

Certified Mediumship Training

*Discovery Homework
Module 2:*

Developing Your Clairs



CARMEL JOY BAIRD

Spiritual Medium

Developing Your Clairs

Clairvoyance, Clairaudience, Clairgustance, Clairience, Clairsentient, Claircognizance

This week you will be setting an intention each day to develop your clairs.

Each morning for the next week set an intention with your guides to help you practice that clair. You can spend one day on each clair or if you need more time you can always go at your own page.

Talk to your guides during your morning meditation and set the intention that today you want to use this clair of your choice. Open that clair, focus on that sense, and ask that “Today I wish to understand clair____. Any spirits that come to me I want to be aware of them with this clair.

You can also ask your guides to send you messages during your meditation using those clairs. Can you use your clairience to smell something that isn't there? Can you use clairaudience to hear your guides and spirits? Keep a journal of your progress and share in the Facebook group how you experienced these clairs!

Clairvoyance: Clear Seeing

Seeing in your mind's eye, like a mental image.

Ask your guides and spirits questions that they can answer through this clair. Breathe and concentrate on your third eye chakra. Acknowledge images that may enter your mind, whether it is a single image or a movie playing out in your mind. Your intuition comes through your imagination. Trust the intuition you receive! If you are unsure, ask your guides to clarify. You may receive another sign through clairvoyance, or maybe even through another clair. If you prefer for validation, you can ask your guides to confirm by delivering another message in a different way.

Clairaudience: Clear hearing

Get yourself into a relaxed state and gently tune into the sounds that you don't normally focus on. This may be the wind outside, birds chirping... if you have music on it may be the less noticeable instruments playing in the background behind the melody. Stretch yourself and try your psychic hearing in different directions and with different focus.

Stretch yourself beyond what you physically hear too. What other sounds can you imagine?

Think of the sounds in your grandmother's kitchen. Can you hear them in your mind? The sounds in your elementary school hallway. Your father's garage. The sound of a whistle on a

kettle, a dog barking, a baby crying. Can you hear it in your mind? Ask your guides at some point in the day to send you a message and pay attention to the thought that interrupts the other thoughts, or an answer, word, or message that just “pops” into your head. This is a message from your guides to validate your clairaudience.

Clairgustance: Clear Tasting

Clairgustance can be experienced just as if you had that taste in your mouth. It can also be accompanied by clairalience (clear smelling). As an exercise, take several pieces of paper and write different flavors on each one, such as: chocolate, strawberry, root beer, licorice, etc. Begin by shuffling them and let them sit face down. Pick a paper and while holding it in your hand, imagine tasting the flavor written on it. Which taste comes up? Flip the paper over and check if you were right!

Clairalience: Clear Smelling

Clairalience can be a very powerful clair as scent is very connected with memories and can carry a powerful emotional component. Clairalience is very similar to clairgustance. To practice this clair, find pictures of objects or foods with strong scents. Cut out pictures from a magazine or print out pictures of things like: oranges, perfume, cigarettes. Similarly to Clairgustance, shuffle these and leave them face down. Use your clairalience to determine the scent written on this paper. Flip the paper over to see if you were right!

Clairsentience: Clear Feeling

This clair has a lot to do with vibrations that you may pick up from people and places. Think of a person, an event, or an object. Pay attention to what you feel when you think about certain things. Do you get any impressions or intuition from this? This “gut feeling” is your intuition! We’ve all had an experience in our lives where we learned the importance of trusting our gut. You may have experienced meeting a person and thinking: “I don’t know why, but I just had a bad feeling about them” – this is clairsentience. As an empathic intuitive, you may also feel bombarded by emotions that you don’t understand where they came from. Crowded places may be difficult and something you try to avoid as you naturally pick up on others’ energies.

Claircognizance: Clear Knowing

“I don’t know how, I just know!” – this is a common statement from people who experience this clair. Claircognizance doesn’t have a physical sense so it’s harder to know that you have it and harder to develop it. Tell your guides your intention to develop this ability and ask them to download information to you instantly. Be aware of any claircognizant moments and try to remember how you felt when you received those messages so you can continue to become aware of how claircognizant messages feel.