

**Various names:** Clairvoyance, intuition, telepathy, psychokinesis, precognition, psi, est, psychic, channeling, extended human capacities,

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## **The 5 Clairs explained by medium Rebecca Rosen** ([oprah.com](http://oprah.com))

### ***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* 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* 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.

***Clairalience 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 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 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.

**How to recognize your dominant style of sensing?**

Begin by sitting in a comfortable place where you won't be distracted for a few minutes. **Scan the area around you, taking in all details and feelings of where you are. Then close your eyes and focus on your breath.** Breathe deeply and slowly as you mentally review what caught your attention when you scanned the room. Was it the *sight* of something that stood out, the *sound* of something that you heard, the *feeling* of something registering in your stomach or heart, a *taste* or *smell* that suddenly appeared or a strong *thought* about something that hit you from out of the blue?

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### **What's Your Purpose?**

Using this information or energy for **decision making, self-healing, self-awareness, and introspection, also help others heal and make decisions.**

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### **IONS's research on a thousand people**

**The mission of the Institute of Noetic Sciences** is to reveal the interconnected nature of reality through scientific exploration and personal discovery.

#### **IONS Guiding Hypothesis:**

All things are interconnected, and that embodying that awareness reveals information and energy not limited by space and time, and can profoundly amplify transformation, innovation, and well-being.

The **way** people access and receive this information and energy is unique:

They found that people usually experience more than one characteristic at various times and intensities. The resulting 12 content characteristics are described below. Do you see any that resonate with you?

### **Characteristic 1: Inner Knowing**

Inner knowing is very common. Just about everyone could say that at one point or another they have had an important intuition, insight, gut feeling, or hunch about something. This is the inner knowing that William James referred to when he described noetic experiences as a state of knowledge separate from our intellect, and it comes with a sense of authority. These experiences are often challenging to describe in words. Our research shows us that this general intuition category has three subcategories:

Knowing Through Emotions; Feeling in the Body; and Knowing Mentally.

1a – Knowing Through Emotions: You feel or experience others' emotions (e.g., sadness, joy, depression, excitement, etc.) regardless of their distance from you and without them communicating it to you directly or observing them with your five senses. These emotions may also tell you things about other people, places, or times. Emotional inner knowing goes beyond ordinary empathy, where you relate to someone else's emotions.

1b – Feeling in the Body: You sense information about people, places, and situations in your physical body. Information you access in this way could not be known through your traditional five senses. You might often say about your inner knowing, "I just feel it," or "I have a gut feeling or hunch that..."

1c – Knowing Mentally: You know when something is true about people, places, or situations that could not be known or inferred by rational thought. You might often say about your inner knowing, "I just know it."

Numerous controlled experiments have explored the nature of inner knowing, including those noetic experiences described as "gut feelings," "intuitive hunches," and "psychic."

### **Characteristic 2: Embodied Sensations**

Your physical body gives you specific sensations alerting you that you are accessing noetic information. This is different from Feeling in the Body because it is a very specific sensation rather than a general feeling in the body. For example, if you scored high on Embodied Sensations, you may experience sensations like heat or cold, goosebumps, smells, visions, tastes, sounds, dizziness, or tingles/vibrations/electricity in your body when you are accessing noetic information. The body as a "receiver" or "sensor" of noetic wisdom is well-known and studied

### **Characteristic 3: Visualizing to Access or Affect**

You use visualization or mental imagery to manifest things in your life or in the world. Research has shown that our intention has an influence on the

physical world, from affecting machines in the laboratory, to improving the benefits of chocolate and tea, to plant growth, and healing effects on cells, animals, and humans.

#### **Characteristic 4: Inner Knowing Through Touch**

Your sense of touch is one way you access noetic information. You can touch an object and gain knowledge from it other than what you would know from your traditional five senses, or learn about people who owned it or were near the object. Historically, the term used to describe this ability is psychometry

#### **Characteristic 5: Healing**

You use noetic information for healing. Others report that they have benefited from your healing intentions. Experiments where the positive intention is directed at humans, animals, plants, and cells, have found small but significant positive results. Energy medicine techniques such as Therapeutic Touch and Reiki have also been shown to positively affect conditions like pain, cancer, mental health symptoms, and hypertension.

#### **Characteristic 6: Knowing the Future**

You access noetic information about events in the future. Numerous laboratory studies have shown that people can know the future both consciously and unconsciously. Others have explored precognitive experiences in everyday life.

#### **Characteristic 7: Physical Sensations from Other People**

People who score high in this category have felt physical sensations in their own body, like pain, heat, or cold, that may be originating from someone else. This characteristic is best described with some examples. For example, Anita was driving in the car with Sue. Suddenly, Anita's left knee started hurting even though she never had issues in her knee before. She asked Sue how she was doing and Sue replied that she was ok but her left knee was really bothering her from a recent injury. Anita realized she was feeling Sue's knee pain. Some have labeled these experiences as telesomatic – described as physical symptoms shared by people at a distance.

#### **Characteristic 8: Knowing Yourself**

Noetic information supports your own personal growth, perception of yourself, and decision-making. You likely use noetic information for self-

healing, awareness, or introspection. Numerous studies have explored the positive impact noetic experiences can have on people's lives supporting them in being highly functional, and well-adjusted with an increased sense of quality of life.

### **Characteristic 9: Knowing Other's Minds**

You access noetic information from other people's minds, in the vernacular called telepathy. Many studies have demonstrated telepathic connections in everyday life through experimental methods relying on email, text messages, and the telephone

### **Characteristic 10: Apparent Communication with Non-Physical Beings**

Your noetic information comes from apparent communications with non-physical beings, such as deceased people, spirit guides, and other entities. These experiences have been called mediumship, and channeling. This phenomenon has also been studied in the context of mental mediumship.

### **Characteristic 11: Knowing Through Dreams**

You access noetic information in dreams. Numerous laboratory studies, many called "dream ESP" experiments, have shown that people can access noetic information while they are asleep.

### **Characteristic 12: Inner Voice**

Your noetic information comes to you through an inner voice. Inner voice experiences are very common and have been called clairaudience. These experiences are receiving growing interest among mental health researchers who are highlighting that inner voice experiences are not always signs of mental illness but can be normal, functional, and add value to people's lives

Source: <https://noetic.org/blog/the-12-characteristics-that-make-up-the-noetic-signature/>

**Assignment:** Use the Meditation here:

<https://noetic.org/blog/explore-your-noetic-signature-guided-meditation/>

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