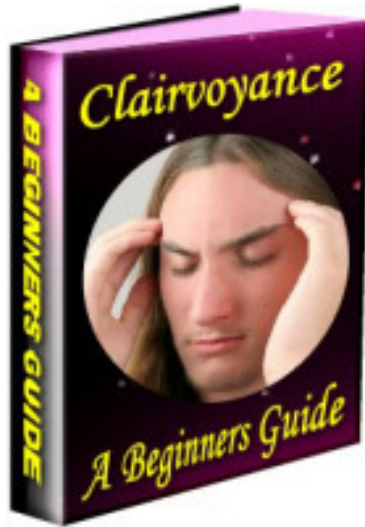


Clairvoyance: A Beginners Guide



Clairvoyance: The Power of Psychic Perception

The term Clairvoyance has its roots from the French word 'clair' meaning clear and 'voyance' meaning vision, together Clairvoyance implies 'clear vision'. Clairvoyance refers to one's ability to get information about a person or an object or a place or any physical event through means other than the conventional human senses. Clairvoyance is clearly a form of extrasensory perception. A person who has the ability of clairvoyance is called as a clairvoyant.

As clairvoyance is related to paranormal and psychic abilities, controversy always surrounds it. But these controversies make the concept even more interesting and the myth surrounding clairvoyance definitely sparks interest of all. Though the scientific community is hesitant to accept the claims for such controversial psychic abilities like clairvoyance, parapsychology explores the possibility with analytical bend and openness.

What is Clairvoyance?

In the field of parapsychology, clairvoyance refers to the process of transfer of information that is usually contemporary and hidden from the clairvoyant. Clairvoyance is completely different from telepathy. In telepathy information transfer takes place between minds of individuals. In clairvoyance, information is gained directly from a physical entity.

Clairvoyance is also used to refer communication with the dead (mediumship). It refers to certain forms anomalous cognition like perception of events happened in the past (retro cognition) or events that will happen in future (precognition).

Clairvoyance is the power to perceive objects or events which otherwise cannot be seen by traditional human senses. It is a form of intense insight or intuitive perceptiveness. Clairvoyance is associated with 'remote viewing'.

Clairvoyance – The History Behind

Parapsychology believes that some instances of clairvoyance are verifiable. Over the past, general public have shown belief in this concept of clairvoyance. The degree of faith varies from time to time. It is important to specify that both US and Russian governments showed support to clairvoyance both during and after the cold war. Critics may claim clairvoyance baseless and a chance process. But their studies and results are not completely free from bias.

In English, the term Clairvoyance first appeared in 1840. The phenomenon of second sight is a bit older. In several of the world famous cultures, there have been anecdotal references of clairvoyance throughout the history. In history, clairvoyance is found to be associated with religious figures. Prophetic predictions

related to clairvoyance have been made several thousand years ago in religions and cultures.

Ancient Hindu religious texts mention clairvoyance amongst Siddhis-perfections or skills obtained through severe meditation and high degree of self discipline. Aristotle has written on prophesying through dreams. Nostradamus has offered a lot of predictions for the centuries ahead. Other examples of historical reference to clairvoyance include visions by Russian, Scottish, and Japanese seers as well as numerous Australian and North American aboriginal tribal community.

In some cultures second sight is associated with wise and sages. And in some other it is related to witchcraft or heresy like as in Europe in Middle Ages.

But the anecdotal reference of clairvoyance is prevalent among general public in large amount. Lot of people claim to have seen their loved one died recently, even before they know of the same by other conventional means. Though such anecdotal accounts lack any scientific proof, they induce interest, curiosity and motivate research on such phenomenon as clairvoyance.

Marquis de Puysegar, a follower of Mesmer belonged to the time of 1784. The earliest reference of clairvoyance in history is credited to him, who was treating a local peasant named Victoria Race. Race, during treatment, would often go to a trance during when he used to diagnose and prescribe for diseases of his own as well as others. He seemed to have undergone personality change during the trance and when he was out of the trance, he was not aware of anything he said or done during the trance.

Edgar Cayce is a 20th century medical clairvoyant and psychic and history states him of exhibiting clairvoyant behaviors.

During the spiritualistic period of late 19th and early 20th centuries, clairvoyance was reported as ability of some mediums and this phenomenon was studied by members of the Society of Psychical Research (SPR). Psychics claim to have the ability of clairvoyance till today.

Experimental studies on clairvoyance became more systematic with the efforts of J. B. Rhine and his associate at Duke University and such efforts continue till today. US government-funded

remote viewing project conducted at SRI/SAIC during 1970s through 1990s can be considered the most popular study on clairvoyance of recent times.

