

# THE CLAIRS

Discovering Your Intuitive Self



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# welcome to THE CLAIRS

## Discovering Your Intuitive Self

### OVERVIEW

Hello and welcome! In this eBook, we will take a look at six "clair" senses. As a human, you are born with intuitive abilities. This short guide will help you identify which clair sense(s) is strongest in you.

You've probably heard of the sixth sense? Well, that is our ability to perceive intuitive or hidden information. The clair senses are the avenues through which we receive those impressions and messages.

I am clairvoyant and clairaudient, meaning I see and hear intuitive information. Some people have one clair sense as their strongest, while others may have more than one, and these senses may change over time. Working with your strongest sense and learning the language it conveys is the foundation of discovering your intuitive self.

### CLAIRS

- Clairvoyance
- Clairaudience
- Claircognizance
- Clairsentience
- Clairgustance
- Clairsalience



# CHAPTERS



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CLAIRVOYANCE

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CLAIRS QUIZ



CHAPTER  
1

CLAIRVOYANCE:  
Clear Vision



The term clairvoyance is probably the most recognized of all the clairs. It means clear vision/seeing. The sight is through what is known as the mind's eye or third eye chakra. A clairvoyant may see colors, visions, pictures, flashes of memories, places, objects, symbols, spirits, etc. This information is perceived on an extrasensory level.

As I mentioned previously, I am clairvoyant. When I am working with clients, I often see colors or auras around people, flashes of visions or pictures, animals, spirits, angels, and much more. Rarely do I see these things on an external level with my physical eyes, but some clairvoyants do. Learning to interpret these impressions does take patience and time, as it is essentially a new language.

The study of intuitive development is quite magical when you realize how to tap into the hidden world of intuition.



Beyond the veil lies  
what our eyes cannot  
see.

— MICHAEL BASSEY JOHNSON



CLAIRVOYANCE

- Colors
- Visions/dreams
- Images/objects
- Spirits/angels
- Animals
- Symbols
- Places



## CHAPTER 2

### CLAIRAUDIENCE: Clear Hearing



Clairaudience is the ability to perceive sounds inaudible to others, otherwise known as clear hearing. The sounds could be heard on an external or internal level. The internal hearing may sound like your own inner voice, with only a slight or possibly pronounced change in the cadence or language used. The external sounds could come across as hearing someone say your name when no one is in the room or music playing without a source.

Ringling in one or both ears may also be a sign of clairaudience. Pay attention to what you are thinking of, reading about, watching, or listening to when this ringling occurs. It could be your intuition's way of directing your attention to important information.

When I describe my clairaudient abilities to my clients, I liken it to hearing snippets of words, names, sounds, music, or tones and then piecing that information together into a message for them. If a message is urgent, whatever the sound may be (a word, song, tone) will not leave my head until I have relayed the information.

“LISTEN TO YOUR INNER VOICE. IT IS THE CALLING OF YOUR SPIRITUAL GPS SYSTEM SEEKING TO KEEP YOU ON TRACK TOWARDS YOUR TRUE DESTINY.  
— ANTHON ST. MAARTEN”

#### CLAIRAUDIENCE

- Music
- Names
- Sounds
- Tones
- Ringling in ears
- Inner voice



## CHAPTER 3

### DISCOVERING YOUR INTUITIVE SELF

## CLAIRCOGNIZANCE: Clear Knowing



Knowing something to be true without having any previous knowledge is claircognizance or clear knowing.

Have you ever watched the show Jeopardy and you know the answers to questions without having studied the subject matter? This is one example of claircognizance.

A friend is pregnant and you know without a doubt that she is having a girl. The ultrasound revealed a boy, everyone is convinced she's having a boy by the way she is carrying the baby, but you have complete conviction the child is a girl. When the baby is born, it is indeed a girl. Another example of claircognizance.

This type of clair sense is knowing something without knowing how you know it. A bit of a tongue twister, eh?

“  
Claircognizance is the ability to know without trying.  
— Lada Ray  
”

### CLAIRCOGNIZANCE

- Psychic knowing
- Intuitive download
- Intrinsic knowledge
- Awareness



CLAIRSENTIENCE:  
Clear Feeling

Clairsentience is the most common sense that people have when it comes to intuition. While the term isn't well recognized, you've probably heard of a gut feeling or being emotionally sensitive. This is clairsentience.

Think of a time when you had a bad feeling about a situation but logically you couldn't see anything wrong, so you followed your logical mind instead of listening to your gut. I bet 99% of the time you kicked yourself in the butt for not listening to your intuition when the situation ended badly.

A clairsentient also has the ability to sense the emotions of others and collective energy. You can feel a person's sadness, happiness, peacefulness, or anger. You may even have been labeled as "too sensitive." This is because you feel and possibly take on the emotions of others. Learning to set up energetic boundaries is very helpful to protect yourself from absorbing the emotional states of others.

When you begin to trust and listen to your intuitive nudges, those gut feelings, you won't believe the difference it can make in your life. Trust is the key word when it comes to clairsentience.

