The Eight Clair Senses

A visual guide to the spiritual psychic senses
The 8 Clair Senses

The 8 Clair Senses ... Your Spiritual Psychic Senses

• Much like you have five physical senses: seeing, hearing, touching, tasting and smelling. You also have the potential to experience eight “clair” senses or spiritual psychic senses.

• The clair senses in psychic terms are:

- Clairvoyance (clear seeing)
- Claircognizance (clear knowing)
- Clairaudience (clear hearing)
- Clairempathy (clear emotional feeling)
- Clairsentience (clear physical feeling)
- Clairtangency (clear touching)
- Clairsalience (clear smelling)
- Clairgustance (clear tasting)
Clairvoyance

A clairvoyant (clear seeing) receives extrasensory impressions and symbols in the form of mental images through their mind’s eye (third eye). You may be clairvoyant if you experience vivid dreams, visions, mental images and mini-movies that flash into your inner awareness. You may be able to see the colors of the energy fields (auras) around people, plants, and animals, or perhaps you are able to see angels, ghosts, or other beings.

You may have a propensity for clairvoyance if you are a “visual” person, can easily visualize solutions to problems, have a great sense of direction, or are very good with visual-spatial problems, like rearranging furniture or loading and arranging the items in the dishwasher.

A clairvoyant may have the ability to see the future (precognition), to clarify and illuminate the present (most common) and see the past (postcognition).
Claircognizance

You experience claircognizance (clear knowing) when you just suddenly know something to be true, even though you didn’t see it, hear it or feel it. You just know it. It’s a stroke of instant insight or a download of information that needs no processing or interpretation. Claircognizance can be experienced as a nagging idea or unrelenting thought, much like the persistant awareness that someone is lying to you when you have no physical evidence of it.

Many individuals confuse claircognizance (clear knowing) with clairempathy (clear emotion) or clairsentience (clear physical feeling) because their “knowing” is quickly followed by either a personal emotional or physical reaction to the insight. Overtime, paying attention to how the insight comes into your awareness will help you distinguish the difference.
Clairaudience
(clar hearing)

If you are clairaudient (clear hearing), you are able to perceive sounds, words or noise from the spiritual or ethereal realm. Someone is clairaudient if they mainly receive their intuitive information with their inner or outer hearing. Yes, we are talking about hearing voices (either outside of yourself or in your head!)

An example is that you’re driving to work and suddenly hear “Take the next exit.” There is no one in the vehicle with you. However, the message was clear, and seemed to come from outside of yourself. You take the next exit instead of driving your usual route. When you arrive at work, you learn you avoided a five car pile up, which would have made you miss a very important meeting.

You might lean towards clairaudience if you are naturally attuned to sounds, tones, rhythm and music. If you sing, play music, have an easy time remembering voices, or can easily hear it in someone’s voice when they are lying to you.
You have clairempathy (clear emotion) if you sense other people’s emotions, thoughts and symptoms. It is the awareness or perception of emotional energy. You don’t necessarily experience the feeling in your body, but you are aware of the feeling. Think of Troy from Star Trek the Next Generation. She could sense other people’s emotions. Ever walk into a room after a couple was arguing and sensed the anger and hurt in the room? If so, you are clairempathic.

Empaths need self-care and psychic protection techniques to successfully manage their empathic nature and shield themselves from energetic overload. A skilled empath knows how to maintain spiritual boundaries, replenish energy and clear unwanted negative energy from their auric field.

The difference between clairempathy and clairsentience is that empaths sense the emotion whereas sentients experience the emotion. Empaths sense the energy, but sentients feel the energy.
Clairsentience

Clairsentience (clear physical feeling)

A clairsentient (clear physical feeling) obtains intuitive insight by way of a physical experience in their body. You have a “gut feeling” or “something doesn’t feel right,” and you experience it viscerally, as a physical sensation, in your body.

Clairsentient’s feel (not just sense) the experience of other people’s emotions, ailments or injuries. They can also feel the physical and emotional pain of a land or a place where tragic events have occurred such as fear, jealousy, insecurity, hatred, and pain.

An example of this is that a friend of mine, a gifted psychic medium, gets an upset stomach when negative entities are nearby or pestering one of her clients.

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Clairtangency

You may have clairtangency (clear touching) if you have the ability to perceive facts about an event or person by contact with or proximity to the object or person. This is also commonly known as psychometry.

You may be clairtangent if you quickly gain formerly unknown insights when you hold someone’s watch, touch their hand, when you pick up an old antique at a flea market, or touch an old building.
Clairsalience

(see smelling)

For those with clairsalience (clear smelling), insights come through the perception of smell, such as smelling a fragrance or odor of a substance, person, place, or animal that is not in your immediate surroundings. These odors are perceived without the use of your physical nose. Other names for this are clairscent and clairscentency.

