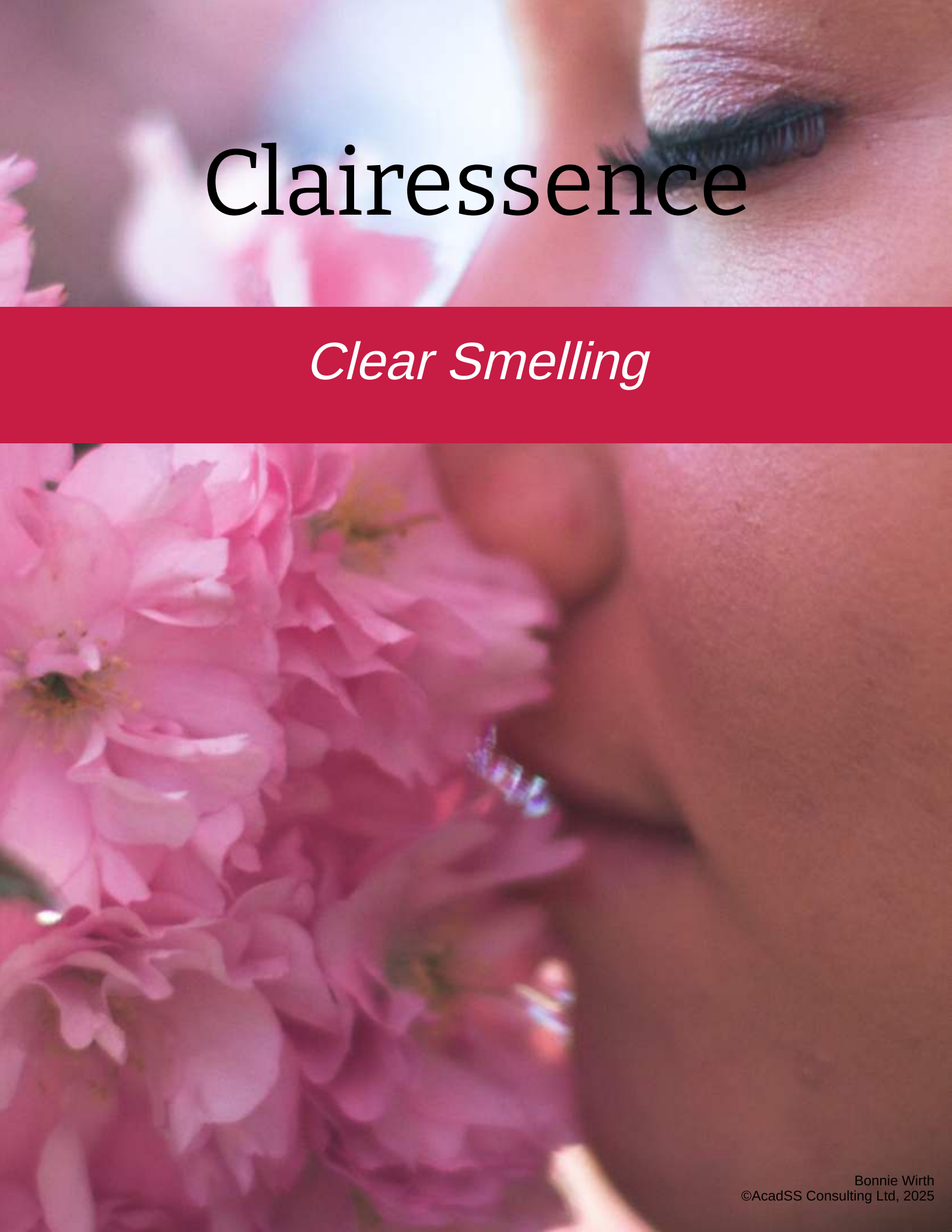


A close-up photograph of a person's face, focusing on the eye and cheek area. The person has light skin and dark, well-defined eyebrows. They are holding a bouquet of pink flowers, which are in sharp focus in the foreground, partially obscuring the lower part of the face. The background is softly blurred, showing more of the flowers and the person's hair.

Clairessence

Clear Smelling

Clairessence

When a medium experiences clairessence, they may suddenly encounter distinct smells—such as the aroma of flowers, the scent of a favorite food, or the fragrance of a specific perfume.

These scents serve as messages from spirits, often linked to significant memories or emotions associated with the individual communicating. For example, the smell of a particular flower might evoke the memory of a loved one who cherished that flower, or the smell of dirt may indicate someone who was passionate about gardening or farming.

