



The Clair's

Just as we have our regular senses (taste, touch, smell, see, hear), there are metaphysical senses to be able to sense spirit. These are commonly called "The Clairs:". Clairvoyance, Clairaudience, Clairsentience, Clairaroma, Clairgustance. Some of these Clairs are more prevalent than others, especially when you are first starting out learning about them. But, all of them are present and can be used at different times by spirit for different things.

- ❖ **Clairvoyance** means "to see." This means the medium can see images that spirit give them their minds, as well as actually seeing spirit.
- ❖ **Clairsentience** means "to feel." This means that a medium can feel spirit. It also means that someone who is sensitive can sense when Spirit is around. It is also the medium's inner knowing.
- ❖ **Clairaudience** means "to hear." This one is a little tricky. It does mean, literally, that you will hear Spirit in their voice. But this isn't always the case. Sometimes, spirit will give you a word, or a song lyric, or you might literally hear the ocean and seagulls in your mind. This is also Spirit, trying to get through a message.
- ❖ **Clairaroma** means "to smell." This not smelling Spirit themselves because they have no physical bodies, they don't smell. ;). This is Spirit giving the medium a scent.
- ❖ **Clairgustance** means "to taste." You are tasting things that Spirit gives you as evidence.

The Chakras & Spirit Communication

Everything is made of energy and that energy moves at different vibrational levels. As a human being, we have different energetic levels: physical, mental, emotional and spiritual; which all vibrate on different frequencies. All of these frequencies combined make up your overall natural vibration; which is where your body vibrates at all of the time. When something changes with your physical body, or if you are in an emotional state for example, your vibration changes because it responds to the change in energy.

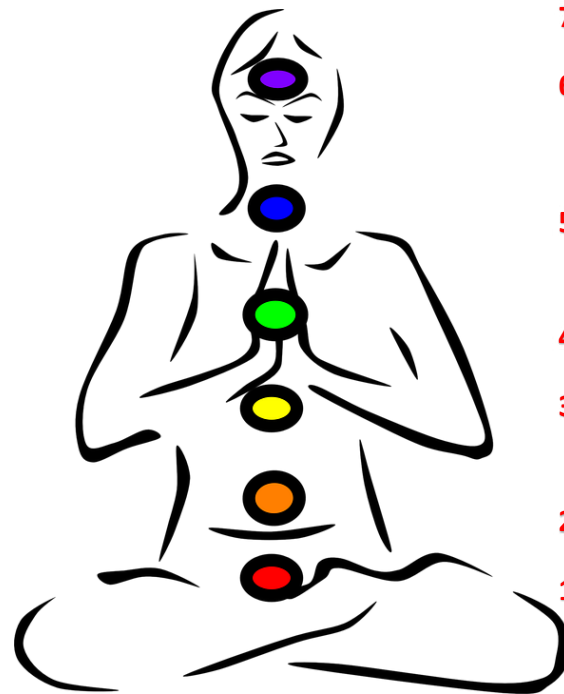
The basic principle when it comes to energy is, "like attracts like." So, if you surround yourself with people who are cheerful, fun-loving, and have joy most of the time, then your personal vibration will become higher to match that positive energy.

Now, when it comes to working in the metaphysical realms, that creates a natural change in our spiritual vibration. It becomes elevated because working in the higher vibrations will naturally cause your body to want to match that vibration. Your body, however, is too sentient to match that very high vibration, so your soul takes over and allows itself to expand. Your soul is used to matching that high spiritual vibration because, well, that's what it's made up of.

How does the soul take over? It uses your natural energy systems, called chakras. The main chakra system in your body starts at the base of your spine and runs through the center of your body up through the top of your head.



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7. Crown Chakra

6. Third Eye

5. Throat Chakra

4. Heart Chakra

3. Solar Plexus

2. Sacral Chakra

1. Root Chakra

It is through these natural energy systems that our soul can raise our spiritual energy vibration to reach the realms outside of the physical. Below is a chart with basic information about each chakra and the affect on the physical, mental and emotional bodies.