Some parapsychologists claim that all paranormal psychic phenomena like clairvoyance, telepathy, cognition work on one basic underlying mechanism. But what that mechanism would be? The myth still continues...

Clairvoyance and Associated Parapsychological Research

Parapsychological research and studies have so far shown highly favorable results much above than just a chance. Meta-analysis of these research studies show great significance and relevance. In 1972, Harold Puthoff and Russell Targ, initiated a series of human subject studies at Stanford Research Institute. The objective of the studies was to determine whether participants could identify salient features of remote places or targets and describe the same reliably and accurately.

During the experiments, a person, a human sender, would be usually present at a remote location. As a part of three-step process, the first step was to randomly select the conditions to be experienced by the sender. The second step is asking the viewers or the participants to describe verbally the remote scene. In the third and final judging step, the relevancy between the descriptions by the viewers and the intended targets are seen and matched by separate judges. The whole process was termed 'Remote Viewing'.

During some experiments, the viewers were placed in a double-walled copper screened Faraday Cage which called for attenuation of radio signals over a wide range of frequencies. But this did not seem to reduce the ability of clairvoyance exhibited by the viewers. Analysts suggested the involvement of extremely low frequency (ELF) propagation as Faraday Cage is ineffective in ELF region. Earlier, Telepathy researchers in Soviet Union have also put forth the same theory.

Puthoff and Targ published their first research paper on psychic studies in March 1974 issue of 'Nature', a popular scientific journal of that time. The paper admitted some degree of remote viewing success. Their studies included Uri Geller, a celebrity psychic of that time. The research team when admitting witnessing several

psychic abilities of Geller, including his spoon bending phenomenon, was unable to put forth any paranormal hypothesis about them.

The studies on clairvoyance made use of Electroencephalography (EEG) techniques, to analyze the related ESP phenomenon. During these investigations, the sender was placed in a chamber that was visually opaque and acoustically and electrically shielded. The results showed that some information transfer had occurred. But the researchers were unable to identify any physical parameters which accounted for the information transfer.

Several follow up studies have followed incorporating advanced techniques like computer conferencing and advanced statistical methods.

Though scientific researches do not show any solid proof for the existence of clairvoyance, the myth about this exciting phenomenon is still there. People claim that psychic abilities like clairvoyance are beyond science and they exhibit not only curiosity and interest towards paranormal concepts like clairvoyance but also faith and belief.

Clairvoyance – The Principle Behind

Clairvoyance is a part of the larger phenomenon known as extra sensory perception (ESP). It describes the ability to discern images that are not perceived by other five senses, seeing, hearing, smelling, touching and speaking. Persons who possess this ability of sixth sense are capable receiving messages transmitted even through temporal distances. In clairvoyance visions of events of past or future, and visions of events covering large geographic distances and visions of events happening simultaneously at different locations are perceived paranormally.

Increased sensitivity and awareness of existence of unconventional but yet potential channels of communication form the basis of clairvoyance. Clairvoyance is otherwise termed as prophetic sight and everyone possesses some degree of this paranormal ability. Some examples of this fact are: a woman not wanting to get into an elevator with a stranger, a person deciding not to board an aircraft only to find later the same crashing.

Clairvoyant abilities are often exhibited during the times of heightened stress or just after that. Examples of such times are times of serious sickness, accident, extreme physical danger or close to death experiences. A section of people believed to be clairvoyant appear to have mastered controlling their brainpower and thereby have acquired stronger psychic abilities.

Clairvoyance – The Process

Clairvoyance can happen when in a fully conscious state. It also happens during dreaming, fasting, or when using hallucinogenic drugs. Messages are often believed to be received when persons are in a suspended state or in a trance. Clairvoyants will often engage in the habit of scrying: focusing on the shiny surface of objects like a mirror or stone or pool of water which help visions to materialize. A fortune teller with the crystal ball is a classic example of such a common image.

Some other terms which denote clairvoyance are shadow sight, second sight, spiritual communication and prophecy. Few other psychic abilities related to clairvoyance are clairsentience, clairaudience, clairgustance, psychometry and telekinesis. These abilities are described in detail in another section of this article.

What is Clairsentience?

Clairsentience is associated with feeling and touching. In parapsychology clairsentience refers, a kind of extra sensory perception. In clairsentience a person is believed to acquire psychic ability by means of feeling. The term clairsentience is derived from two French words 'clair' meaning 'clear' and 'sentience' meaning 'feeling'. In Latin, clarus means 'clear' and sentire means 'to feel'.

