experienced times when a feeling deep in the stomach compels us to take action. If we don't listen to this prompting, we might feel as though we had missed doing something central to our benefit or the benefit of someone else. There are times when we've listened to such an urging, only to learn that listening made a difference and was important.

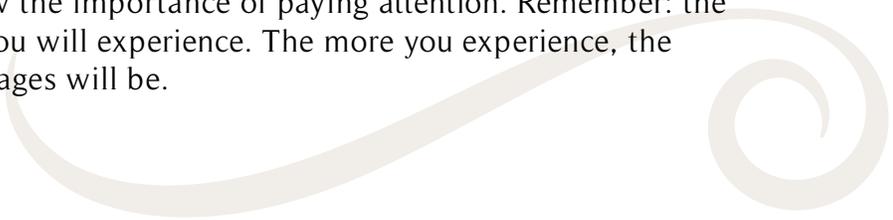
Your sixth-sense is your inner guide. Learn to trust it. It may be scary at first, and it may appear to lack logical sense, but you will soon discover it does make sense. When you obey your urges and listen to your inner-self, you'll reinforce the power of your awareness and see it become an important part of how your life (and the lives of others) obtains a deeper understanding of certain events.



Being Proactive, Open Vigilant and Aware Matters

Pay attention and be aware. The more data and information you absorb, the more your subconscious mind will reveal. Your intuitive senses use all the information gathered from your conscious mind. They allow your subconscious mind to play a part in delivering information to aid in your decision-making. Remember: your subconscious mind communicates information directly to your conscious mind, and it does so through the power of your inner perceptions. It is important for the development of your psychic abilities to pay attention to even the smallest hints and clues you receive. The key to a fully integrated experience is to take notice.

If you have ever ignored your intuition or inner observations and later had to deal with unpleasant consequences, you know the importance of paying attention. Remember: the more you pay attention, the more you will experience. The more you experience, the clearer and more correct your messages will be.





Harness the Power of Your Rest Time

Use the power of sleep. Much can be learned and explored while your consciousness visits the unconscious realm. Put your subconscious mind to work while you sleep. Before you go to bed at night, reflect on any questions or issues for which you need solutions. Your subconscious mind will consider the problem and make an answer apparent to you in the morning. Since dreams and sleep information are often lost in the presence of the conscious mind—the light of day—have a pen and book light available for recording what you have discovered.



It's so Trite, Yet True: Journal

Journaling will also help. When you take time to record your experiences, you give yourself the ability to evaluate and appraise the whys and wherefores of your experiences. It is an excellent way to give meaning to inner messages, insights, and unexpected knowledge. Remember: the development of your personal awareness is akin to learning a new skill. The more you practice, the better you will become.



What's Next in Your Journey?

If you find yourself moved by a strong suspicion that there is more to life than what can be seen or easily explained ... If you find yourself with an overwhelming desire to explore what lies outside the realm of physical science or earthly understanding ... If you want to know what abilities function outside the domain of natural laws, consider my psychic development book *Take the Leap: What It Really Means to Be Psychic*.

[Click here to access 4 courtesy chapters now!](#)

How to Unlock your Psychic power of CLAIRAUDIENCE?



What Is the Psychic Gift of CLAIRAUDIENCE?

Your CLAIRAUDIENCE ability is rooted in your fifth chakra. This is the gateway to your clairaudience. The word CLAIRAUDIENCE is German and means clear hearing. From here you begin to strengthen, unravel and become in tune with your CLAIRAUDIENCE ability. Let your attention be present in this space for a few moments. This chakra is known to be a blue color and spins like a disc. See this vibrant blue chakra spinning with beautiful life force. It is alive and well. Your simple attention to this space allows the gift to begin to open.

Let's experience of glimpse of this inherent gift now, together:

In a quiet seated position, take a moment to swallow. Listen to the sound of this swallow intently and pay attention to all the sounds associated with the swallow. You may notice that this is much louder than you have ever before realized. This awareness and sensitivity to this sound is your first step in tuning into this ability. As you do this you are recalling auditorily but in a new and heightened way. This simple hearing technique is how it will feel to hear sounds so remember this feeling.

Is Your Psychic Power Predominately CLAIRAUDIENCE?

Let's take a moment to practice this exercise. Consider the last conversation you had with a friend. Were you paying more attention to the words that were coming out of his or her mouth? Were you taking into account what you saw, heard, or felt?

Try to recall the last live performance, TV show, or movie you saw. Did you pay closer attention to the costuming and bright colors you saw or to the music and what you heard? If you paid more attention to the sounds you heard or the actors/actresses talking, then you were tapping into your CLAIRAUDIENCE (clear hearing). If you paid more attention to what you saw, then this is your Clairvoyance (clear seeing) working.



Meditation for Psychic Development – CLAIRAUDIENCE

As you lay down to sleep, take a moment to tune into your higher self and invite in your CLAIRAUDIENCE. Tune into all of the layers of sounds going on around you. You will notice a symphony of sounds!

- 1 Take in three deep breaths.
- 2 Imagine placing a radio/boombox near to you and let the sounds stream from the radio to you.
- 3 First, listen to the layer of sounds closest to you, within the room you are in.
- 4 Next, go to the layer of sounds further out, that encompass the entire house perhaps.
- 5 Now, go to the next layer out, within a few hundred yards of your home. Is there traffic in the distance? Planes in the sky? Wind whooshing wildly? Waves of the ocean?
- 6 Finally, tune into any distant sounds. Go as far out as you can and listen.
- 7 Listen as deeply as you can. Remember that there is a sound to even silence.

