

MODULE 1A: PERCEPTION AND PSYCHIC ABILITIES

YOUR CLAIR- SENSES

Everyone is born with the ability to tap into the paranormal realms. It is embedded right into your senses, or rather, your conscious perception of your senses.

The reception of subtle information, such as the presence and contact from spiritual beings, is done through your subtle senses.

Your subtle senses are the psychic communication methods that mimic your physical senses.

Your strongest clair-sense will usually match your dominant sensory input. If you are a visual learner, your clairvoyance may be your strongest subtle sense. If you are more of an audible learner, then clairaudience may be your strongest.

This is not always 100% the case.

To help understand how your clair-senses may work, let's do a little meditation experiment to gain some clarity on how your mind connects with information about your environment.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

Sitting in a chair

For this segment, we will do a bit of an internal exploration, by imagining a situation where you are sitting into a chair.

Close your eyes, take a few breaths to center your mind, just for a moment

Imagine that you are standing in a room, and in that room is a chair

Take a moment to observe the chair before you sit in it

Now sit down in the chair - notice how it feels to sit in the chair

Open your eyes and write about the experience

Take note of:

How did you describe it?

Was it soft and comfy?

Solid and firm

Any sensory information? What sounds did you hear? Smells?

This can be an indicator of how your clair-senses work -

Maybe more visual, emotional, tactile, thoughtful - maybe a combination of them all.

If you described it with shape, colors, form, then you may be more visual.

If you described the way it felt, with words like hard, soft, comfortable, lumpy, then you may be more tactile or emotional.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

If you gave more notice to the way you moved into the chair, how you sank into it, then you may be more kinesthetic, feeling, and body oriented.

Did you notice the sounds, the textures, or anything unusual about how you felt sitting into it?

Taking note of your notes of this experience can help clue you into your more dominant clair-sense, and may hint at your secondary traits.

GETTING TO KNOW YOUR CLAIR-SENSES

Clairvoyance

Clairvoyance is the ability to see, or rather have the impression that you are seeing visual information.

This can come in the form of flashes of an image, a face suddenly appearing, even the experience of being in a landscape.

The perception of colors in a room, around a person, with an object, or in various locations is an indication of clairvoyance.

Ultimately you are getting visual clues as to the nature of the information that you are receiving.

It can be different for each person perceiving the same information, and each person may only be aware of different fragments of the same information.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

Clairaudience

Clairaudience is the ability to perceive sounds and vibrations.

Sounds, vibrations ~ comes in different ways, even a strange buzzing or ringing in the ear/ head ~ pay attention to the frequency of the sound.

It may not always be audible sounds, as it could be the perception of a vibration that is felt.

Clairaudience can be perceived as the sound of a voice, or even just the quality of the voice (smooth, rough, high-pitched, deep). It can come with the perception of a strange sound, like a buzzing, whining, or pulsating pitch.

It can be important to be aware of the frequency of the sound you are perceiving. It can be related to your own perceptions of voices. Such as we perceive a deeper voice to be more trusting. Or the frequency can be an indication of the vibration of the entity, like a higher-pitched sound can be reflective of a higher-frequency entity.

Clair empathy

Clair empathy is the ability to receive emotional information.

Most of us have a mundane form of empathy. We are able to discern the emotional state of another person through facial expressions, tone of voice, and body language. These queues will trigger the mirror neurons in the brain to feel the same emotion we are perceiving in another.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

The same is true with clair-empathy. As you receive the energetic information, your mind will interpret it to the emotions you understand. This is why we can feel sorrow for a lost soul looking for a way home, or anguish for someone who died traumatically.

As you encounter different beings, being aware of their emotional output can be crucial to understanding their nature and their intention of the working. Lower level entities will subsist of the emotional energy you output, like fear, and will try to provoke it out of you.

Clairtangency

Clairtangency is the ability to feel energy as if it were a touch.

This is a very common form of connection with subtle beings. Those who were once human or have a more dense existence (notice dense does not mean negative or lower level) can initiate the feeling of touch.

This can be a valuable way of getting information about how a person died. You might feel the point of entry for a stab wound, a heart attack, the feeling of suffocation in the lungs, or any other ailment that may have led to the moment of death.

Psychometry can be a form of clairtangency. As you hold an object, you may be open to information contained within that object, like visual, emotional, or sentient information.

Clairtangency can also come in the feeling of a slight breeze, a wave of energy, someone playing with your head, or a hand on your shoulder.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

Clairience

Clairience is the subtle sense of smell.

As humans, we associate many memories and emotions with the sense of smell. For this reason, the experience of smell in a paranormal situation can be an indicator of emotions.

Spirits use the sense of smell to convey different messages. Such as a bad smell can be an indicator of an aggressive negative spirit. And a beautiful smell can be an indicator of a benevolent spirit.

Sometimes, spirits will transmit the smell of a location. Such as with a loved one will communicate a smell to remind you of a place you spend together, the smell of the ocean for example. Or it can be the smell of a place they worked, like in a machine shop.

Claircognizance

Claircognizance is the subtle art of knowing, being aware, or verbal communication. Telepathy is one form of claircognizance.

This is the subtle reception of linear information such as ideas, concepts, words, and mathematics.

A simple form of claircognizance is the simulated verbal communication of telepathy. It can also come with the impression that you suddenly just know something, with no memory of learning about it.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

This also comes from the download of packets of complex information that need to be unpacked.

Just like all clair senses, claircognizance will only come in forms of information you are familiar with. If a being is trying to talk to you about complex financial concepts, you may not have the vocabulary to understand and convey the information. So you will convey the metaphors that correlate to your best understanding of the information.

Also, if you are talking with a person that spoke a foreign language, you may not actually get the information in that language. You will receive the general claircognizance information, then convey it in your own native language.

Clairsentience

Clairsentience is the subtle art of feeling information. This can be similar and overlapping with empath and tangency.

It is better to think of clairsentience as the awareness of subtle energies. Many times, this perception is ineffable. You do not have the words to describe it and may find difficulty in communicating clairsentient information.

Thus, we find correlates with visual, audible, and emotional information – we say, the energy feels like, reminds me of, it is like.

To some degree, we all have this ability. It is almost like a meta-ability, like you are able to sense the flow of information, or the well of energy-information of a location. Then you will perceive and interpret that information with your understanding of sensory information.

PARA-AWARE TUNING INTO THE UNSEEN WORLDS

Thus, a room can feel:

- Full of energy, like it cannot take in anymore, super dense
- the energy feels warm like jello
- we are in a dead space devoid of energy
- cold spots
- the energy is flowing
- many spirits are in the room, like it is crowded
- it feels like everything just opened up to a natural landscape
- “I feel like we are floating in space, open to the cosmos”

Different types of subtle beings communicate differently.

When you become familiar with your dominant means of subtle communication, you will better understand the way you make your connections, and the types of communication you receive.