Chakra	Name	Color	Location	Tone	Physical	Mental	Emotional	Basic Purpose
7	Crown	Violet (Also White)	Top of head	B (Ti)	Pineal Gland Brain	Awareness Consciousness	Spiritual Connection	Connection to the Divine
6	Third Eye	Indigo (Also Sky Blue)	Forehead	A (La)	Pituitary Gland	Clarity	Intuition Imagination	Intuition, Insight, Visualization
5	Throat	Blue	Throat	G (So)	Thyroid	Communication	Truth	Communication, Self- expression
4	Heart	Green	Middle of chest	F (Fa)	Thymus Gland	Self-acceptance	Love Grief Attachment	Loving
3	Solar Plexus	Yellow	Above navel	E (Mi)	Pancreas	Personal power	Self-esteem	Personal power, self- mastery, Intuition
2	Sacral	Orange	Below navel	D (Re)	Ovaries, Testes	Relationship to food Sexual identity	Sexuality Pleasure Guilt	Creativity, Sexuality, Emotions
1	Root	Red	Base of spine	C (Do)	Adrenal Glands Sacral Nerve	Finances Work Family Trust	Fear Anger Aggression	Security, Sense of home



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Now that we have an understanding how each chakra works with our physical, emotional and mental bodies, let's take a look at how they work in the realm of spirit communication.

Chakra	Name	Spirit Communication
7	Crown	When open, you are able to connect to the Divine. Spirit can channel information into your body through your Crown.
6	Third Eye	When open, you can gain spiritual vision and insight. Your Third Eye is the center of your ability to understand and communicate with Spirit.
5	Throat	When open, you give Spirit a voice. This can mean both literally and figuratively because they can use the energy of this chakra to express themselves in how they most feel comfortable.
4	Heart	When open, this is your emotional link to Spirit. It allows you to tap into emotions and feelings you receive as evidence.
3	Solar Plexus	When open, this is where Spirit can connect with you to allow you to <i>feel</i> them in whatever way will work best with your understanding.
2	Sacral	When open, Spirit can use the energy of this chakra to help their self expression and creativity. Sometimes Spirit has to get creative to communicate, and they derive some of that ability to do so with you from this chakra.
1	Root	When open, this chakra keeps your physical body grounded to Earth. But, Spirit can also connect in with the energy in this chakra to help make you feel comfortable in communicating with them.

Steps for Spirit Communication

If you can carry on a conversation, no matter the length, with someone else here on Earth, then you can do the same with spirit.

Just as there are social rules of engagement that we learn throughout our lives on Earth, there are equal counterparts with spirit. We've discussed these before, but here's a brief reminder.

These are important when learning to work with and build a relationship with spirit. But, how do you actually communicate with them? Let me break down the steps.

- A. **SET YOUR INTENTION.** It is so important to set your intention before you communicate. Your intention should basically be what you hope to accomplish by communicating with spirit. My intention usually is something along these lines: "I intend that this session be for the best and highest of all involved, that all of the information is evidential and divined for the sitter, that love will guide this session and bring healing and that everyone will receive something from the messages delivered."
- B. **OPEN AND CLEAR YOUR CHAKRAS.** This is done usually via meditation or envisioning clearing energy running through your chakras to clear them out and open them to receive. This will also help you both raise your vibration and ensure that your physical body is grounded to the earth.



