

Developing Psychic Gifts

Mini Course

What are Psychic Gifts

The first step in any form of spiritual development must be to create an awareness of your own inner self and inner spirit first before you can progress to other areas of development.

There must be a clear understanding and acknowledgment of your psychic abilities first and foremost. The best method to develop these gifts is to start to meditate, all development begins with meditation and then to find an Awareness Development Circle with an experienced tutor leading the circle so that they can guide you carefully through all the levels of development.

In an Awareness Development Circle you will practice meditation and be shown different exercises to activate and strengthen your psychic abilities.

You will become more 'in tune' with your inner psyche and psychic gifts the more you practice.

The main psychic gifts are:

Clairvoyance - clear seeing

Clairsentience - clear feeling

Clairaudience - clear hearing

There are many others too and we will look at these in more depth below.

Understanding the 'Clair Senses'

We all work using different senses. It is important to know how we are working and in which capacity we are receiving our information. The 'Clair Senses' pertain to all types of psychic sensitivity corresponding to the senses such as seeing, hearing, feeling, smelling and tasting.

We are going to discuss the seven 'clair senses' to give you a brief outline of what this might mean to you should you work this way.

Some psychics and mediums will receive their information using all their senses. They may not use them all at the same time but at different times for different messages.

Some people are Clairvoyant (seeing) so they will receive pictures in their mind of the message which needs to be relayed. They might see a persons home, what they looked like, how tall they were etc.

If someone uses their clairaudient faculty this means they hear certain words. If someone is using clairsentience this means they have the ability to feel what they are getting without any outside stimuli, its just a strong feeling. A person who is Clairtangent means they will be able to use psychometry (this is when you hold an object in your hands and can feel the vibrations and pick up information from that object about a person). The ability of clair empathy which means a person can tune into a persons emotions and see and feel how they are feeling on an emotional level.

Become aware now of how you work and receive your messages. Do you see pictures in your mind? Is it just a feeling? Do you hear words? Do you get scents/smells? Can you taste things in your mouth which you know are not from something you have eaten? Become aware of these sensations now and start to take note. Let us look at the clairsenses now in more depth.

Clairvoyance (Clear Seeing/vision)

One has the ability to see through their 'minds eye' the other realm and receive messages via this sense. Some may call it drawing back the veil and seeing the other world to see mental images. It is rare for a medium to see spirit objectively, which means they see them outside their minds eye, they see them as real as you would see your friend when having a cup of coffee. Subjective Clairvoyance is when images are seen within the mind or minds eye. Most mediums work with subjective Clairvoyance.

Clairaudience (Clear Hearing/Audio)

The ability to hear sounds from the ethereal world/spirit world. Many mediums are both Clairvoyant and Clairaudient. A clairaudient medium can bring some outstanding evidence of survival after death as the information being given is clear and cannot be misinterpreted by the mediums own interpretation of the message. When one receives clairaudient messages they leave no room for interpretation as the medium will simply repeat the words which are being given from the spirit communicator. This is by far the most powerful form of

communication which enables evidential information which is rarely wrong. Some mediums will hear subjectively which means they hear the sounds within their own mind and others will hear objectively which means they will actually hear the voice of the Spirit communicator as clearly as you hear each other speak.

Clairsentience (Clear Feeling)

The ability to receive and perceive sensations not related to outside stimuli. It comes as a very strong feeling. It feels so strong that there is no doubt that what is being received is true and accurate. A medium working with clairsentience will use words such as “I feel” “I sense” “I get the feeling” etc.

Clairscentient (Clear Smelling)

The ability to sense smell without the use of the physical nose. The scents are not found to be in the surroundings. One of the most common scents that mediums can smell is cigarette smoke or flowers.

Clairtangency (Clear Touching)

This ability is commonly known as psychometry, which is when an object which has belonged to someone passed is held in the hands and vibrations and energy of that person are picked up on.

Clairgustance (Clear Tasting)

The ability to taste a substance with which there has been no contact of any kind. One who has this ability is able to taste the substance through the spiritual realms.

Clairempathy (Clear Emotion)

The ability to tune into another and feel the emotions. One may pick up on a person's ailments, thoughts, feelings and attitudes.

Some of The psychic practices are:

Psychometry
Flower Clairsentience
Card Reading
Scrying

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