



COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

Confident Clairs

If you're taking this course, I am assuming you have already learned about the “clairs”, our psychic senses: Clairvoyance, Clairaudience, Clairsentience, and Claircognizance (and also clairgustance, taste, and clairalience, smell). I want to take a moment and talk about them quickly, as I find we sometimes don't use them confidently.

Firstly, we're often taught that for each of us, one or two of the psychic senses are stronger than the others, and usually in accordance with how active the corresponding physical senses are in the individual. For example, if you are a very visual person, maybe if you paint or do other visual work, we're taught that we probably have a strong psychic sense of sight as well.

However, I am not a big fan of this way of teaching the senses, because we then begin to identify with solely those one or two senses, and we ignore the rest. Not only that, but we might twist information coming through our less comfortable senses into our more comfortable sense.

For example, if I see myself as a strong clairvoyant, and not so strong in clairaudience, but I hear the word “tape” in my mind in a reading, I might try to force that info to come through my more comfy clairvoyance, as an image of a casset-tape for example. I would then tell the sitter that's what I am seeing, when really packing tape is what was trying to come through originally. I would have then ruined the information and twisted it into something completely different because I didn't think I could be accurate with my other senses.

Of course, we might tend to receive more information through certain senses, but that doesn't mean the others can't be equally strong or equally accurate. The senses are all just channels through which energy can describe itself. We want to make sure we pay attention to all of them, and work on



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strengthening those we don't receive much through, because ideally we would like to become well-rounded with our psychic senses. Being able to receive information easily through any of them helps intuitive information to come through as easily, clearly, and accurately as possible. If you've identified solely with one or two of the senses, perhaps it's time to shift into thinking of yourself as someone who can use the full spectrum of clairs in your readings.

One way we can work on strengthening a specific clair, is by paying attention to it more throughout our day-to-day life and especially in readings. Before a reading, set the intention that you want to improve the sense and use it more, and make sure to place your focus on it throughout the reading. Not to the point of ignoring the other senses, but in a way of placing more emphasis on that sense in particular.