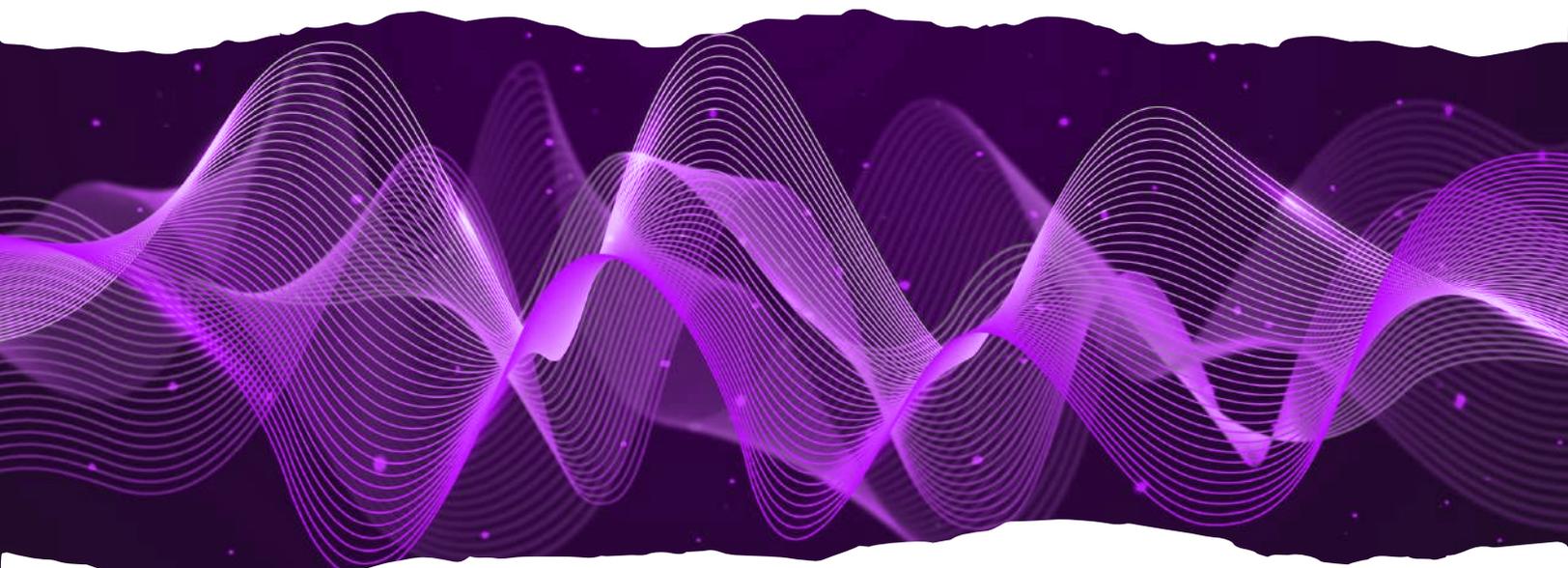
Take special note, if you hear a song. Spirit will often send us songs for a deep message. Be sure to journal and record the impressions and information you received.



The Psychic Power of CLAIRAUDIENCE and How Sounds May Come

You may feel as if you hear sounds inside your head or outside your head. In other words, you may receive an outer (physical) sound or an inner (non-physical) sound. An outer physical sound may present much like a human voice. Once as I was getting into bed late one night, I heard the voice of my sister call my name as clear as if she were standing right next to me. This is an example of a sound coming outside your head. Remember, these higher vibrational messages of hearing come from love and grace. Welcome them and ask for the meaning for them. An inner nonphysical sound is more subtle and is like mind talk. It may sound like your own voice.

You may notice that as this gift grows, you become more sensitive to sound. As the ability developed for me, I often heard ear ringing and whooshing sounds. Also, for a time, it was necessary to sleep with earplugs because even slight sounds would wake me. Often, I even felt the sound vibrate through my body. All of these are normal as this ability flourishes for you.



Psychic Development Tool: Dialing in the Radio Frequency

Think of tapping into this ability like tuning into or dialing into a radio station. You wouldn't listen to the radio without tuning it in and the same is true with this ability. In your meditation or at moments in your day, imagine a radio (or any sound source you prefer) out in front of you. Then, from your ears link or connect to the radio. You want to actually create an energy cord from your ears to the source. This will enhance your ability to tune into your clear hearing gift.



The Psychic Gift of Clairaudience Exploration and Your Spirit Guides

What does it mean to hear higher information from our Spirit Guides? Think of all the ways Spirit Guides can speak to us. We hear Spirit Guides through their own voice and other voices. Many times a message is missed because we think we made it up because we hear it in our own voice. Many times Spirit and/or Spirit Guides speaks to us in our own voice so it's important to notice any messages that sound like you are thinking them. This is a difficult psychic muscle to train and usually develops last. Remember to be patient with yourself because it will take some time to get used to hearing in your mind. With practice, you will learn how to hear intuitively.



Psychic Exercise to Start Your Day

In a quiet seated position, take few moments to focus on your ears. In your mind's eye envision both ears gradually getting bigger and bigger and bigger in size. How do they appear to you now? How are they shaped? Is there color? Is there a feeling? Do they tingle or itch? Can you see the wide open and expanded ear canals? See if you can feel your ears pulsing as if they are breathing. Envision them pulsing gently and full of life. Breathe and be present with this image of your clairaudient ears as they reveal themselves to you fully.

As you go forward in your day notice sounds you hear that you had not noticed before. Write them down if you can. This is a simple yet profound exercise in that it is telling your subconscious you are ready to heighten your awareness and begin using this ability.



Psychic Development Training for Clairaudience

Some hold back due to fear, fear of any kind. Realize this: it is a gift from the highest power; it has love and a lot of goodness attached to it. So, never be afraid to unwrap your fullest potential.



Clairaudient Guided Meditation

Daily meditation is essential as you hone this ability. A free audio clairaudient meditation specifically designed to supplement this teaching is included below for you. Be sure to listen to it daily this week.

<http://www.michellebeltran.com/events-media/>

Psychic Development Secrets & How to Access your CLAIRCOGNIZANCE Psychic Power



CLAIRCOGNIZANCE & the Crown Chakra

Your seventh chakra houses your psychic power of CLAIRCOGNIZANCE. This is the gateway to this amazing ability that you were born with. The word clear is from the French word clair and cognizance from the word conoissance which mean “knowledge.” Hence, clear knowing.