An example of this ability is: you are cleaning the house when all of a sudden you get a strong smell of the perfume your deceased grandmother used to wear. No one wears that fragrance in your home. Your grandmother is reaching out from the spirit world to communicate with you. Or, maybe lately everywhere you go, you keep smelling lilacs. Lilacs are your Mom’s favorite flower. It’s a nudge to call your Mom as she may need your support right now.

Experiencing scents might trigger the other senses to “see”, “hear” or “feel” what a spirit is trying to communicate.
Clairgustance

(clear tasting)

An individual with clairgustance (clear tasting) receives psychic information through their sense of taste, without having any physical source of that taste in their mouth.

People sometimes report tasting a favorite food or drink from a loved one who has passed away.

Others report that when they are problem-solving they receive helpful information through an extrasensory taste in their mouths. For instance, police detectives investigating crimes sometimes get an unexplained taste in their mouths, such as blood or a certain chemical that relates to a specific type of drug, which gives them the guidance they need to find out what really happened.
Definitions

**Intuition:** is the act or faculty of knowing immediately, directly and holistically without rational processes and without being aware of how we know. It is also the channel or process through which we access realms of truth and knowledge.

**Intuitive Coach:** an intuitive coach contributes counseling and guidance as well as psychic impressions to help the client find out where their blocks and struggles are, what they are, how to change, and what to do to facilitate that change.

**Extrasensory Perception (ESP):** Perception (as in telepathy, precognition, clairvoyance, etc.) that involves awareness of information about events external to the self not gained through the physical senses and not deducible from previous experience.

**Precognition:** The ability to know things or events, etc. beforehand.

**Postcognition** (also known as retrocognition): Knowledge of a past event which could not have been learned or inferred by normal means.

**Psychic Reader:** Psychic comes from the Greek word psychikos, meaning of the soul and psyche. It refers to the ability to see or perceive things that most people do not perceive through their five senses. This ability is often referred to as extra-sensory perception (ESP). It can also be seen as something that is immaterial or of a spiritual nature. Psychic and other intuitive readings bring advice, guidance and clarity to the client through the heightened perceptions of the reader.

**Tarot and Oracle Card Readings:** The premise of Tarot and Oracle Card Readings is that synchronistic selection and spread of the cards reflects the client’s Higher wisdom coming forth with insight, guidance and direction. A skilled reader uses both intuition and knowledge of card symbology to help the client interpret possible meanings regarding relationship, career, life purpose and more.
Definitions

**Medical Intuitive:** A Medical Intuitive uses intuition to determine the root cause of a complaint, illness or disease, and/or to proactively discover the imbalance before it becomes disease or illness. Unlike a psychic or general intuitive reading, a Medical Intuitive Reading provides a detailed anatomical and psychological profile of the root cause(s) or core imbalances. It may also include a suggested action plan to empower the client’s resolution or healing of the root cause of their condition, concern, complaint, or illness.

**Medium/Mediumship:** Medium is a psychic who is able to communicate and interface with spirits in other dimensions. Every medium is a psychic but not all psychics are mediums.

**Palm reading (Palmistry):** Palmistry is another popular method of psychic readings, which uses the study of the lines, shapes, wrinkles and curves on the palm to gain insights on an individual’s personality and indications of what is likely to happen in the course of a given life. The premise is the palm is predictive, not predestined, and the knowledge gained from a palm reading empowers the client to make course corrections to live their best life.

**Tea Leaf Reading:** is an intuitive reading method that interprets patterns in tea leaves, coffee grounds, or wine sediments for the purpose of sharing insight, guidance and direction.

**Astrology:** is the study of the influence that distant cosmic objects, usually stars and planets, have on human lives. The position of the sun, stars, moon and planets at the time of people’s birth is said to shape their personality, affect their romantic relationships and predict their economic fortunes, etc.

**Channeling:** Receiving communication from Spirit or specific spirits and either writing or speaking that communication as though the spirit itself is speaking.
Resources

Books on Developing Your Intuition:

How To Meet Your Spirit Guides, Angels, and Power Animals: Spiritual Guidance On Demand in 5 to 10 Minutes, a Practical Guide by Ms Tianna A. Galgano

The Power of Your Spirit: A Guide to Joyful Living by Sonia Choquette

Discover Your Inner Psychic by Tara Ward
About the Author

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Natalie Eve Marquis, RMT, CH, is an intuitive healer, teacher, writer, and artist, helping seekers discover deeper connection and meaning in their lives. She is the owner of the Wisdom Within and the founder of the Reiki Release® Emotional Healing Method, a powerful process that pinpoints and releases the root cause of emotional wounds and negative beliefs. Natalie teaches all levels of Reiki certification both online and in person. She also provides a variety of fun and informative workshops on intuition development, past life healing, personal growth, and more in NH, MA, AZ, and NC.

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