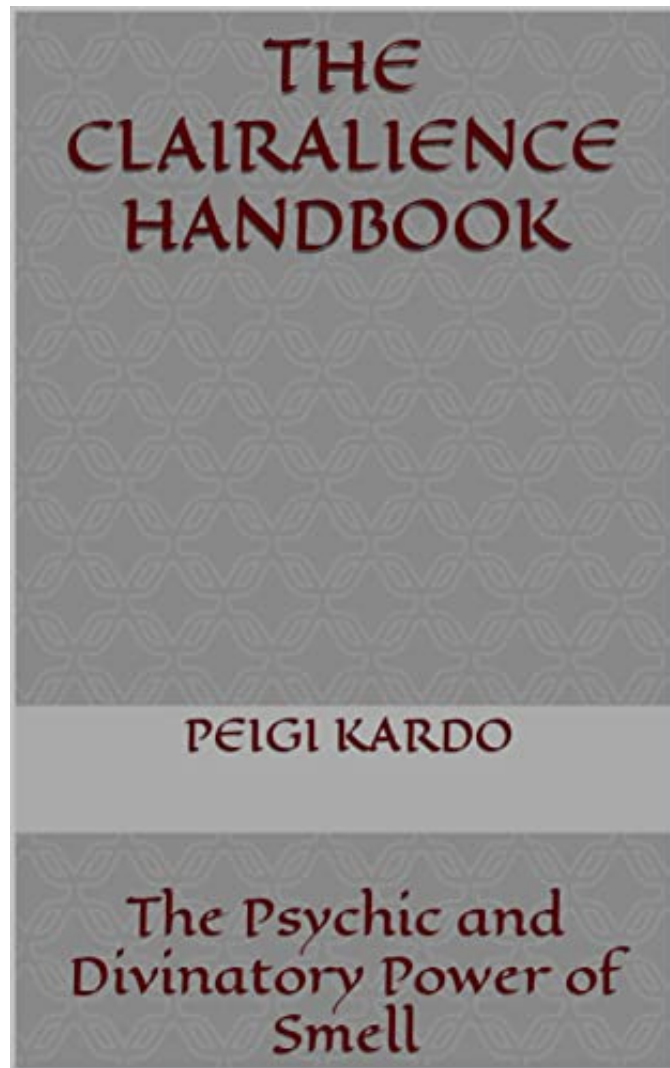


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THE CLAIRALIENCE HANDBOOK: The Psychic and Divinatory Power of Smell



Synopsis

Clairience allows us to tap into those gifts that lie dormant in many of us. It is an excellent divinatory method of developing your psychic ability and expanding your inner consciousness and intuition. It nurtures self-knowledge and self-confidence but equally provides valuable insights and answers. This handbook supports you on your journey, offering guidance, advice and baseline interpretations to develop your skills in clairience.

Look inside the book

Clairience allows us to tap into those gifts that lie dormant in many of us. It is an excellent divinatory method of developing your psychic ability and expanding your inner consciousness and intuition. It nurtures self-knowledge and self-confidence but equally provides valuable insights and answers. As a child I was adamant that I could smell the presence of fairies, much to the consternation of my family who could smell nothing of the sort! Clairience involves innate sensitivity to smell and means that you are more attuned and are intuitively able to interpret what you receive via the sense of smell. Clairience is also sometimes referred to as clairescence, clairolfaction or clairiosmesis and all these terms relate to the psychic and intuitive sense of smell. Clairience is related to our other intuitive clair senses: Clairvoyance (clear seeing) Clairaudience (clear hearing) Clairsentience (clear feeling) Claircognizance (clear knowing) Clairgustance (clear tasting) The sense of smell is very powerful. A fragrance can immediately transport us to a particular location, a past event, a cherished memory or it can connect us to a deceased loved one. Some smells are very subtle, indeed they may be imperceptible to the average person, or it may simply be that you can often smell things that others cannot. Clairience is not, however, merely a heightened sense of smell; it is intuitive rather than a physical process. As with all psychic work, grounding and protection are important, as is maintaining a connection with nature. Try to get out and engage with the natural world every day. It can be harder if you live in an urban environment but a walk in your local park can boost your senses, just as effectively as a walk in the country. Keep a journal Open up your sense of smell to everything you encounter. Pay particular attention to how certain smells affect your mood or how they change the atmosphere. It can be invaluable to keep a 'Scent Journal', recording the smells you experience. Do not simply record, "Smells like...", be creative and note down how these scents affect you physically, mentally and emotionally. Record any memories they awaken or any mental images they evoke. Write down everything as it comes to you, so that you can reflect later upon what you have experienced. Meditation Meditation, using essential oils and diffusers, can be very useful practice for clairience. Then, take it a step further by meditating without the oils and try to connect with the scents instinctively. Deep breathing is also an excellent way of enhancing concentration and focusing energies on your sense of smell. Sit upright in a comfortable chair with the soles of your feet firmly on the ground. Visualise that you are growing deep roots into Mother Earth. Close your eyes and allow your hands to rest comfortably in your lap. Take a deep breath, hold for a few seconds then breathe out slowly. Take two further deep breaths. As you become more relaxed your breathing will slow down and you will enter a state of calm tranquillity. Continue to breathe in through the nose and out through the mouth, feeling perfectly peaceful and safe in your connection with Mother Earth. Visualise a silver light descending upon you, entering through the top of your head, filling your whole body with a brilliant silvery light, then flowing out through your nasal passages and encompassing you in a silver bubble of love and protection. Divination and Interpretation If clairience instinctively feels right for you, do not force it; allow it to flow and evolve naturally. Over time your instinct and your innate abilities will develop and you will grow in confidence. Although it may take time to build up your confidence in clairience, it can yield some incredibly insightful and empowering results. As you begin your journey in clairience, you may initially struggle to interpret some of the smells you encounter. This is perfectly natural and does not mean that you lack insight or the ability to practice clairience. Every skill requires practice - and that includes psychic skills. If you are new to clairience, then you will need to nurture your innate talents to emerge and develop. Do

not allow yourself to become discouraged and give up, if you feel you are getting nowhere fast. Time and patience will bring success. You will of course evoke memories and connections to loved ones in the course of clairance. However, you may also encounter smells that you struggle to interpret. You need to bear in mind that any smell you experience can have a significance in the past, present or the future. The key is to be guided by intuition, which will develop over time. You may experience the same smell in totally different surroundings at different times or you may experience a recurrent smell in the same place at the same time. The following is a list of smells with their basic interpretations, which may prove helpful as you begin your journey in clairance. Remember that these are simply baseline interpretations and much will depend on the circumstances. You may experience a smell and instinctively interpret it in a way that is different to the traditional baseline interpretation. It is absolutely right to go with your instinct, which is what psychic work is all about. Each smell is unique and will relate to a particular set of circumstances, which is where your instinct kicks in. Besides consulting the baseline interpretations, continue to keep a journal of the smells you experience and all that they evoke, so that it allows your instinct to evolve. Baseline Interpretations Note: any smell that brings on a bout of sneezing signifies a shift in the spiritual atmosphere and indicates that elemental forces are at work. Some smells you receive may be generic, while others may be very specific. AFTER SHAVE Traveller, wanderer, roamer. ALCOHOL Clinging to the past, stuck in a rut, not moving on. ALMOND A mixed blessing, a double-edged sword. ALOE VERA Healing, restoring, balancing, coming to terms with something. AMBER An invitation.

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The book has a rating of 5 out of 3.0. 1 people have provided feedback.

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