The Crown Chakra is violet in color. It assists us with our sense of knowingness and spirituality. This chakra offers us the opportunity to just know things without having to access our logical left brain, or intellectual self. In addition, this is the seat of our clear knowing ability.



Let's begin opening this psychic gift together, now:

Take a moment now to see this vibrant violet colored chakra spinning with vivacious life force in a clockwise direction. Imagine it alive and well. As you begin to work with this chakra more and more, in time, you will begin to feel it. You might feel it now as you place your consciousness in this area. What are the sensations? Focus here and begin to tune into this chakra. Let your attention be present in this space for a few moments. This simple act is telling your Higher Self you are ready to open this fully.



How to Recognize Your CLAIRCOGNIZANCE Psychic Ability

If you are mainly Claircognizant, then there are certain things you would say. Pay attention to how you speak about things and you will notice whether you are mostly Claircognizant.

Here's a few examples of Claircognizant language in comparison to Clairaudience:

“I knew you were going to do that!” as compared to “I hear what you are saying about that...”

“I just know she is going to do well on that project...” as compared to “I am hearing you say that she will do well on this project...”

If you speak with words that mainly use “I know” or “I knew,” then you are mainly Claircognizant. You may even find that you have more than one Clairability you use in your language. This is common for you to have one or more Clairability that you glean psychic information from. As you learn more in psychic abilities training, you will grow in your Clairabilities and will be better able to discern with clairability is your strongest.



Psychic Development: CLAIRCOGNIZANCE vs. My Own Thoughts

CLAIRCOGNIZANCE is different than a thought. Today, you'll learn how to tell the difference between a thought and claircognizant knowing. Here's how:

- 1 As your logical left brain is in motion and thinks, your conscious mind is doing the work. Your conscious mind and thoughts are one. This is conscious thought and you are one with it. You might even find yourself overtaken by it. An example may be when you are organizing an event and all the surrounding details that plan to attend in the coming weeks.
- 2 In turn, when you are receiving clear knowing information from your seventh chakra, your all-knowing consciousness is at work. In this space, you are an active observer of whatever is presenting. As an observer of the information you are not creating it as you do in your thinking, logical mind space.
- 3 To enhance your CLAIRCOGNIZANCE, focus on seeing yourself separate from any that comes in. Resist temptation to interpret. Just look from the outside, in. Be the observer. Messages of claircognizant inspiration come from nowhere, are spontaneous-feeling and most often have little to do with what you are thinking about in the given moment.

CLAIRCOGNIZANCE information and insights are of a high vibrational frequency and will transcend ego. If you notice low vibration thoughts of fear, worry, doubt or self-sabotage as you tune into this ability,

you are not connected with your clear knowing gift. It may take time to understand claircognizance messages. This is okay. Let the knowing come when it is ready to.



How the Psychic Power of CLAIRCOGNIZANCE Presents

CLAIRCOGNIZANCE messages may come to you in many ways. They can present in inspired ideas, dreams, through automatic writing, while drawing or playing a musical instrument. Often, messages present while in meditation or while giving or receiving intuitive or psychic readings. The way they present comes in two ways:

- 1 Messages from your CLAIRCOGNIZANCE ability may present like a gut feeling. You sense that you just know something, yet you don't know how. In these moments, when a gut feeling has presented you are consciously aware of messages.
- 2 Messages may also be received unconsciously. Speakers, authors, and artists naturally use their gifts of claircognizance while in the depths of creating.

You may find that you consciously or unconsciously tap into the divine mind for psychic messages, creativity and inspiration. Both are fine. You know you are experiencing claircognizant insight because the information will feel like an idea has come from a higher consciousness. You might also then notice a feeling of being compelled to put that inspiration into fruition by taking action.



Let's practice together, now:

Take a moment now to consider your past few days where messages of knowing from your CLAIRCOGNIZANCE may have tried to present to you. Let that memory come in. Don't look for it. Don't search for it. Let it find you. Did you have a feeling someone you had not seen for some time would call, and did? Did you find yourself saying, "I knew it" surrounding an event? Was there an inner knowing about a decision that you made that it was absolutely right? Did the perfect words or artistic creation come to you at just the right moment with a feeling of exuberance or excitement? Perhaps, out of what seemed like nowhere you received an inspired idea that resolved a particular issue of importance. As you consider that sense of knowing you had about this event that you're recalling now, did you know this consciously or subconsciously? Consider other similar experiences and discover in which way you are most often receiving this sense of knowing.





Psychic Development: A Powerful Exercise to Begin Opening Your CLAIRCOGNIZANCE

- 1 Find a quiet place to sit and relax. This meditation is best done in a sitting position or in an active walking position (if you have a peaceful place to walk with no other people around).
- 2 Take several deep breaths and release each breath slowly through the mouth. Become quiet and serene. Now bring your attention to the thoughts in your mind. For one minute or so just mentally list each thought as you become aware of it. Notice how thoughts arise and then subside. See if you can notice where thoughts arise from and where they go to. See if you can become aware that this entire process seems to take place of its own accord, without you having to do anything, just as your breathing takes place without conscious effort. Return your attention now to your breathing again for a few breaths.
- 3 For the next part of this meditation just come from a place of seeing or sensing that your thinking process is taking place naturally of its own accord and not inside your head. You have access to all the information in the Universe, though your own brain is designed to filter and limit what you are aware of. Since this is the case, you can learn to expand what your brain can bring to your own personal awareness very naturally.
- 4 Now with your eyes open and journal handy, place your awareness on tomorrow and intend to access information about tomorrow. Let your eyes remain open but don't attempt to focus on anything in particular, just be open to whatever you are now seeing without analyzing it. Take four breaths in slowly and exhale slowly. With each exhale send the intention to be open to access information about tomorrow. Now become still and notice the thoughts in your mind. With your journal write down all the impressions, pictures, thoughts or any other sensory data that comes into your awareness as you think about tomorrow. Let this process happen for a few minutes. Notice any strong impressions that come through, especially any recurring thoughts or impressions. Write these down in your journal. Don't worry if any thoughts or impressions seem fanciful or don't make sense to you. Filter out any thoughts that arise about things you already know involve tomorrow such as an appointment you have. Focus on information that isn't related to what your mind has already stored for you about tomorrow's events.
- 5 Next, complete what you are writing and set your journal down. Once more today go back and repeat this exercise, writing down the impressions you get about tomorrow.

