

Ways you can deepen your connection with your Intuition.

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1. Clairsentience or "clear feeling"

This form of intuition comes from your feelings and physical sensations. When you begin to develop this sense, it is important to slow down and notice how you feel in certain situations. You probably can remember a time when your "gut" told you not to enter into a relationship or a job and you did it anyway. Later you regretted it. These opportunities allow you to have faith and learn to listen to your inner guidance. Listening to the inner guidance is a direct connection to your Higher Self. Start to become aware when you sense an Angel around you or an animal companion, even animals that have passed over. You may notice a familiar scent of that animal companion when there is no one around. You may feel your hair being touched or feeling like you are being surrounded with a hug. You might sense someone sitting next to you when they are not in physical form. It may be helpful to keep a journal of your senses and become more aware of what information you pick up.

2. Claircognizance or "clear knowing"

This is when you find you just know something, but cannot explain why. This is information coming from your Higher Self, Spiritual Guides or you may be tapping into the Collective Unconscious. My horse Rocket knew all about acupuncture and where he needed the needles even though he had never had or seen this healing modality before. I told the Vet she could stop looking in her books trying to figure out where he needed the needles because Rocket already knew. When I told her where, it happened to be the exact spots she was planning on! Don't do what's called "intellectual over-ride" where you doubt the information, practice listening, and trusting. More examples of this are you meet someone and already know details about them; you had an idea for a business plan or a book and didn't follow up on it and someone else did create the plan and became successful; or you lose your keys and can close your eyes and can see where they are. In your journal list your inner thoughts and watch what it is that you know to be true. Also, watch when you doubt yourself and note when you find that you were right.

3. Clairaudience or "clear hearing"

This is when you hear information. These voices can be from different sources. When you hear information, ask who is talking to you. Information from God / Goddess is loud and to the point. It is friendly, casual and with modern language. Archangels are also loud and to the point, but are more formal and direct. They often talk about getting on track with your goals and not being fearful or doubting yourself. Angels are also formal and direct. Our deceased loved ones sound the way they did when they were physically alive. Our Higher Self sounds like your own voice and is supportive and loving. Our animals sound like their "personalities". Our ego comes across as abusive, discouraging, paranoid and depressing. When I ask a question and am not sure if it is my ego or not, I ask,

then go Higher into the heavens and ask again. I can usually discern between my Higher Self and my Ego. Become aware of the voices you hear. Just let it happen and don't analyze, but listen and start to identify your Higher Self from your Ego. Make notes in your journal.

4. Clairvoyance or "clear seeing"

With clairvoyance you may see images and understand the meaning of these visions. Some of the visions come through dreams and others can come with your eyes closed or open. Journal these images as well as other intuitive experiences and begin to see a pattern of information from your Higher Self, animal friends or spiritual guides. Another example of clairvoyance is seeing an incredible bird fly by and then think about what you were thinking right before this. This can be a message. Also, when you find coins or feathers on the ground this could be a connection from your Higher Self, an Angel, animal or someone who has passed over. Again, in your journal make notes of what you see.

Some ways to know the information you are getting is true is that the information is:

- *Consistent* - you get it more than once or over and over.
- *Motivation* - you are guided to help others or improve a situation, not to get rich or famous.
- *Tone* - the sense is uplifting and joyful, false information is critical and negative.
- *Origination* - you get the information quickly and clearly. False information comes after worry and is stressful.
- *Familiarity* - the guidance fits with who you are and your skills and talents. It is not something unfamiliar to you.

Clairvoyance means clear seeing.

This is when visions past, present and future flash through our mind's eye, or third eye, much like a daydream. Many of us are highly visual and able to understand an idea best when we see it written or sketched out as an image on a computer screen or on a canvas. Visual people often choose to be artists, builders, photographers, decorators, designers and so forth. If this sounds familiar, your clairvoyance is most likely a dominant sense.

Clairaudience means clear hearing.

This is when we hear words, sounds or music in our own mind's voice. On rare occasions, spirit may be able to create audible sound, though this takes a tremendous amount of focused energy. Some of us best retain and comprehend information when we hear it spoken aloud. Our natural talents tend to lie in our auditory faculties; often making us gifted musicians, singers, writers and public speakers. If this feels right to you, clairaudience may be a leading sense for you.

Clairsentience means clear feeling.

This entails feeling a person's or spirit's emotions or feeling another's physical pain. Many of us are clairsentient without consciously being aware of it. When we get a strong "gut" feeling, positive or negative, about someone we just met or when we get the "chills" for no apparent reason, we may be tuning into the emotional energy of a person or a spirit around us. When we are highly sensitive and are in tune with not only our own feelings, but also the feelings of others, this makes us natural healers and caregivers. We often feel inspired to pursue careers as doctors, therapists, counselors, nannies and teachers. If this is you, clairsentience is at the top of your senses list.

Clairalience means clear smelling.

This is being able to smell odors that don't have any kind of physical source. Instances of this could include smelling the perfume or the cigarette smoke of a deceased relative, used as a sign of their presence around us. When our sense of smell is strong and distinct, we may find that certain smells connect us to past memories or we may be drawn to working as a florist, a wine taster or a perfume fragrance creator.

Clairgustance means clear tasting.

This is the ability to taste something that isn't actually there. This experience oftentimes comes from out of the blue when a deceased loved one is attempting to communicate a memory or association we have with a particular food or beverage that reminds us of them. If we have a heightened sense of taste, this would make us natural chefs, bakers or food critics.

Claircognizance means clear knowing.

This is when we have knowledge of people or events that we would not normally have knowledge about. Spirit impresses us with truths that simply pop into our minds from out of nowhere. An example of this would be a premonition: a forewarning of something that will happen in the future. Claircognizance requires tremendous faith because there's often no practical explanation for why we suddenly "know" something. Many philosophers, professors, doctors, scientists, religious and spiritual leaders and powerful sales and business leaders tend to be highly intuitive and seem to just know the facts with a sense of certainty. If this is you, consider claircognizance as one of your dominant senses.

How do you recognize what your preferred or dominant style of sensing is? Begin by sitting in a comfortable place where you won't be distracted for a few minutes. Scan the area around you, taking in all details and feelings of where you are. Then close your eyes and focus on your breath. Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the *sight* of something that stood out, the *sound* of something that you heard, the *feeling* of something registering in your stomach or heart, a *taste* or *smell* that suddenly appeared or a strong *thought* about something that hit you from out of the blue?

We all have access to all clairs and can strengthen them with practice and time.