In addition to parapsychology, clairsentience has religious references as well. Clairsentience is one of the six special human functions mentioned in Buddhism. It is a special ability that can be obtained at an advanced meditation level. Clairsentience is a term which refers to people having the ability to feel the vibration of others. Different degrees of clairsentience are there ranging from the perception of diseases of others to reading the thoughts and/or emotions of other people. Clairsentience is different from third eye as there is only a vivid feeling form and no vivid picture associated with.

What is Clairaudience?

Clairaudience is a form of extra sensory perception in which a person is believed to acquire information by paranormal auditory means. In French clair means clear and audience means 'hearing' clairaudience is a form of clairvoyance. Clairvoyance is related to paranormal seeing, clairsentience is to paranormal feeling and clairaudience refers to paranormal hearing, the ability to hear in a paranormal manner. Persons with clairaudience ability are said to have psi-mediated hearing. Clairaudience refers to perception of actual sounds such as voices, tones, or noises not heard by other humans are not sensed by any recording equipments. It may not refer perception of actual sounds also. Instead it may indicate impressions of inner mental ear identical to the way by which people think words without actually hearing them. A clairaudient person is believed to have the ability to hear the voices or thoughts of spirits, deceased persons.

What is Clairience?

Clairience is related to smelling. The term clairience is derived from French words clair meaning clear and alience meaning 'smelling'. In parapsychology, clairience refers to a form of extra sensory perception, by which a person acquires psychic knowledge by means of smelling.

What is Claircognizance?

Claircognizance is associated with knowing. In the field of parapsychology, claircognizance refers to a form of extra sensory perception, by which a person is supposed to acquire psychic knowledge primarily by means of intrinsic knowledge. The term claircognizance is derived from French term clair meaning clear and another French word cognizance meaning knowledge. Claircognizance is the ability of a person to know something without any conventional explanation.

What is Clairgustance?

According to parapsychology, clairgustance is a form of extra sensory perception, wherein a person is allowed to taste a substance without actually putting anything in the mouth. People

who possess such ability are supposed to perceive the essence of substance from spiritual realms through taste.

What is Telekinesis?

It is the ability to move objects without touching them

What is Psychometry?

It is the ability to determine the history behind an object and gaining all information about the owner of the object by means of handling the object.

Developing Clairvoyance Abilities

Clairvoyance is an art of perceiving beyond the five basic senses. Clairvoyance is related to ESP and "sixth sense". It is associated with images ever present in our minds which make possible the reception of messages from other frequencies and surreal realms. These images can be colors, still frame, animations and archetypes. Images can stay for just few seconds or they may last for long. At the start you will see images with eyes closed. But as you get more practice you will be able to see images with eyes wide open.

There are few ground rules to developing and trusting your increasing clairvoyance abilities. They are:

- By healing your issues first, you will want to heal others'
- It is essential that you create a balance between your spiritual and emotional bodies. If not the images you see will be jumbled as your thinking.
- As you get practice, your frequency will automatically raise and you will receive images more clearly.
- To develop clairvoyance ability you should experience, experiment and explore what you see.

Clairvoyance requires the ability to see with what is termed the third eye. Human brain has a gland called pineal gland which is located at the back of the brain and almost at the center of the head. Through evolution, this pineal gland has degenerated in its size from a ping pong ball to its present pea size. The reason is that its usage has got reduced and we literally have forgotten how

to use it since when our breathing patterns changed. This gland is called “the atrophied third eye”.

In ancient times, when man was in touch with the inner worlds, this class of organs including pineal gland was his means of ingress. They were connected with the involuntary otherwise termed sympathetic nervous system.

Developing psychic abilities becomes easier for people, who are working out their issues, focusing on raising planetary frequency. This is the Master Plan to awaken the consciousness that is sleeping within us for long.

People become clairvoyant because of several reasons. The popular of them are after a near death experience, after serious illness, or after a dangerous accident like severe blow on the head, an alleged alien abduction or because of the opening of kundalini energies.

Use of chemical stimulants like psychedelics to heighten the awareness also calls for increase in clairvoyance abilities. But this is not advised at all as this information may be inaccurate and it may involve severe side effects.

Clairvoyance connects to the right side of the brain which is associated with creativity, feminine, and intuitive aspects. This is the reason why some people experience physical sensations in the left side of their body when exhibiting clairvoyance. The energy enters through the left side of the body so as to energize the right side of your brain.

Clairvoyance Ability – The Gift

Even children can exhibit clairvoyance. In such cases the parents would believe their kids to be Indigo or Crystal children.

Opening of your clairvoyance ability is related to several aspects including DNA activation of your encoded cellular memories, raising your frequency, activation of your chakras, your self esteem, balancing your energy bodies, your emotional state, the ability to trust what you see and hear, and widening your knowledge base in all areas of physical reality.