Tomorrow at the end of the day go back to your journal and notice whether any information you wrote down actually happened, came into your awareness or otherwise became significant. For example, you might find that you thought of Judy and then Judy called you the next day. Perhaps you saw the image of a fire and the next day you saw a news story about a forest fire. In your journal highlight or make notes about any of the things you wrote down yesterday that happened or became significant today. Doing this work regularly will begin to train your mind to work with the infinite information that is in the mental realm that exists everywhere and always and to which you can learn to tap into whenever you desire.



Daydreams to Tap into Your Psychic Power of CLAIRCOGNIZANCE

One day this week, pay attention to the little daydreams you find yourself falling into. Intuitive growth can be significantly enhanced through our daydreams. You will learn quickly that often the information coming through during a daydream can be relevant guidance for yourself, someone you will be seeing in the near future, regarding world events, or to spiritual or other kinds of questions you have been thinking about.

Daydreams happen when the conscious mind lets go for a little while because it is engaged in something—that's why so often a daydream will occur right in the middle of doing a work project, driving or doing something else where your focus is maintained for a while.

Set the intention in the morning of doing this exercise, to be aware when you fall into a daydream and pay attention to the subject matter. Write down some notes and see what the daydreams meant for you. Was it about you, a future event, a friend or a client? Was it about an issue in your immediate family? Did it appear to make no sense at all?





CLAIRCOGNIZANCE Psychic Development for Beginners: Automatic Writing

One of the most helpful tools to use to develop your CLAIRCOGNIZANCE ability is automatic writing.

Here's what you can do:

- 1 Ask the Universe a question you want to know about.
- 2 State the question out loud.
- 3 Write down what you notice coming to you. Make sure not to judge what is coming to you. Just write it down. If you see an image, you may feel a pull to draw it. If you are not receiving any images or words, think of a color and notice what information comes through it.
- 4 Practice automatic writing three times on different sheets of paper. You may notice that you feel like some of the information is wrong or is information you are not sure about. Be an observer of this feeling and know this is only ego. You can instead realize that this information has meaning and is helpful to you, but not let it stop you from moving forward in your psychic development.

How to Quickly Develop your Psychic Power of Clairsentience



Psychic Development: Clairsentience & Sacral Chakra

Your psychic power of clairsentience is rooted in your second chakra, the Sacral Chakra. This is the gateway to this amazing ability that you were born with. The word clear is from the French word clair. Sentience comes from the Latin word sentire which means “to feel.”

The Sacral Chakra is orange in color and spins like a disc in a clockwise direction. This chakra offers us the opportunity to tune into and feel our emotions and the emotions of others. It is here where you will begin to strengthen, unravel and become in tune with your clairsentience.



Let's begin opening this ability now, together:

In your mind's eye, take a moment now to see this vibrant orange chakra spinning with vivacious life force. As you begin to work with this chakra more and more, in time, you will begin to feel it. Now, take your attention to the space in your abdomen just an inch below your navel. You might feel sensations even now, as you place your consciousness in this area. What are the sensations? Focus here and begin to tune into this chakra. Let your attention be present in this space for a few moments. This simple act is telling your Higher Self you are ready to open this clairsentience gift fully.



Find Out If You Have the Psychic Gift of Clairsentience

As you concentrate your psychic development training on this chakra, you may start to wonder how you'll know whether or not you're clairsentient. If you are predominately clairsentient, you are more likely to say things such as:

- ∞ “The way I feel is...,” instead of saying “What I hear you saying is...”
- ∞ “When I consider this, I feel...,” instead of “I’m hearing you say...”

If you choose the statements that begin with “I feel”, then it is highly likely that you possess some degree of clairsentience. If you choose the statements that have “I hear” in them, then you may be clairaudient, which means that you're clear hearing gift is strong. So, pay attention to your language!



Let's take a moment to consider your emotions and feelings as you navigate your day to day life:

- 1 Take a moment to recall the last theater performance you went to. When you recall this what are your initial impressions? Do you give attention to vivid costumes and colors you saw, the sounds of the music or the performers voices, or to emotions and feelings it brought for you or that you saw in the performers?
- 2 Do you find yourself feeling the emotions of others?
- 3 Can you walk into a room and sense the energy and emotion as well as the energy of the people in it?
- 4 As you work through issues of importance in your life, do you find yourself considering your emotions or the emotions of others?

If these resonate with you and you are finding yourself answer yes to them. Then you are likely clairsentient!



Psychic Development for Beginners Using Clairsentience

Clairsentience can also be characterized by paying more attention to your feelings in a situation, as opposed to your experience. If you are clairsentient, then you will get chills throughout your body as you gauge and assess emotions. When this happens, you will become aware of signs, symbols and messages of higher consciousness.

It is also important to understand that you can have two or three different Clairabilities strongly present themselves to you. As you continue to grow and learn in your psychic development, you will be able to determine what your strengths are based upon the way in which you interact with the world.





What Blocks Your Psychic Gift of Clairsentience?

It is possible for clairsentience to be blocked by fear. For instance, if you are afraid that you might feel something scary or painful whenever you use this gift, then you may cause it to become blocked. You should always remember that this gift is rooted in grace and love. Consider writing down a mantra in your journal to remind you that you are open and available for this divine gift and that you want it to grow stronger so you can help others.