Clairessence enables mediums to listen and receive guidance through the sensory experience of smell, creating a unique and intimate form of communication. As you encounter these fragrances, it's essential to pay attention to where the smell takes you—the space between the odor and the emotions it evokes. This could lead you to specific memories related to the spirit and the sitter, a feeling of warmth and comfort, or even a sudden insight into their life's journey. For example, if you suddenly smell freshly baked cookies, it might remind you of a grandparent who loved to bake, prompting you to acknowledge the presence of the sitter's grandmother and the shared passion they have for baking.

By focusing on the reactions, memories, ideas, and emotions triggered within you by these scents, you can uncover the deeper meaning behind each smell and its connection to the spirit's message.

In practice, this means tuning into your initial reactions when a scent arises—does it bring a smile, a sense of nostalgia, or perhaps a twinge of sadness? Who does it remind you of? Where does it take you? Exploring the emotional landscape connected to these scents can enrich your readings, providing context and validation for the sitter.



The ability to receive and interpret fragrances or odors that arise during communication with the spirit world. This unique sense allows mediums to discern subtle scents that may not be present in their physical environment, creating a sensory bridge between worlds.



1. Spiritual Conditioning: Previous experiences or teachings that reinforce limiting beliefs about smell and its significance in spirit communication may create barriers. If a medium has been conditioned to view clairance as less valid than other intuitive abilities, they may dismiss or block the scents received during readings.

2. Aversive Reactions to Odours: Mediums may have strong aversions to certain smells due to personal preferences or past negative experiences. This discomfort can hinder their ability to embrace clairance, leading them to avoid engaging with odors that could serve as valuable messages from spirits.

3. Blocked Pineal Gland: The pineal gland is often associated with spiritual awareness and avenues to elevated consciousness. If a medium's pineal gland is obstructed or out of balance, it could hinder their capacity to perceive and understand sensory information, including olfactory signals. Such a blockage can restrict their access to the nuances of smell.

4. Fear of the Unknown: Some mediums may experience a fear of encountering unfamiliar or intense scents during readings. This apprehension can create resistance to clairance, leading them to hesitate in fully engaging with the smells they pick up on.

5. Physical Health Issues: Conditions such as allergies, sinus issues, or other health problems related to the senses can impede a medium's ability to fully experience clairance. If their olfactory senses are compromised, this can limit their ability to interpret the smells associated with spirit communication.

6. Inability to Trust: Without this trust, mediums often struggle to clearly interpret the energetic impressions from the spirit world, including the scents they pick up on. This lack of trust creates a barrier to fully engaging with the messages they receive and may lead to confusion or misinterpretation. It can also diminish their confidence in their abilities, resulting in missed opportunities to gain insights through smell.





Tips for Developing Clairessence

the scent of the unseen

The following practices will support you in releasing any blocks and barriers that hinder your clairessence abilities and enhance your capacity to receive energetic impressions through your sense of smell. The fragrances and odours you perceive can convey significant insights and evidential messages.

Regular Saline Flushes: Nasal saline rinses can cleanse the nasal passages, potentially improving clarity and reducing congestion that might interfere with subtle energy perception.

Grounding Techniques: Before and after any clairessence practice, ground yourself. This could involve connecting with nature (walking barefoot on grass), mindful breathing exercises, or visualizing roots growing from your body into the earth. Grounding helps stabilize your energy and prevents overwhelm.

Mindful Meditation: Regular meditation practices, focusing on breath and body awareness, can quiet the mind and enhance sensitivity to subtle energies.

Aromatherapy Practices: Certain essential oils, like lavender or chamomile, are associated with relaxation and improved intuition. Diffuse these oils during meditation or before practices to create a calming atmosphere conducive to clairessence.

Nature Immersion: Spend time in nature. Nature's energies can be profoundly grounding and energizing, enhancing your sensitivity to subtle vibrations. Stopping to smell the roses is a great example of this.

Conscious Breathing Practice: Inhale deeply through your nose, exhale out your mouth. Deep, conscious breathing enhancing your body awareness and making you more receptive to the subtle energies associated with clairessence.

Alternate Nostril Breathing (Nadi Shodhana Pranayama): Balancing the body's energy channels and allows for increased sensitivity to subtle olfactory sensations that may otherwise go unnoticed. Simply alternate breathing from one nostril to the other using your thumb and pinky finger to alternately close each nostril.