



## The Clairs: Clairvoyance

### **Clairsvoyance (French. clair=clear sentence=vision)**

What happens in your third eye area, which is your sixth chakra, is where we experience clairvoyance. When you experience clairvoyance, what happens is you tune into a person's spirit guides and they will send you a metaphorical image that you need to interpret as it relates to a person's life. An example I might see a clairvoyant image of my client sitting in front of a very large tree that is toppled in front of the road, and they are sitting against it, unable to overcome it or cross it. In this situation, I would tell my client, "it feels like there is a really big obstacle in your life right now and you don't feel capable of climbing over it." And of course we would talk about that. This is receiving information clairvoyantly. It's not literal. It's metaphorical. What you see might be present past or future, it can also be their aspirations or dreams.

### **How Clairvoyance occurs:**

- Seeing something physically with your own eyes....
- Seeing a flash of something typically with your physical vision/eyes. A partial image or something out of the corner of your eye.
- Seeing something in your inner eye.

### **Clairvoyance exercises:**

Since you are in this class you are probably familiar with the fact that we all receive psychic input all the time, but we have been taught to ignore it. As you go through your day, focus on what you see. Think about which clair is coming through or working the strongest. Keep notes in your journal.

Throughout your day pause at times and see yourself "seeing" as if you are observing yourself watching.

Try to sense colors more fully -pause a bit longer and focus on colors around you.

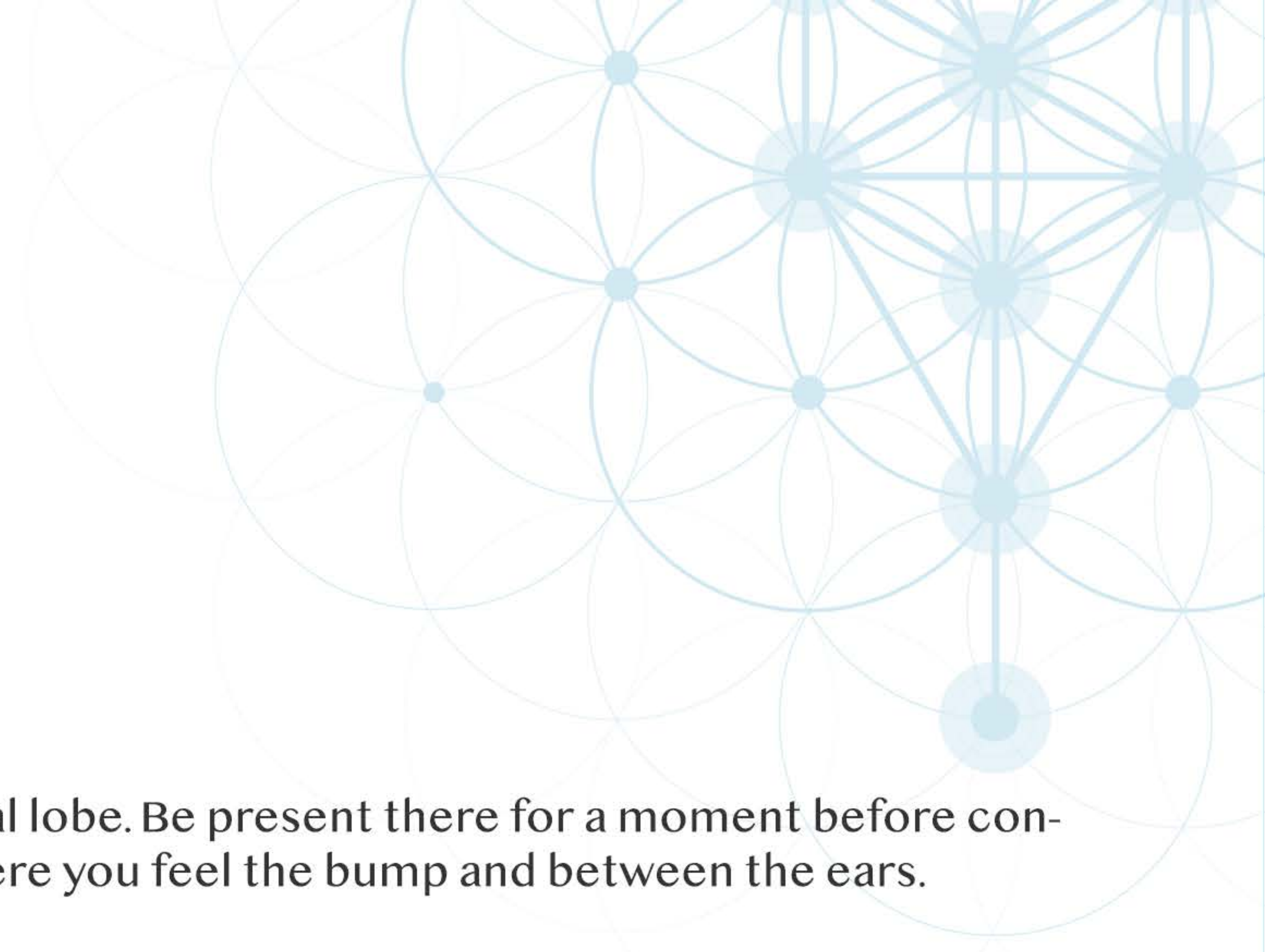
When you get an image psychically pause for a moment and stay with it, pay attention and try to sit with it before allowing it to slip away. Try to gain focus and control over stopping it in place long enough to get a good look.

Journal your experiences with these practices.

### **Photo Exercise:**

Cut up a bunch of photos from magazines or old family photos. Try not to use photos with too many different colors. Place each photo in an envelope. Be sure you can't see through the envelope. Put them aside for a week or so, so that you forget about precisely what they are. Then pick one just randomly and carry it around with you for a day. Key in on the envelope contents throughout the day. Don't "try to figure out what's in there," after you have spent the day with the envelope, sit down and connect with it and start by drawing shapes and let colors come to you. Take the time you need with this, step back from the picture you are drawing and come back to it.

Journal your experiences- I draw these right in my journal.



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### **Breathing into the occipital lobe**

This exercise is designed to draw your attention to your occipital lobe. Be present there for a moment before continuing. The occipital lobe is located at the back of the brain where you feel the bump and between the ears.

Allow yourself to go within, breath with your occipital lobe as if this is the only way to breath. With every inhalation feel the back of your head expanding. When you exhale, feel the back of your head relax. Imagine you are filling the occipital lobe with fresh energy every time you inhale, and releasing whatever no longer serves you as you exhale. You will soon be able to sense your occipital lobe breathing easily. If you do not feel the movement in the back of your head while doing this exercise just continue to practice it.

Please note that this is an altered state exercise and as such you should pay attention when you are doing them and not try to do them while driving or operating machinery.

### **Another version of the occipital lobe exercise that you should do once you feel you have mastered it alone.**

Get into the meditation state once again, breath into your occipital lobe. Go deeper and find that spot where you truly feel connected to your psychic “seeing”. Ask a question you have about your life, allow images to come in and when you get an image, stay with it, go inside the energy of the image and ask the image for more information.

When you are finished, close and journal.