



The Clair Senses & Psychic Abilities Info Sheet

Unlock Your Inner Oracle

Your soul receives divine guidance through subtle energetic channels known as the Clair Senses; these are psychic pathways that translate energy into messages you can see, hear, feel, know, smell, or taste. We all have access to these gifts. Some may feel stronger than others, but with intention, trust, and time, all can be awakened.

Quick Glance Guide:

Claircognizance | Clear Knowing – You just “know” things without reason.

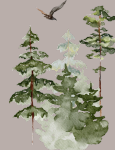
Clairvoyance | Clear Seeing – You see images, symbols, or visions in your mind’s eye.

Clairaudience | Clear Hearing – You hear messages, music, or inner voices intuitively.

Clairsentience | Clear Feeling – You deeply feel others’ emotions or physical sensations.

Clairaliense | Clear Smelling – You smell scents tied to memories or spirit presence.

Clairgustance | Clear Tasting – You taste things connected to people, memories, or spirit.



Clairvoyance - clear seeing

You receive guidance through mental images, visions, or symbols that flash through your inner eye like a dream or film reel.

You might be:

- A visual learner or creative thinker
- Drawn to art, design, beauty, or aesthetics
- Someone who sees meaningful symbols or gets vivid dreams

Your soul speaks in color, patterns, and light. Trust what you see beyond the physical.

Clairaudience - clear hearing

You hear intuitive messages, song lyrics, whispers, or energetic downloads as though they come from within; but not from your own voice.

You might be:

- Drawn to music, sound healing, or voice work
- Someone who hears messages or guidance out of nowhere
- Comforted or awakened by sound, song, or sacred silence

Your soul speaks in frequencies and tone. Listen closely, Spirit whispers.

Clairsentience - clear feeling

You sense energy through your emotions, body, or subtle sensations. This includes “gut feelings,” chills, and picking up on others’ emotions with ease.

You might be:

- An empath or highly sensitive person (HSP)
- Someone who feels called to healing, caregiving, or therapy
- Deeply in tune with people and spaces

Your soul speaks in feeling. Honor your intuition through the body’s wisdom.

Claircognizance - clear knowing

You receive sudden insights, downloads, or bursts of information that you just know to be true; without logical reasoning.

You might be:

- A deep thinker or someone others look to for guidance
- Frequently told “you just know things”
- Drawn to teaching, leadership, or philosophy

Your soul speaks through truth. Trust the knowing that rises from within.

Clairalience - clear smelling

You smell things that aren't physically present; like perfume, flowers, or smoke, often linked to spirit contact or memory recall.

You might be:

- Sensitive to scent and emotionally connected to smells
- Drawn to work with flowers, essential oils, perfumes, or food
- Someone who receives spiritual signs through scent

Your soul speaks through memory and essence. Inhale the unseen.

Clairgustance - clear tasting

You receive intuitive messages through taste, often tied to past memories or visits from spirit loved ones; like tasting a dish they used to make.

You might be:

- Highly sensory and attuned to flavor
- Drawn to culinary arts, herbalism, or food medicine
- Someone who experiences spiritual connection through taste or nourishment

Your soul speaks through remembrance. Savor the sacred.

Which Clair is Speaking Through You?

Reflect on the statements below and check the ones that feel most like you:

- ☐ I see symbols, colors, or visions in my mind's eye
- ☐ I hear guidance or lyrics that feel like messages
- ☐ I feel others' emotions or get gut instincts often
- ☐ I just know things before they happen
- ☐ I smell scents that remind me of people or places
- ☐ I taste things out of nowhere linked

The Clair with the most checkmarks might be your dominant sense.

But remember; you can grow and activate all of them with practice, play, and sacred trust. 🌟



Closing Message:

Your intuitive senses are sacred. You are not imagining it. You are remembering it. Let them awaken in divine timing, and know.. your spirit always knows the way.

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