

Clairsenses, intuitive gifts and psychic abilities

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Everyone starts out with "extra" senses, but due to cultural pressure to rely on the five common senses (sight, smell, sound, speech and touch), we usually lose our awareness of our "sixth sense". For those that retain or redevelop and control their other senses, they typically use one or two main senses. It can be challenging to develop mastery of the information that comes in, and for those with a limited knowledge about how to control the flow of information they can feel physically and emotionally overwhelmed, unfocused, chronically fatigued and depressed.

A psychic ("of the mind, mental", also called sensitive) is a person who can perceive information hidden from the normal senses through extrasensory perception (ESP).

Extrasensory perception (ESP) involves reception of information not gained through the recognized physical senses but sensed with the mind. It is also referred to as sixth sense, gut instinct or a hunch. The term implies acquisition of information by means external to the basic limiting assumptions of science.



Clairvoyance (clear vision) is the ability see anything that is not physically present, such as objects, animals or people, using the third eye (brow chakra) or mind's eye.

Clairaudience (clear hearing) is the ability to hear information, via the "inner mental ear", or sounds that are not apparent to other humans or to recording equipment.

Clairsentience (clear feeling) is the ability to gain information through feeling. Generally it refers to feeling the vibration of other people. There are many different degrees of clairsentience, ranging from the perception of diseases of other people to the thoughts or emotions of other people. This is also known as Empathic ability or Empathy.

Claircognizance (clear knowing) is the ability to know something without receiving it through the other senses. It is a feeling of "just knowing" beyond logic without being previously told. Unlike thoughts in the conscious mind, claircognizance transcends fear and comes from a place of wisdom.

What is a medical intuitive?

A **medical intuitive** is an alternative health practitioner who specializes in perceiving information concerning the human body. This work is done by intuitively scanning the body for areas or imbalance that may need alignment or treatment. Often times the Medical Intuitive will be able to explain the connection of the energy to an emotion or an event causing the illness. Information can then be provided to the client's medical doctor for further evaluation and discussion of possible treatments.

Well known medical intuitives include Edgar Cayce, Caroline Myss, Judith Orloff and Phineas Parkhurst Quimby.



What is intuitive healing?

Intuitive Healing is an alternative health form that uses psychic abilities to assist the client in attaining health and balance. By scanning the body, the intuitive healer can detect disturbances in the flow of energy or extra energies that do not belong to the client. By optimizing flow and releasing foreign energies the client's innate healing can now function more optimally.



How do I know if I'm an empath?

Adapted from Dr. Judith Orloff's new book "Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life" (Three Rivers Press, 2011)

Ask yourself:

- Have I been labeled as "too emotional" or overly sensitive?
- If a friend is distraught, do I start feeling it too?
- Are my feelings easily hurt?
- Am I emotionally drained by crowds & require time alone to revive?
- Do my nerves get frayed by noise, smells, or excessive talk?
- Do I prefer taking my own car places so that I can leave when I please?
- Do I overeat to cope with emotional stress?
- Am I afraid of becoming engulfed by intimate relationships?

If you answer "yes" to 1-3 of these questions, you're at least part empath. Responding "yes" to more than 3 indicates that you've found your emotional type.

Recognizing that you're an empath is the first step in taking charge of your emotions instead of constantly drowning in them. Staying on top of empathy will improve your self-care and relationships.

"I've been fortunate to work with several clients who were unaware or struggling with their empathic abilities. Using various energy tools they were able to gain freedom from feeling overwhelmed by 'other people's stuff'. In my own journey it made a huge difference being able to discern whether what I was feeling was mine or someone else's issue and then be able to clear it from my system."