“PEOPLE HIGH IN THE PSYCHIC GIFT OF CLAIRSENTIENCE ARE SOME OF THE SWEETEST PEOPLE YOU WILL EVER MEET.  
— CATHERINE CARRIGAN”

## CLAIRSENTIENCE

- Gut feeling
- Emotional sense
- Intuitive nudge
- Empathic
- Sensitive



## CHAPTER 5

### DISCOVERING YOUR INTUITIVE SELF



## CLAIRGUSTANCE: Clear Tasting

Clairgustance is the ability to taste something without it being there. This clair sense is not often talked about. It is one of those senses that people who experience it once or twice might not even recognize it as an intuitive communication.

Imagine you are talking with a friend and all of a sudden you can taste warm sugar cookies in your mouth. They remind you of your grandmother. But, without the physical presence of cookies, you could easily mistake this as possibly a food craving. But, what if it is a sign from spirit? Perhaps your grandmother was famous for her sugar cookies and it is around the time of your birthday. This could be a sign from her, letting you know her spirit is saying hello or happy birthday. Some psychic investigators report tasting metal or blood when researching a crime scene in a police matter.

Piecing the information together using the sense of clairgustance is a little trickier than the other senses I have discussed, but being mindful when it happens certainly helps.

“Experiencing a sudden taste of food strongly connected to someone you know? Tune in. That someone may be trying to connect with you.  
— **Lights of Venus**”

### CLAIRGUSTANCE

- Spiritually taste
- Mental flavor
- Psychic taste





## CHAPTER 6

### CLAIRSALIENCE: Clear Smelling



Clairsalience means clear smelling. This involves smelling a fragrance or scent without a physical source nearby.

When I was in my early twenties, I had already experienced my spiritual awakening but had yet to recognize I had spiritual or intuitive abilities. I was working alone late at night in an office. Around three o'clock in the morning, I remember distinctly smelling the scent of cigarettes and beer. It made me think of my father who had passed a few years earlier. At the time, it was a comforting feeling, but I did not recognize it as anything other than a memory of him. It was only years later that I came to realize that it was actually his spirit popping in to say hello. The clairsalience ability is not one of my strongest clair senses, but it is a sense I have come to recognize when it appears.

If you find yourself smelling your mom's favorite perfume and she has already passed into spirit, it is important to realize that it may be her spirit showing itself to you in a manner that would trigger a memory of her.

“WHEN A LOVED ONE HAS PASSED ON, WE MAY BECOME HYPER ALERT TO A PARTICULAR SMELL THAT WE’VE NOW ASSOCIATED WITH THEM.  
- BECCA NIELSEN”

#### CLAIRSALIENCE

- Psychic smells
- Unexplained fragrances
- Smells of spirit



## CLAIRS QUIZ: WHICH CLAIR SENSE IS STRONGEST?

Imagine you have an apple. Take a moment to really study this apple. Provide answers to the following questions. Matching answers will give you a sense of which clair ability may be strongest for you. Be as honest and truthful with this quiz as you can.

### \* WHAT COLOR IS THE APPLE?

Think about HOW you know what color the apple is.

- Do you see the color in your imagination? (Clairvoyance)
- Do you hear a sound or tone from the color? (Clairaudience)
- Do you just have a knowingness what color it is? (Claircognizance)
- Do you have an emotional feeling connected with the apple's color? (Clairsentience)
- Do you know by the taste what color it is? (Clairgustance)
- Do you know by the smell what color it is? (Clairsalience)

### \* HOW DOES THE APPLE TASTE?

Think about HOW you know what the apple tastes like.

- Do you see yourself tasting the same apple in your imagination? (Clairvoyance)
- Do you hear the sound of biting into the apple to know the taste? (Clairaudience)
- Do you just know what it tastes like? (Claircognizance)
- Does tasting the apple invoke an emotional feeling? (Clairsentience)
- Can you tell by the taste what color it is? (Clairgustance)
- Do you know by the smell what it tastes like? (Clairsalience)

### \* HOW DO YOU KNOW IT REALLY IS AN APPLE?

Think about HOW you know the object is an apple.

- Do you see an apple in your imagination? (Clairvoyance)
- Do you hear the sound of an apple? (Clairaudience)
- Do you just know it is an apple? (Claircognizance)
- Do you have a particular emotion connected to apples? (Clairsentience)
- Do you know by the taste that it is an apple? (Clairgustance)
- Do you know by the smell that it is an apple? (Clairsalience)

## ABOUT THE AUTHOR

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INTUITIVE MEDIUM, TAROT READER  
DAWN WILBUR

Hello, my name is Dawn Wilbur.

I am an evidential intuitive medium, tarot reader, spiritual teacher, and healer. Over the many years I have worked with clients on a professional level, I have developed a passion for teaching others how to discover and work with their own intuitive selves.

I created this eBook to help provide you with some foundational lessons on intuitive development. I hope you find it useful in your own pursuits regarding your intuition!

♥ Dawn





# resources & contact info

## WEBSITE

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