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- C. **ALLOW.** Once you are open, grounded and your chakras are clear and spinning, you are ready to receive information from spirit. The key is to *allow*. If you tense up out of fear, you likely won't be able to receive much if anything at all. Just allow yourself to receive.
- D. **"THIS IS NOT SPIRIT-SIT-AND-WAIT! IT'S SPIRIT COMMUNICATION!"** This was my first mentor's favorite thing to say in class. Yes, you have to allow yourself to receive what comes, but how will spirit know what to tell you first if you just sit there and wait? Ask questions! If there is something that spirit doesn't want to answer, they will let you know. Otherwise, *ask away*! You can't possibly offend them by being curious about them. Remember, the more questions you ask, the more information you'll receive, and the more you can relay to spirit's loved ones. You want to be able to gain as much knowledge about spirit for their loved ones as you possibly can. Ask them to come as close to you as they possibly can (and what you're comfortable with) so that you can experience spirit much better.
- E. **THANK, CLOSE & GROUND.** Always thank the sitter for giving you permission to connect with their loved ones. You must also thank spirit. After all, they did all the work! They took a chance and trusted *you* to be their voice and speak with their loved ones. It's very sacred work. You must also remember close down when the session is done. The best way of doing this is to ask spirit to step back away from you and then envision a gigantic zipper that will zip up your energy field from toe to head. Be sure to ground yourself. It is as important to lower your vibration as it is to raise it. Remember, we live on Earth and we must allow ourselves to vibrate naturally with it.

Here is the meditation that I use to open myself, clear my chakras and ground myself in preparation for spirit communication:

Sit quietly, eyes closed. Take in one breath, completely filling your lungs with air and then slowly blow out that air. Blow it out until there is nothing left in the lungs. This first breath will clear the body. Take in a second breath, completely filling the lungs with air and then blow out the air until there is nothing left in the lungs. This second breath will clear the mind. Repeat with a third breath in, completely filling the lungs with air. And then blow out this air completely, until there is nothing left in the lungs. This breath will free the soul to be raised.

Envision a beam of white light, coming from above, and entering through the top of your head. This beam flows through the center of my body, radiating white light throughout my entire body and through my chakras, clearing out old energy and refilling each chakra with divine light. The white light runs down my legs and toes and exits out of the center of the bottom of my feet, travelling down into the core of Mother Earth where it mixes with her energy. That mixture then flows from the core in a beautiful amber colored beam of light that flows back into the bottom of the soles of my feet, through my toes, my legs and arms, and back through the center of my body until it exits through the top of my head. I am now connected to all of the infinite and grounded into Mother Earth. I am now open and ready to receive.



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Grounding

To be grounded means that, not only is your physical body grounded to the Earth, but so is your natural energy field and aura. If you aren't grounded, you could feel dizzy, faint, off balance, spaced or zoned out, or sometimes you could even feel like you aren't attached to your body.

During the process of raising the spiritual vibration of the body, the physical body remains still. It is merely the vessel awaiting the return of the spiritual vibration back to normal. It can't travel with us, unfortunately, so the body must remain grounded to the Earth vibration in order to help bring our spiritual vibration back down out of the high vibrational realms it loves to travel to.

Your soul loves to visit its natural vibration and does so often, more likely this happens while the physical body is sleeping or at rest. Though your normal energetic vibration can be high if you choose for it to be, it isn't quite as high naturally as it is when you are connecting with the higher vibrational realms. When the connection with the higher realms is finished, there must be a place to return to that is comfortable, centered and welcoming. And that's what it feels like to be grounded—you are welcoming back that high vibrational energy to the normal energy flow.

Ways to Ground Yourself:

- You can use the connection with Mother Earth in meditation.
- Walk in Grass.
- Eat something made of grain or oats. Chocolate works too.
- Hug a tree
- Envision tree branches growing out of the bottom of your feet and pulling you down to the Earth
- Chant or sing the word "OM."

You Can Do It

The most important thing to remember about spirit communication is that it comes naturally to you. Our souls were all created by the same Source, and so therefore we all speak the same soul language. Trust what you receive. I know, it's easy to dismiss it all or explain it away. But, the moment you let something from spirit just fall out of your mouth and someone else goes: "YES!" or "How did you know that?" you will understand just exactly how natural your amazing gifts are. 