Psychic Ability Begins with Intention

Before you go to bed at night say out loud while you also write in your journal, “I am open and available to receiving higher knowing. My clairsentient ability is growing stronger every day. I use my ability to assist myself and others.” Writing and stating your intention out loud sets certainty within your subconscious and will amplify the blossoming of the ability.



How Your Psychic Ability of Clairsentience Will Present

Clairsentient messages can present through your physical body in actual body sensations. Body messages can be felt either outside or inside the body. You may feel a touch on your shoulder or an itch on your skin. These all have meaning. From inside your body, you might notice a twinge inside your belly or an ache inside your foot. Sometimes, I’ll feel a tingling in my hands, which is my symbol for someone who’s very creative. It’s possible to get a combination of inside and outside messages, such as getting the chills, which you feel inwardly as well as getting literal goose bumps on your skin. Chills have become a powerful way of confirming that the evidence I’m receiving is real, letting me know I’m fully tuned in during a reading. Other body codes include a whooshing sound through my ears, a facial twinge or ear ringing. Many people experience these sorts of messages without knowing what they relate to.

I once did a reading where I was drawn to my left ear as the client’s mother came through. Usually, a spirit will present giving some indication via the body of how they passed or something that was going on with them before they passed. I asked the client, “What happened to your mother’s left ear? I asked because I was

feeling a slight tinge sensation here. In excitement, she explained her mother had a birth defect that caused a misshaping to her left ear. I didn’t have anything wrong with my ear, but I was given indication of something having happened to the left ear by the sensation to the area during the session.



Physical Awareness: Decoding Intuitive and Psychic Signals and Body Messages

Your body is full of information for you, but you must be consciously aware of the present moment in order to experience it. In this modern age, we're taught to honor our thinking mind and to ignore or suppress our emotional or physical selves as if we were computer brains walking around with a body attached for convenience. The result is that we're centered in our left brain constantly. This is why we have to take time and special effort to be aware when we are getting psychic messages and/or our loved ones on the Other Side are trying to speak to us to encourage, warn or applaud us about something going on in our lives.

We've all probably had that experience where we feel a slight touch, maybe on the shoulder or head. We look around and see no one. That's a gift from a spirit. If you're offering intuitive work or you're a healer that is a particular code that you will need to decipher.

Pay attention when intuitive messages gently come in, be they through your body or other senses, because you don't get a written letter! You have to be aware, in the present moment, and tuned in to them because they can be very subtle.

Also, be mindful of the Three Times Rule. When I receive an intuitive message three times, for example, I know that my guides or a loved one are trying to tell me something. So, I listen up and pay attention. If you get a message three times, then that's your indication that the message is psychic or intuitive guidance.



Psychic Development and a Book of Symbols & Codes

I've developed body codes to know what each feeling in my body means. Over time, I have developed a book of these codes. If I feel a poking sensation at my left temple, this has a particular meaning. Or, if I feel something in the area of my liver or stomach, then I know there is an issue of relevance for the person I am in a session with. In meditative state, begin working with your Guides and Higher Self to develop a system of codes that works for you. Also, you don't need to feel physical pain to recognize the code for a physical issue. Ask your guides and spirit to deliver messages of clairsentience gently.



Psychic Awareness and Development Increases Your Sensitivity

You may notice that as this gift grows, you become more sensitive to emotions and physical feeling sensations in your body. As the ability developed for me, I felt a plethora of new body sensations and awareness. You might even feel a poke to an area of your body to find no one there. These are all normal experiences you may have. Be sure to make note of all the new body sensations and experiences in your journal.

It is important to drink plenty of water, get good sleep and exercise daily. The care and attention you give to healthy body balance will serve to enhance awareness and quick tuning into this ability. As you take care of your body in whatever way works best for you, you'll begin to know it very well. You'll know when you get a tightening in your chest that's not normal for you. You'll feel that very clearly and know whether it has some kind of a symbolic or literal meaning for you or someone near you.



Essential Oil: A Psychic Development Tip

This powerful essential oil, Cinnamon Bark, is known to support psychic development. It is said to enhance clear visualization, psychic visions and the development of your clairvoyance ability to see mental images and impressions. Cinnamon Bark can strengthen your ability to focus and may support in attracting love and harmony. It is linked to the element of fire and assists in opening the first chakra, also known as the root chakra.

How to use Cinnamon Bark Essential Oil:

Topical: Dilute 1 drop with 4 drops of olive oil. Test on small area of skin on the underside of arm. Apply to third eye area, slightly above and between your brow.

Develop Your Psychic Ability of Clairsentience with a Body Balance Meditation

In an effort to begin connecting on a deeper level to your body and the gift of clear feeling, please listen to Episodes 4 and 5 of the Intuitive Hour: Awaken Your Inner Voice:

<http://bit.ly/IntuitiveHour>

The Difference Between A Highly Sensitive Person, Empath & Clairsentient



What's the Difference? The Highly Sensitive Person, Empath and Clairsentient

It's easier than you think!

Think of them in layers and one being slightly more enhanced than the next yet equally special in their own way.

They are indeed similar, and you may be exclusively more one than the other. You may also have a bit of them all!

Remember that regardless of your lean or ability, these are true gifts! Honor them, care for them and use them for the highest of good, love and light. Set the intention to use your gifts to guide, support and help those in need, spreading your own light throughout the world.

Let's get started!



