

What Are Clairvoyance, Clairsentience & Clairaudience?

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The human experience is largely shaped by the physical senses—sight, hearing, touch, taste, and smell. Yet, across time and culture, mystics, shamans, seers, and intuitives have described another realm of perception—one that operates beyond these five senses. This subtle dimension is accessed through what are known as the “Clairs”: clairvoyance (clear seeing), clairsentience (clear feeling), and clairaudience (clear hearing). These are not supernatural gifts reserved for the chosen few, but latent faculties inherent in all of us. In this lesson, we lay the foundational framework to understand, recognize, and begin awakening these psychic senses.

The Nature of the “Clairs”

Each of the Clairs is a channel through which information beyond the reach of the physical senses can be received. This information might originate from people, places, spiritual beings, energy fields, timelines, or emotional impressions—often with stunning clarity and accuracy when properly developed.

- **Clairvoyance (Clear Seeing):** This is the ability to receive visual impressions that do not come through your physical eyes. These might appear as symbols, faces, colors, scenes, or entire visions—either as flashes in your mind’s eye or full-blown immersive experiences. Often mistaken for imagination, true clairvoyance carries a distinct quality of revelation, insight, or recognition.
- **Clairsentience (Clear Feeling):** Clairsentients feel the energies around them. This can manifest as gut instincts, emotional empathy, physical sensations (like tingles, pressure, or chills), or deep knowing without rational explanation. It’s the most common of the Clairs and often the first to awaken in psychically sensitive individuals.
- **Clairaudience (Clear Hearing):** This sense allows one to hear messages,

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words, tones, or music that originate beyond the normal auditory range. The source might be your higher self, spirit guides, ancestors, or even energetic patterns rendered into sound. Some people hear this internally (like a thought that doesn't feel like theirs), while others experience externalized auditory phenomena.

These abilities often blend together. You may see a flash of light (clairvoyance), feel warmth in your chest (clairsentience), and hear a name whispered in your inner ear (clairaudience)—all pointing toward the same psychic message.

Psychic vs. Intuitive Perception

One of the most important distinctions in this field is between *intuition* and *psychic perception*. Intuition is the spontaneous knowing that arises without reasoning, often in the form of a hunch or a sudden clarity. Everyone has intuition. It's a built-in navigation system designed to help you respond to your environment with greater wisdom and speed.

Psychic perception, on the other hand, is a trained, focused ability to *consciously* tap into subtle fields of information. Where intuition whispers and then fades, psychic perception can be activated intentionally, repeated, and refined over time.

Imagine you are standing in a forest. Your intuition might tell you something feels "off" on the path ahead. Your psychic senses might reveal that there's a subtle energy shift at the next fork—clairvoyantly showing you an image of a shadowed figure, clairsentiently delivering a wave of anxiety in your solar plexus, or clairaudiently echoing the word "*wait*." One comes from the gut. The other, from a trained awareness that listens for hidden frequencies.

The Connection to Extrasensory Perception (ESP)

Clairvoyance, clairsentience, and clairaudience are all forms of extrasensory perception—commonly abbreviated as ESP. This term was popularized in scientific and parapsychological circles to describe perception that occurs without the mediation of the known physical senses. ESP includes telepathy, precognition, retrocognition, psychometry, and more—but at its foundation lie the "Clairs."

Psychic research has shown that individuals who exhibit strong ESP are not

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necessarily “paranormal” but are often more attuned to their internal experience, energetically sensitive, and open to non-linear ways of knowing. The key is not about having “superpowers”—it’s about *refining awareness*.

The Language of Psychic Sensing

Each Clair has its own “language” or mode of expression:

- Clairvoyance speaks in **imagery**: symbols, visions, colors, movements, and archetypes. For example, you might see a wolf in your mind’s eye and know instantly that it relates to intuition and protection.
- Clairsentience communicates through **emotion and sensation**. A sudden drop in your stomach, or a warm feeling of peace in your chest, might offer clear insight into someone’s true intentions—even if they haven’t spoken.
- Clairaudience uses **sound and language**. You may hear a name, a melody, or a word repeated in your head that has significance to someone you are reading or a situation you’re involved in.

Learning to “translate” these sensations into understandable information is part of the psychic training journey. At first, you may dismiss them as random. But with journaling and repetition, patterns emerge. The image of a cracked mirror might always mean “self-deception” to you. The feeling of tightness in your left shoulder may signal incoming deception. The key is *personal symbolic language development*.

The “Filters” of Belief and Emotion

It is critical to understand that your mind, beliefs, and emotional states act as filters through which psychic impressions must pass. This means your accuracy is heavily influenced by your current mental and emotional condition. If you are anxious or afraid, you may misinterpret a neutral message as threatening. If you are attached to an outcome, your clairvoyance may produce imagined rather than true visions.

This is why psychic development always requires emotional regulation, self-

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awareness, and internal neutrality. The clearer your mind, the purer the message. This is not about being emotionless—it's about *being clean energetically*, like a well-tuned instrument receiving cosmic radio signals without static.

Common Misconceptions About the Clairs

Many beginners carry misunderstandings that block their development. Let's clear up a few:

- **You must be born with it.** False. Everyone has psychic senses, just like everyone has muscles. Not everyone becomes a bodybuilder, but everyone can strengthen their inner sight, hearing, and feeling with training.
- **Only one Clair is real.** Also false. Some spiritual communities emphasize clairvoyance at the expense of the others. But each Clair is a powerful tool. In fact, clairsentience is often the most trusted by professional intuitives because of its grounding in physical sensation.
- **If I don't "see" things, I'm not psychic.** This assumption excludes those whose strongest channels are auditory or emotional. You may never have full psychic visions, and that's okay. You might *feel* someone's energy with such precision that your readings are uncannily accurate.
- **It's all in your head.** Ironically, this is partially true—because the *mind's* eye, inner ear, and emotional centers are the *exact locations* through which psychic data is interpreted. But that doesn't mean it's imaginary. Psychic perception has a different origin than daydreaming. Its signature is often accompanied by intuitive clarity, peace, or energetic certainty.

Unlocking Your Inner Senses

To begin working with the Clairs, you don't need to do anything exotic or dangerous. You simply need to slow down, pay attention, and cultivate inner stillness. Psychic impressions arise most easily when the mind is relaxed, the body is calm, and the heart is open. Practices such as meditation, breathwork, dream

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journaling, and nature walks create fertile ground for psychic awareness to emerge.

Begin by asking yourself:

- When do I feel *most tuned in* to something beyond logic?
- Do I tend to “see,” “feel,” or “hear” guidance when I’m in silence?
- What patterns have emerged in my life around inner knowing?

As we continue through this course, you will not only learn the theory behind each Clair—you will be given *tools, practices, and rituals* to help activate, balance, and refine your extrasensory perception. The journey begins here: by understanding that your psychic senses are real, valid, and deeply personal.

In the next lesson, we will explore how the energy body—especially the third eye, crown, and heart chakras—forms the anatomical foundation for all psychic perception. These aren’t just abstract ideas; they are energy centers through which the Clairs transmit. By learning how energy moves through your subtle body, you’ll begin to *feel* how intuition actually works from the inside out.

Are you ready to awaken the senses you were born with but never taught to use?

Let’s step beyond the veil.