

**Four Ways
To Develop Your
Clairvoyance ©**

By Candess M. Campbell, PhD

1. *Clairsentience or “clear feeling”*

Clairsentience comes from your feelings and physical sensations. When you begin to develop this sense, it is important to slow down and notice how you feel in certain situations.

You probably can remember a time when your “gut” told you not to enter into a relationship or a job and you did it anyway. Later you regretted it. These opportunities allow you to have faith and learn to listen to your inner guidance. Listening to the inner guidance is a direct connection to your Higher Self.

List some times when you did or didn’t listen to this “gut feeling.” This will help you to develop it even more!

Start to become aware when you sense an Angel around you or someone who passed over. You may notice a familiar scent worn by a loved one or smell fire or flowers when there is none around. You may feel your hair being stroked or feel like you are being surrounded by a hug. You could sense someone sitting next to you and feel comforted.

It may be helpful to keep a journal of your senses and become more aware of what information you pick up. Don’t doubt yourself. Just notice it and make a note in your journal.

2. Claircognizance or "clear knowing"

When you find you just know something, but cannot explain why, this can be *claircognizance*. This information may be coming from your Higher Self or you may be tapping into the Collective Unconscious. Over the years I have noticed that one difference between someone such as myself who works as a clairvoyant, and others, is, I listen to this voice. Be careful not to "intellectually over-ride" the information you get. If you are not sure, give yourself some time and use your other intuitive senses as well. Many people who have this type of clairvoyance doubt the information they get because they think everybody gets this information. Begin to write down the information and practice listening to what you know.

Examples of this are listed below.

- You meet someone and already know details about them.
- You have information about a current event that you didn't read or hear about.
- You had an idea for a business plan or a book and didn't follow up on it and someone else created the plan and became successful.
- You lose your keys and can close your eyes and see where they are.
- One that happens for me is when I watch detective shows or read mystery novels, I usually quickly know "who did it."

In your journal list what you know to be true without external information. Begin to listen to your inner thoughts. Make notes of the information you get during meditation. Also, watch when you doubt yourself and note when you find that you were right.

3. Clairaudience or “clear hearing”

Clairaudience is when you hear information. These voices can be from different sources. When you hear information, ask who is talking to you. Information from God/Divine Spirit is loud and to the point. It is friendly, casual and with modern language. Archangels are also loud and to the point, but are more formal and direct. They often talk about getting on track with your goals and not being fearful or doubting yourself. Angels are also formal and direct.

Your deceased loved ones sound the way they did when they were physically alive. Your Higher Self sounds like your own voice and is supportive and loving. Your ego comes across as abusive, discouraging, paranoid and depressing. When I ask a question and am not sure if it is my ego or not, I ask, then I bring my attention up out of my crown chakra at the top of my head up into the heavens and ask again. I can usually discern between my Higher Self and my Ego.

Become aware of the voices you hear. Relax and don't analyze. Just listen and start to identify your Higher Self from your Ego. Make notes in your journal.

4. Clairvoyance or “clear seeing”

With *clairvoyance* you may see images and understand the meaning of these visions. Some of the visions come through dreams and others can come with your eyes closed or open. Be aware of your dreams and the images that come to you. Journal these images and other intuitive experiences and begin to see a pattern of information from your Higher Self.

Another example of clairvoyance is if you were to see an incredible bird fly by and then you think about what you were thinking before this happened. This can be a special message for you. I remember having a deer show up at an unusual time of day. This was the day before I left to visit an Ashram. We were only 10 feet apart and watched each other for a long time. The deer and I had a special connection and even Domingo, my dog stood still and did not bark. I knew the deer was telling me to be gentle with myself.

Also, when you find coins or feathers on the ground this could be a connection from your Higher Self, an Angel, or someone who has passed over. Make notes in your journal of your experiences

Another way to connect with your Higher Self is through journaling; especially when you do 20-minute timed writings with a stream of consciousness. You can find a fast writing pen and just begin to write whatever comes to your mind. Don't edit; just keep writing.

You can start by using sentence stems. Set the timer and complete these sentence stems. See where they take you.

1. What I know about myself is . . .
2. I trust myself when . .
3. My Higher Self supports me by . . .
4. I get the best guidance when . . .
5. I get confused by . . .
6. I sense angels when . . .
7. I wish my guides would . . .
8. My intuition is best when . . .
9. My strongest clairvoyance sense is . . .

Some ways to know whether the information you are getting is true or not is to check to see if it meets the criteria below.

1. The information is **consistent** - you get the same information more than once or over and over.
2. You are **motivated** by the information. It guides you to help others or improve a situation. It is not about becoming rich or famous.
3. The **tone** of the information is uplifting and joyful. False information is critical and negative.
4. The **origination** of the information. It comes to you quickly and clearly. False information comes after worry and is stressful.

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This information comes from a combination of Candess M. Campbell's many years of intuitive teachings and experience and the teachings of Doreen Virtue.

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