Once your clairvoyant gifts have opened up, it gets easier and easier. It is all about intense practice. Yoga and meditation help you increase and nurture your clairvoyant abilities.

Types Of Clairvoyance.

The term clairvoyance means “clear-sighted”. The word means the ability to see the invisible. It is a latent ability present in all. The ability of clairvoyance gets unfolded with one’s spiritual experiences. Persistent efforts are required to unfold this powerful deterrent of clairvoyance. Patience is required to experience this awakening.

There are two types of clairvoyance.

- Positive Voluntary Clairvoyance
- Negative Involuntary Clairvoyance

Positive Voluntary Clairvoyance

In this type of clairvoyance, the individual having the clairvoyance ability is the master of himself. He knows what he is doing. He is capable of seeing in and investigating the inner worlds. This type positive clairvoyance is developed through pure and helpful living. For this to be fully effective and useful, the individual involved must have been carefully trained in its use.

Negative Involuntary Clairvoyance

This type of clairvoyance is exhibited in an individual against his/her will. He/she showing negative involuntary clairvoyance is capable of seeing the sights of the inner worlds but against his/her wish. He sees what is offered for him to see and he has no control over it. This type of negative involuntary clairvoyance is dangerous in that the individual can become the possession of discarnate entities. And his or her life in this world and also the next one will not actually be his/hers.

In earlier times, the sense centers of mankind were spinning anticlockwise following earth’s revolution and man was able to see the inner worlds. Now, these centers are inactive. But true clairvoyance development will make these sense centers spin clockwise, resulting in positive clairvoyance.

Unused Sex Force and Clairvoyance

In majority of the populace, sex force is sex force is legitimately used for sense gratification through the creative organs. When a clairvoyance aspirant, curbs these practices and devote his focus to spiritual thoughts, the unused sex force starts to rise. It surges upward with increase in volume, traversing the heart, larynx, the spinal cord, the passing between pituitary and the pineal gland, reaching the root of the nose, where the spirit has its seat.

But the real awakening can happen only through esoteric training. For unused sex force to be utilized for acquiring clairvoyant ability, working in the inner worlds with self conscious is a prerequisite. A moral life accompanied by pure spiritual thoughts must be lived by the aspirant for considerable length of time. Then only it will be possible for anyone to acquire first hand knowledge of super-physical realms.

Clairvoyance – Mind Power Matters

Power of your mind is metaphysical in nature. It is beyond the reach of any scientific measurement. These days 'out of body experiences' like 'astral travel', thought transference', 'psychic channeling', 'long distance mental communication', etc are getting immense scientific attraction. Parapsychology is the term used to refer the field of study of metaphysical concepts like clairvoyance, telepathy, precognition etc.

How to acquire these powerful psychic abilities?

The answer is simple. Use your consciousness.

Your conscious is a free flowing energy of power.

Human consciousness can travel anywhere in this planet and even far beyond. It can create matter and if not properly handled can destroy as well. Your consciousness can affect others consciousness. Coincidences are not that rare!

Using your consciousness you can achieve miracles in your life. The fact is that we all humans are inherently healers and psychics. The power of exhibiting metaphysical miracles is within our reach. Wealth, name, fame, we can make anything possible using the power of our mind.

The secret for exhibiting the desired intent is 'cosmic attunement'. This means uniting with the universe as one single whole.

Clairvoyance – How To Have A Psychic Reading

All psychics do not work the same way. Like any other profession, psychics also work differently. When you look for a clairvoyant you have to look for someone who suits your personality and requirements.

The two important components of any psychic reading are you and the psychic reader.

To choose a good psychic reader you have to trust your intuition. We all are equipped with an inner guidance system which will not desert us if we are careful. We all are capable of learning from our past mistakes. It is very important that you listen and pay attention to your intuitions when looking for a clairvoyant/psychic reader.

Getting a good reader is only half of what is required for good psychic reading. The other half is you. You have to be a good sitter. The whole process is synergetic and a co-created endeavor. To make the most of from your psychic reading you have to prepare yourself.

Ask yourself the following questions: Why you want a clairvoyant reader? What you want to hear? Are you ready to face the truth? Are you ready to be honest? Are you willing to change and take the responsibility? These answers will help you be a good sitter and help you get more from your clairvoyant reading experience.

Conclusion

Clairvoyance is a paranormal phenomenon. It is a belief that is beyond science. It is the ability to see and to foresee. Acquiring and developing clairvoyant skills is possible for all who is willing to take that special effort.

Help can be got by all from practicing clairvoyants to make our life better and this world a better place for all of us.