

Clairsentience



Clear Feeling

Clairsentience

this is a medium's ability to receive energetic impressions and information through strong physical sensations both inside and outside the body, arising from the spirit world.

One of the ways clairsentience manifests is through physical reactions, such as a fluttering heartbeat when a spirit is nearby or during moments of heightened awareness. You might also feel a tingling sensation on your skin, as if someone is gently touching you, indicating the presence of a spirit trying to communicate. Other subtle manifestations can include sensations like a soft kiss on the cheek, a gentle tug on your hair, or a light tickling feeling. You may even experience the sensation of a hand holding yours or a cool breeze passing by your face, all of which can serve as signs that a spirit is seeking to connect and convey their messages.

Other common physical experiences can include sudden chills or goosebumps, often referred to as "holy showers." These sensations serve as signals that a spirit is present or attempting to convey a message. You may also experience an unexplained warmth or heaviness in specific areas of your body, suggesting that a spirit is trying to connect with you or deliver insight related to their life or experiences.

clairsentience may manifest as physical discomfort mirroring the ailments of someone in spirit. For example, if a spirit suffered from a particular illness, you may feel similar sensations in your body, such as tightness in the chest or pressure in the head. Recognizing these bodily sensations can help you understand the spirit's journey and relay relevant messages to those seeking connection with their loved ones.



The ability to receive information through strong physical sensations from the spirit world.

This soul sense enables you to detect and interpret messages using your physical body, allowing you to forge a deep connection with those on the other side.



1. Overwhelming Sensory Input: Mediums may experience an overload of physical sensations from the spirit world, such as sudden chills, tingling, or pressure on the body. This sensory overload can lead to confusion and difficulty in distinguishing meaningful messages from random sensations, hindering their ability to communicate clearly.

2. Fear of Unexpected Physical Sensations: Some mediums may fear the unexpected physical sensations associated with clairsentience, such as a light touch on the skin or the feeling of someone pulling their hair. This apprehension can be compounded by worries that these sensations will not stop or may even become permanent, leading to resistance against these experiences and preventing them from fully engaging with the messages from spirits.

3. Triggers from Past Trauma: Mediums who have experienced physical abuse or trauma may find that certain clairsentient sensations trigger uncomfortable memories or reactions. For example, a gentle touch or unexpected sensation may evoke feelings of vulnerability or fear, leading to a reluctance to embrace clairsentience. This association can create blocks in their ability to receive physical messages from spirits, as the medium may unconsciously resist these sensations in an attempt to protect themselves from past pain.

4. Inexperience with Distinguishing Sensations: Many mediums often struggle to distinguish between physical sensations that are normal bodily reactions or related to their own legitimate health conditions, aches, and pains, and those that stem from spirit communication. This uncertainty can lead to confusion and reluctance to trust their clairsentient abilities when messages manifest, causing them to hesitate in fully engaging with the insights they receive.

5. Physical Discomfort: Previous experiences of physical discomfort tied to spirits, such as unexpected aches or sensations that mimic illness, can create reluctance to open up to clairsentient messages. This wariness can lead mediums to subconsciously block their ability to perceive valuable physical signs from the spirit realm.

6. Skepticism About Physical Reactions: A lack of belief in the validity of their own abilities can hinder a medium's confidence. If they doubt that the tingling, warmth, or fluttering sensations they feel are genuine messages from spirits, they may miss important insights or dismiss their abilities altogether. Limiting beliefs, such as the idea that "only certain people can sense spirits," can further reinforce this skepticism and create mental barriers, preventing them from acknowledging and trusting the clairsentient experiences that arise.



A close-up photograph of a hand holding a vibrant red rose. The hand is positioned in the lower center, with fingers gently cradling the stem. The rose is in full bloom, with its petals showing a rich red color. The background is softly blurred, suggesting an outdoor setting with green foliage. The entire image is framed by a thin pink border.

Tips for Developing Clairsentience

feeling love's touch

The following practices will empower you to release the blocks and barriers that hinder your clairsentient abilities and enhance your capacity to receive energetic impressions through your body. The physical sensations you experience can convey significant insights and messages, helping you to understand their meanings more deeply.

Regular Self-Check-Ins: Make it a habit to check in with yourself regularly throughout the day. Assess how you feel—are there any tensions, aches, or discomfort? Are you hungry or thirsty? Being attuned to your physical sensations can help you better recognize the messages your body receives from the spirit realm.

Mindful Body Awareness: Incorporate a conscious body awareness practice or mindful meditation into your routine. Focus on various areas of your body, paying special attention to how they feel. This practice can help you enhance your sensitivity to energetic impressions.

Pause for Reflection: Throughout the day, take moments to pause and focus on both your internal state and what is happening in the external world. Tune in to the energy around you, noticing how it interacts with your own energy. This dual awareness can heighten your sensitivity.

Honour Your Body: Cultivate healthy lifestyle habits that honor your body, such as staying hydrated, maintaining a balanced diet, and engaging in regular exercise. Supporting your physical health can enhance your overall energy and receptiveness to spiritual impressions.

Gentle Touch Practices: Practice massaging and gently touching your hands and legs to increase your awareness of the sensations involved in touch. This tactile experience can deepen your understanding of physical sensations and how they correspond to clairsentient messages.

Nurturing Spa Treatments: Regularly indulge in massages and spa treatments to nurture your body. These experiences not only provide relaxation but can also heighten your sensitivity to physical sensations and the energies around you.

Study Anatomy: Familiarize yourself with basic human anatomy, as understanding the physical structure of the body can significantly aid in interpreting the impressions you receive from the spirit realm. Knowing which areas correspond to specific sensations can enhance your clairsentient abilities.

Engage in Energetic Practices: Explore practices such as yoga, tai chi, or qigong, which focus on the flow of energy through the body. These practices can help you develop a greater sensitivity to energetic impressions and improve your ability to interpret the messages received from the spirit world.