

The Six "Clairs":

Clairvoyance:

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:

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:

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.

Clairience:

Clairience 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:

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:

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.

Clairtangency:

Clairtangency (clear touching), also sometimes referred to as psychometry is the ability to sense information by touch. Many healers and bodyworkers pick up information from their clients when they are working on them. Anything from "mental movies" of past traumas the person has experienced, current and future events, or a departed loved one can be received through clairtangency. Psychometry is usually a term applied to receiving psychic information from an inanimate object, such as a piece of jewelry, clothing or even a motor vehicle.

Information on Empaths/Clairempathy:

Clairempathy:

Clairempathy means clear emotion. An Empath is a person who can psychically tune in to the emotional experience of a person, place or animal. Clairempathy is a type of telepathy to sense or feel within one's self, the attitude, emotion or ailment of another person or entity. Empaths tune into the vibrations and "feel" the tones of the aura.

Being an Empath means that you are affected by other people's energies, and have an innate ability to intuitively feel and perceive others. You either are an empath or you aren't. It's not a trait that is learned.

Your life can be unconsciously influenced by others' desires, wishes, thoughts, and moods. Empaths are highly sensitive, but not just to emotions, they can perceive physical sensitivities and spiritual urges, as well as just knowing the motivations and intentions of other people. You are always open, so to speak, to process other people's feelings and energy, which means that you really feel, and in many cases take on the emotions of others. Many empaths experience things like chronic fatigue, environmental sensitivities, or unexplained aches and pains daily. These are all things that are more likely to be contributed to outside influences and not so much yourself at all. Empaths are often walking around in this world with all of the accumulated emotions and energy from others.

10 Traits of an Empath:

1. Empaths are highly sensitive.

Empaths are naturally giving, spiritually open, and good listeners. If you want heart, empaths have got it. Through thick and thin, these world-class nurturers will be there for you. But they can easily have their feelings hurt, too: Empaths are often told that they are “too sensitive” and need to “toughen up.”

2. Empaths absorb other people’s emotions.

Empaths are highly attuned to other people’s moods, good and bad. They feel everything, sometimes to an extreme. They take on negativity such as anger or anxiety, which can be exhausting for them. If they are around peace and love, though, their bodies take these on and flourish.

3. Many empaths are introverted.

Empaths become overwhelmed in crowds, which can amplify their empathy. They tend to be introverted and prefer one-to-one contact or small groups. Even if an empath is more extroverted they may prefer to limit how much time they spend in a crowd or at a party.

4. Empaths are highly intuitive.

Empaths experience the world through their intuition. It is important for them to develop their intuition and listen to their gut feelings about people. This helps empaths find positive relationships and avoid energy vampires.

5. Empaths need alone time.

As super-responders, empaths find being around people can be draining, so they periodically need time alone to recharge. Even a brief escape prevents emotional overload. For example, empaths like to take their own cars when they go places so they can leave when they please.

6. Empaths can become overwhelmed in intimate relationships.

Too much togetherness can be difficult for an empath so they may avoid intimate relationships. Deep down they are afraid of being engulfed and losing their identity. For empaths to be at ease in a relationship, the traditional paradigm for being a couple must be redefined.

7. Empaths are targets for energy vampires.

An empath’s sensitivity makes them particularly easy marks for energy vampires, whose fear or rage can sap their energy and peace of mind. These vampires may do more than drain an empath’s physical energy. Especially dangerous ones such as narcissists (who lack empathy and are only concerned with themselves) can make empaths believe they’re unworthy and unlovable. Other vampires include The Victim, The Chronic Talker, The Drama Queen and more.

8. Empaths become replenished in nature.

The busyness of everyday life can be too much for an empath. The natural world nourishes and restores them. It helps them release their burdens and they can take refuge in the presence of green wild things, the ocean, or other bodies of water.

9. Empaths have highly tuned senses.

An empath's nerves can get frayed by noise, smells, or excessive talking.

10. Empaths have huge hearts but sometimes give too much.

Empaths are big-hearted people and try to relieve the pain of others: a homeless person holding a cardboard "I'm hungry" sign at a busy intersection, a hurt child, a distraught friend. It's natural to want to reach out to these people and ease their pain. But empaths don't stop there. Instead, they take it on—suddenly they're the one feeling drained or upset when they felt fine before.

As an empath myself, I use many strategies to protect my sensitivities, such as fierce time management, setting limits and boundaries with draining people, meditation to calm and center myself, and going out into nature. I find being an empath a gift, but I had to learn to take care of myself. Empaths have special needs. If you're one of us, it's important to honor your needs and communicate them to your loved ones.