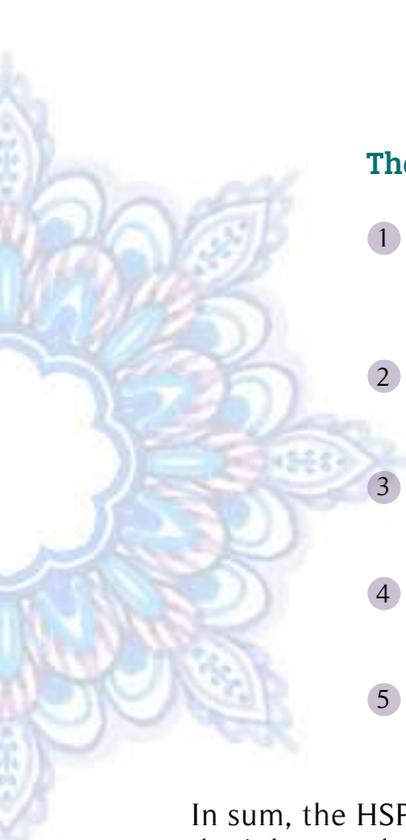
Highly Sensitive Person

“What exactly is a Highly Sensitive Person (HSP)?” you ask. This term began to receive notoriety by the well-known psychologist, Dr. Elain Aron who discovered through research and studies that as much as 20 percent of the population are bestowed with a unique and heightened sensitivity to the world around them. These people get things quick, are a step ahead of the game and easily notice more than the average person. They are very in tune to the external stimuli around them.



How to Know If You're an HSP

Highly sensitive people are especially sensitive to smell, taste, sound and feelings or emotions. In addition, certain foods and flavors and things like caffeine or even the smallest doses of medicine affect them in drastic ways.



They also have a few other unique characteristics:

- 1 Bright lights, especially fluorescent lights, overwhelm you. You might even hear the humming of the lights and become agitated by it.
 - 2 Must have quite time having been in sensory rich, loud, busy settings.
 - 3 Especially sensitive to works of art and it may even bring you to tears or emotion of some kind.
 - 4 Very uneasy when you have little time to complete a long list of to-dos.
 - 5 Odoriferous settings leave you overwhelmed and in need of fresh air.
- 

In sum, the HSP is very emotionally in tune to their environment and in many cases they don't know why. They subconsciously receive the often very subtle clues in body language, tone of voice, and/or facial expressions of those they are interacting with at any given time.



What is an Empath

In turn, the empath can feel the emotions of all those around them including animals. They are highly sensitive to the energy field of human or animals, also called the aura. The difference here, as we add on a layer, is that the empath will absorb the emotional energy of those around them taking the emotions on as if they were their own. Yes, they literally experience the exact same emotional effects in their own bodies of those near.



A Classic Empath vs. HSP Experience

Scenario: A heated conversation occurs in a room or setting of some kind between two people.

The HSP, unaware of the tense conversation, knocks and enters the room and the couple does a splendid job of acting as though nothing is happening. The HSP, upon entering the room would sense the tone of the room immediately because they can perceive the ever so subtle cues of body language, voice intonation and facial mannerism regardless that these cues may be hidden quite well.

However, the empath could enter the same room hours after the arguing two left the room and still feel and even absorb the emotional residual energy from the argument without any obvious physical evidence that it took place.

There is no hard and fast rule, but you might think of it like this: Most empaths are HSP but not all HSP are empaths.



A Few Empathic Traits

Must turn off the television when you see violence or tragedy.

Literally feel the emotion of others when you are near them.

Often root for the losing team or the underdog in a situation.

Empaths are highly creative and have extremely rich imaginations, hence vivid dreams.

They know when someone is being dishonest.

Many empaths are natural healers involved in healing, medicinal or therapeutic arts.



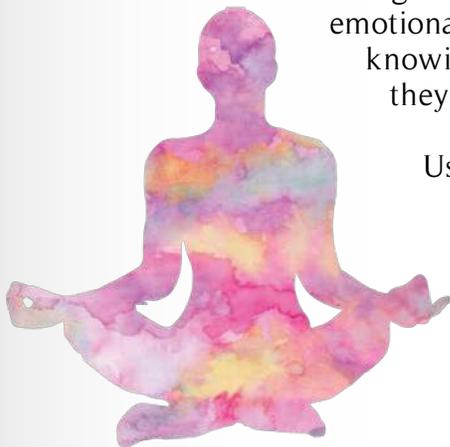
We Arrive at the Clairsentient

Now then, adding on yet another layer, we explore the Clairsentient. Clairsentients are quite often highly sensitive people as well as empaths.

Clairsentients, just like empaths can sense the emotional energy around them and take it on as their own. The clear feeling ability of the clairsentient expands a bit further allowing them to make absolute sense of the information regarding that energy around them. Here's what I mean by that: Clairsentients have a sixth sense or heightened sensory ability that takes them beyond mere physical or emotional. They add in a component now of knowing much like the clairvoyant receives knowing through visions or images. So, the Clairsentient may have a physical sensation response to a person around them such as a tingling in their hands and know with absolute certainty this person needs physical healing. They may feel a throbbing in their throat (throat chakra) and receiving a direct knowing of this feeling, such as this person is sick with a cough, healed from cancer or more symbolically is needing to express more in life.

Along with their heightened sensory awareness and ability to absorb the emotional energy of those around them, clairsentients also gain great knowing (symbolic, factual or physical) from extrasensory perception that they can then use to guide someone.

Using our scenario above regarding the two people in the room involved in the heated argument, the Clairsentient would enter the room hours later and not only tune into the energy of the room but they would also be able to perceive clear and specific knowing regarding details about the two in the argument such as a sense about what they were arguing about. They may also feel in their body the sensations one or the other was feeling during the tense interaction – such as heart racing, sweaty palms or grief. They may also get a sense through feelings of what's impending such as a breakup or divorce.



