

# Making Sense of the 'Clairs'

In the previous section we mentioned the word "clairvoyant", you've probably heard the word mentioned many times, but what are the 'clairs'?

When you see 'Clair-' it refers to the extra-sensory perceptions, those senses beyond our normal five senses. However these same 'normal' senses are utilised during the utilising of the clair- senses. A part of becoming a medium is recognising which of these extra senses are the most strongest in yourself.

## **Clairsentience – feelings**

The largest organ on the human body is the skin, it essentially acts as a boundary against infection and keeps us together, else we would leak all over the place. Our sense of touch comes from this organ, in which every inch of skin contains over 19,500 sensory cells and 1,300 nerve endings! The sensory cells within the skin are part of the periphery and thus autonomic nervous system, in essence they relay information to larger clusters of nerves which in turn are linked to the central nervous system (brain and spinal column) hence when we feel cold the signals from the sensory mechanoreceptor cells in the skin are relayed to the brain at a scary rate – and we feel heat, cold or pain.

The hairs on the skin are principally for trapping air and keeping us warm. They stand up on end when we are cold, the base of the hair follicle becomes more solid and then the hair stands on end, commonly called goose pimples /goose bumps.

Why does this have relevance to feelings of clairsentience I hear you ask? Feelings can cause similar effects, we have all felt a tingle as if someone has walked over our grave – this is caused by the many nerve impulses from the skin arriving at the spinal column at the same time, the same can be said for feeling tingly all over and indeed the hairs rising on the back of our neck, and all from an external source which when perceived is treated in the same way through our physical sense of touch.

These processes are of course a two-way street, for when nerve signals convey information to the brain, the brain can send nerve impulses to the outer layers of the skin and because they are being transmitted from the brain they have a higher sense of urgency – the body treats them as being of a higher priority. Imagine feeling strong emotions of loss from a person that we are talking too, the feelings can also lead to changes in our own body, we can suddenly start to sweat, yet we have done no exercise nor are we wearing three layers of clothing, our sense of emotion, our inherent reactions have caused a response from our brain which is then reflected in our own body. Essentially we feel a person's emotions and to certain extents glimpse a reflection of their pain, emotionally and physically.

## **Clairaudience – hearing**

Clairaudience comes in two forms, being subjective, wholly within the mind and objectively which though still linked to the mind is felt by the person as being heard through their physical ear.

### **Subjective**

Spirit transmits information to us in various forms, generally through that of telepathy whereby we hear thoughts within our mind, a name, a couple of words or whole sentences. The brain decodes these thoughts in the same way as it would decode noises funnelled through the ear, which are then changed into electrical signals and through the repetitious act over many years are recognised as patterns we have become familiar with, the reasoning centre of the brain to the frontal lobe understands the language being used whereas the subconscious mind could be thought of as having a database of noises with which to compare the noise being heard, hey presto we know what it is or are off to investigate and thus learn a new noise.



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Our thoughts you could say are decoded in the area of the ancient brain which could be said to act as a post office receiving the information in the form of electrical signals and dispatching them to the correct areas, the occipital lobe used for sight and so forth, thus it stands to reason that thoughts could be decoded in the same way even though they have arrived in the brain having first NOT passed through the physical ear!

## **Objective**

In the case of objective clairaudience, the sounds are heard external to the brain in the way normal sounds are, however it is still linked to the brain of the medium/psychic, for example have you ever been in a different room of the house and heard your name being called, you rush upstairs or downstairs to find that the only other person in the room has said nothing or indeed you find they have popped out to the shops or off to play – yet you heard the noise. This would suggest that though the noise is seemingly heard through the physical ear it would not necessarily be heard by anyone else, not even if the person was another medium/psychic – in the case of objective clairaudience the noises are decoded in the same fashion as would any other noise,

## **Clairvoyance**

### **Subjective**

Again there are two forms – subjective for when information is perceived directly into the mind, as images flash up as if to the front of the head, hence the term the mind's eye – the area is within the frontal lobe – the area of reasoning – also where our idemic (short term memory) is stored, the signals are again transmitted to the occipital lobe located at the back of the head and could be said to transit along the optical nerve and thus be transmitted onto a big screen inside the head.

### **Objective**

This is where people see images, both stationary and moving as if it was being perceived through the physical eye itself. However this is not the case and in all essence why there is so much confusion as to what mental and physical mediumship is

Again and for example, you may be sat upstairs on the bed or in the study when you look up to see a man walking past the door, you call out or indeed set off to investigate – only to find your partner is downstairs dressed in their gym gear, yet the person you saw was wearing a suit and hat. Again this form of clairvoyance is linked to the brain, it is likely that no one else would have noticed this person even if they themselves were mediumistic/psychic – thus how is the information being relayed.

In the case of spirit, when they draw close to you, they are in constant communication with the mind even if you yourself are not aware of the fact. Spirit is able to thus communicate in a seemingly uninterrupted manner with your brain (bear in mind the faster computers can carry out billions of instructions per second – yet the brain is quicker) they "spirit" can thus inform you of what they look like, where they are stood and what they are doing – your brain decodes this information and projects it outwards and overlays a likeness of the person to where in the room they are stood, we then perceive this information back into the mind where it is decoded in the usual fashion (even though we are already aware of the information on a subconscious level)

Because people misunderstand and believe they are seeing the images first hand and through the physical eye then it must be physical mediumship. For this to be the case then everyone in the same area, would be able to see the same thing regardless of whether they are mediumistic or not.