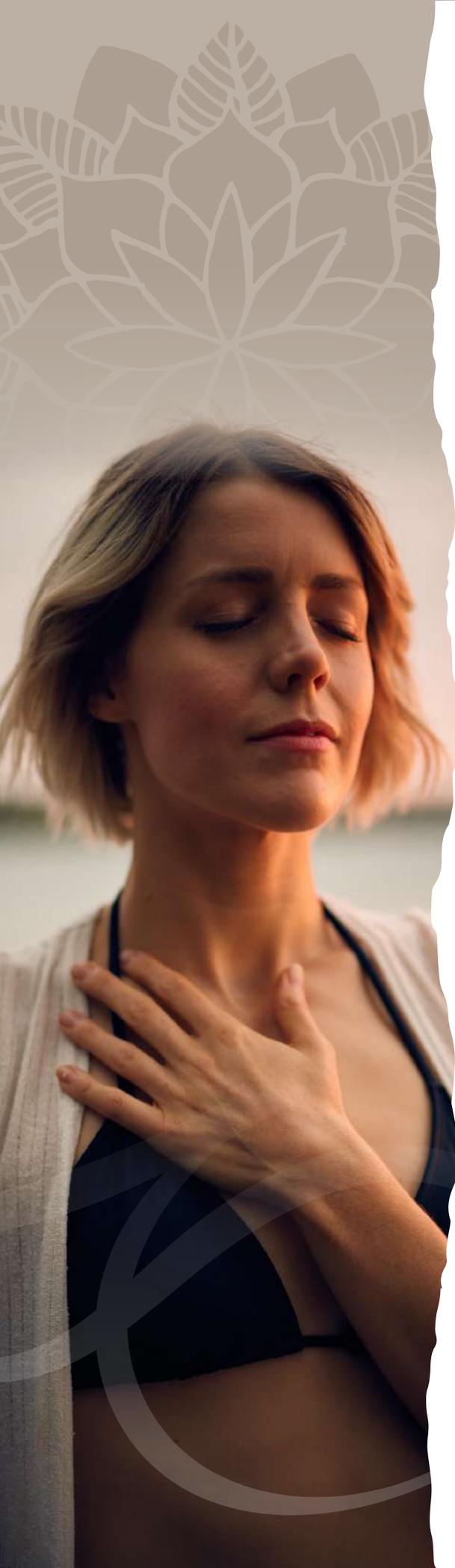


Learn More with Psychic Development Training

There you have it! There are many similarities between these three terms however there is a stark difference between each that accounts for the main difference. Remember, you might be one, all three or a combination of each. Over time, learning and development you'll better discern this knowing. May this new level of understanding these 'emotional abilities' point you in a new and valuable direction!

If you'd like to learn more about; psychic medium and how to connect with your spirit guides and other courses for psychic development training.

Check out my tele-courses and development programs!



Develop Your Clairvoyance



Sixth Chakra and Third Eye

Rooted in your sixth chakra is your third eye. This is the gateway to your clairvoyance. The word clairvoyance is French and means clear seeing. If you have ever had a daydream, then you have experienced what it's like to use your clairvoyance. It really is that simple.

So, let's try it now, together. Take a moment, look around you and pick an item. Study the item for a moment noticing all the details about it. Now, close your eyes and see it in your mind's eye. As your eyes are now closed look at the details of it in this new way. Visualize the color, shades of color, patterns and the texture. Are there particular shapes and sizes? As you do this you are recalling visually in a new and heightened way. This simple visualization is how it will feel to see clairvoyant images so remember this feeling. Images come naturally, gently and on their own time. It may feel very much like a daydream as images present for you.



How do I know I'm clairvoyant?

Pay attention to your language. If clairvoyance is a strong ability you might find yourself saying:

“The way I envision this plan...” as opposed to
“The way I feel about this plan is...”

“As I consider this project, I see...” as opposed to
“As I consider this plan, I feel...”

If you chose the former word arrangement you are likely clairvoyant. If you chose the latter, you are likely more strongly clairsentient (clear feeling).

Do you find yourself imagining or visualizing how things will play out? Do you recall your dreams clearly and vividly?

If you were describing how a recent trip went to your friend or family member would you be more inclined to tell them what you saw, touched, felt or what you heard?

Take a moment to recall the last show performance you saw. When you recall this what are your initial impressions? Do you give attention to vivid costumes and colors you saw, the sounds of the music or the performers voices, or to emotions it brought for you?

If you tend to give more attention to visual aspects of experiences in your daily life, then you are clairvoyant. It is quite common to have two or even three clairabilities that present as strongest for you. As you grow in your learning you will identify your strengths by how you interact with the world around you.



Blockages

Sometimes clairvoyance can be blocked by fear. For example, if a person fears they may see something clairvoyantly that may scare them or that is unwelcome then this creates a block. Understand that your clairvoyance is a gift from the highest of good and love. So, before you step into this work be sure to find a good healthy perspective.

Linking with Your Third Eye

This simple exercise will assist you in opening up your third eye as it tells your left brain, I am ready.



First

Place any finger from your non dominant hand between your eyes and above the bridge of your nose then push up slightly toward the center of your forehead. Rotate your finger to the left a few times, then to the right a few times.



Second

Take a deep breath.



Then,

Imagine an eye opening wide here. This is where your third eye is located. See the details of this eye. Is it round or almond shaped? Are the lashes long or short? Is there color?



And Finally,

Be mindful of this wide-open eye as you go through your day.



Reading Screen – Your Most Essential Tool

The reading screen is your viewing receptacle. It is where images, pictures and psychic impressions present. In the beginning of your learning it is best to have a place for pictures to present.

Let's try using your reading screen now together. Using your mind's eye, imagine a large movie screen out in front of you. Give it a grounding cord and secure it to the center of the earth. The grounding cord may be a giant and powerful waterfall, a beam of golden divine light or strong roots traveling downward to the center of the earth. Now, ask a question to your reading screen. Don't demand, just ask. Then, let the answer come. What presented for you? Were you shown an object, event, a place or something else? Is there an immediate sense to the meaning of the image? Did you receive a color? Did you get the color black? Great! Black is a color. The first image that comes will be right and true. Trust that and do your best to not second-guess it. It may feel like you made this up. You did not.

Continue to practice this on your own. Trust, expect and intend that your ability is there, just set the intention to let your clairvoyance now open. Continue practice and you will soon see how easily and clearly images present. Your desire to get things perfect or too quickly and/or completely understand the meaning of images is rooted in ego. Release this desire. Images may be brief at first, much like bursts. This is okay. You also may find yourself unsure about the meaning of what you are seeing. This too is normal. Meaning and interpretation will come as you practice more and more.



Truth Rose

Sometimes, we want to know the truth about matters in our life. The truth rose is a tool to help you do this. Here's how this technique works:

In your mind's eye imagine a rose out in front of you just outside your aura, about an arm's reach away. Make it any color you like. Ground the rose to the center of the earth by visualizing the roots of it traveling and affixing firmly to the center of the earth. Try not to figure out where the center of the earth is. Your higher self knows where this is. Now, take a moment to see the details of the rose. What color did you make it? Are there leaves? Thorns? Notice the petals and any texture. Then, out loud, ask a question you desire an answer to. Let the rose absorb the energy of your question. Then just observe. If the answer is truth or yes, the rose will flourish or get bigger and brighter. If the rose withers or turns a darker color the answer is a no or not truth. These can be used any time you need assistance in a decision, during a conversation, or any situation you need intuitive guidance.





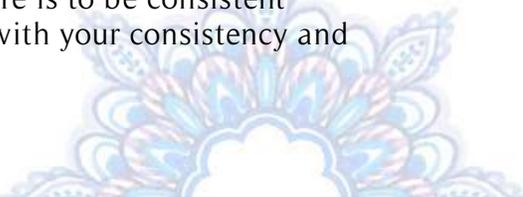
Fun and Games

Building any clairability starts with your intention. Follow this up with practice. One very simple way to become in tune with your heightened senses is through fun and games. Find a deck of cards that you feel a pull to. In a quiet place, draw three cards and try to guess the suit only. Do this several times. Notice how you do but resist attachment to the outcome or trying to get it right. Trying to get it right is rich with ego and hinders your growth. When you come to a place of just accepting what comes you know you are becoming in tune to your ability. You will find you are also accurately identifying suits in this mind set. Finally, pay close attention to how it felt to be accurate. Your awareness of this simple feeling assists the blossoming of your ability.



Validation Exercise

Before you start your day and while in a meditative state ask the universe to bring you images of what is to come in your day ahead. Resist the desire to interpret images that present. Just let them float in. You may receive information that seems ridiculous, beyond belief and/or has no meaning to you whatsoever. This is fine. Write it all down when you are done. Come back to your journal later that day and note what you saw that did present in your day. For example, did you see an eagle and then in your day you either saw an eagle or read about one in the newspaper or a book? The key here is to be consistent with this exercise. Clairvoyance is like a muscle it gets stronger with your consistency and your trust in.



The Sensory Field Trip

One of the first tools to use to begin opening up all of your clairs is the sensory field trip. This will help you to increase your awareness of energy and sensory information. Go to a zoo, the woods or

your local grocery store or farmer's market. Take the time to really notice everything there as if you were a little kid taking a field trip.

Take thirty or forty minutes to wander and go through an organic foods store, for example. Smell all the smells and see all the sights. Hear all the sounds that you can and feel all the feelings and body sensations. You may want to write down what you smell, see, feel and hear to keep you on track and help you focus more. Look everywhere and feel everything. Notice all textures, colors, sensations, temperatures, feelings, emotions and smells. Pick up a head of lettuce and really feel the textures, weight and temperature of the lettuce. What is happening all around you? Is it colder or warmer in certain parts of the store? What are you feeling on the inside of your body? What are you feeling on the outside of your body? Are you drawn to look up, down, to the side for any reason? Ask yourself why if so. It's important to notice direction, because the way things present to you - from the top, bottom, right, or left does matter. Open directional messages are correlated with time. For example, something presenting from the left can mean it is linked to the past; from the middle can indicate a link to the present, and from the right can mean future connection.

The sensory field trip is an excellent method for opening and developing the clairs. Be aware that if you are highly in tune to your abilities already or are very empathic, you may find a sensory trip to be a bit of an overload. If this is the case, just do this for a shorter time or choose a location that feels better to you.

The following meditation will be helpful to do before you go on your sensory field trip and throughout your development of this ability.



Clairvoyant Meditation

Daily meditation is essential as you hone this ability. A free audio clairvoyant meditation specifically designed to supplement this teaching, is included below for you.

<https://michellebeltran.com/events-media>

The Intuitive Hour: Awaken Your Inner Voice Podcast at iTunes

Try out each exercise included in this eBook and journal what presented for you. In this way, you begin to open the door to your own psychic, intuitive and mediumship abilities.

Take some time to listen to Episode 9 – Psychic Sense-Abilities (Clairabilities) at The Intuitive Hour: Awaken Your Inner Voice with Michelle Beltran.

Have questions? Please feel free to email me at: mbeltran@michellebeltran.com

Enjoy this eBook and your learning and please be sure to email if you have any questions.

Warmly,
Medium Michelle



Fun with Clairvoyance

Building any clairability starts with your intention. Follow this up with practice. One very simple way to become in tune with your heightened senses is through card games and even apps.

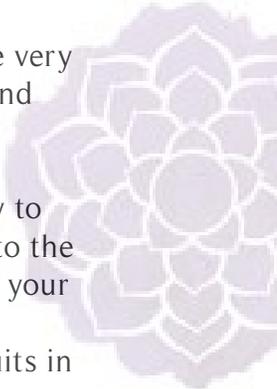
Find a deck of cards that you feel a pull to. In a quiet place, draw three cards and try to guess the suit only. Do this several times. Notice how you do but resist attachment to the outcome or “trying to get it right.” Trying to get it right is rich with ego and hinders your growth. When you come to a place of just accepting what comes you know you are becoming in tune to your ability. You will find you are also accurately identifying suits in this mind set.

Finally, pay close attention to how it felt to be accurate. Your awareness of this simple feeling assists the blossoming of your ability.

For those of us who prefer apps, I'm highly recommending The ESP Trainer by Russell Targ here:

<http://www.espresearch.com/iphone/>

Not available for Android.



Beltran

www.michellebeltran.com

Copyright © 2020 Michelle Beltran All Rights Reserved.