

FLEETING CONNECTIONS

11

YOUR GUIDE TO INTUITIVE SENSING



WELCOME TO 11.

your guide to intuitive sensing

What seems impossible to most is part of my daily experience. In addition to the commonly experienced 5 senses, I process information through visions, physical sensations, subtle sound, direct knowing, and more.

I spent decades rejecting my intuition, and by my early twenties, I'd been diagnosed with epilepsy and two autoimmune disorders.

I spent years seeing doctors with zero improvement. But then, as I grew to understand my intuition and started listening to it, all of my symptoms disappeared. I became healthy and happy, and my life became full of joyful, synchronous experiences.

I've now worked with hundreds of clients, helping them connect with their own intuition, and through observing their intuition and my own, I've grown to understand how intuition works through our 5 physical senses plus 6 additional intuitive senses.

That's why I named this guide 11, and I created it to share what I've learned, to help other people better understand how human intuition works for so many of us - maybe even you!

A handwritten signature in black ink that reads "Virginia". The signature is written in a cursive, flowing style. The first letter 'V' is large and stylized, with a heart shape integrated into its upper loop. The rest of the name "irginia" follows in a similar cursive script.

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YOUR GUIDE TO INTUITIVE SENSITIVE



THERE ARE 5 SENSES.

Growing up, we are all taught that we have 5 senses.

These 5 senses are physical, connected to our body, processing information from the physical world through our body parts: eyes, ears, nose, tongue, fingertips.

If you're blessed to know all five of them, you know them well.

You see with your eyes.

You hear with your ears.

You smell with your nose.

You taste with your tongue.

You feel with your fingers, your toes, all of you.

You sense things happening in the world. They're received by receptors in your body, processed in your brain. They give you information about your environment.

next: but there is more

EXTRA-SENSORY.

In addition to the 5 senses that process physical, quantifiable information, your intuition is busy processing subtle information. Information that isn't easily quantifiable in the material world.

This intuitive sensing opens you to expanded awareness and expanded sensation.

Almost everyone has had intuitive experiences. Like gut knowings, a tingling up your spine, or the feeling that something is right or wrong.

You can't explain it, but you sense it. This is your intuition, and when we break down intuitive processing, 6 more senses - in addition to the commonly known 5 - are revealed.

To be fair, it may be that these 6 senses aren't really separate from the 5 we know. Perhaps they are simply an expansion of the 5 senses, but then again, perhaps they really do come from somewhere else. We don't know.

But for now, let's treat them as separate. Let's name them so we can talk about them.

All in all, there are 11 senses.

next: $5 + 6 = 11$

THE ELEVEN SENSES.

1. Sight
2. Smell
3. Taste
4. Touch
5. Sound
6. Clairvoyance
7. Clairsentience
8. Clairgustance
9. Clairaudience
10. Clairalience
11. Claircognizance

FLEETING CONNECTIONS

next: the intuitive senses

CLAIRVOYANCE.

clear seeing

Clairvoyance is the ability to process subtle information through sight.

When people think of the word psychic, this is often the form of intuitive sensing they're thinking about. And while this form is pretty awesome, all of the six extra senses are ways of being psychic.

Intuition lives on a spectrum. No two highly intuitive people are the same. We all have different systems we process information through. Some people have visions. Some just know things. Some just feel things.

For those of us who do see things, most of the time, clairvoyance happens in the mind's eye. You close your eyes and images play out in your mind. Sometimes it's just a single, static image. Sometimes the image is clear as day. Sometimes it's fuzzy. Often, the image is the start of a whole scene that plays out like a movie in your mind.

The scene may be from the present, the future, the past, or even a past life. Sometimes the visions are shadowy, and sometimes they aren't in your mind's eye at all.

next: clairvoyance, cont'd

clairvoyance, cont'd

Sometimes, you see things right here on the material plane with your eyes wide open. I've seen timelines superimposed. I've seen blue energy lines curving over the earth. I've seen beings that I can only describe as fairies. I've seen auras. And while I haven't seen a ghost standing in front of me because no thank you, I know many people who've had this experience, and this is an aspect of being clairvoyant.

Clairvoyance also can lead to crazy dreams. The visions we don't let in while we're awake come through while we're sleeping. I've seen spirits, other realms, planets, and all sorts of things in my sleep and in deep meditation through shamanic journeys, yoga nidra, hypnosis, Reiki, sound baths, and more. (Pro tip: if you want to start flexing your clairvoyance muscle, try these things!)

Lastly, while I've never taken a hallucinogen or stimulant (besides coffee) in my life, for some people, responsibly working with certain chemicals is a powerful way to open your mind (and your sight!) to everything happening in the world. But before experimenting with cacao or ayahuasca or something, please make sure that your body is healthy and prepared and that you're being guided by someone steeped in the tradition who knows what they're doing.

next: clairsentience

CLAIRSENTIENCE.

clear feeling

This is the form of intuition that people are referencing when they use the word empath.

Empaths, or people with clairsentience, don't just infer or imagine how something might feel, they literally feel it in their own minds/hearts/bodies. This is a beautiful gift, but it's also a form of intuition that can create a lot of issues until you figure out how to work with it in an empowered way.

Clairsentience can make you totally lose yourself in other people's feelings. And when I say feelings, I mean both people's emotions and their physical sensations.

Clairsentience basically turns your system into a mirror that reflects back what others around you are experiencing - from their joy and sorrow to their stomach ache and neck pain.

People with clairsentience often don't like crowds because their system is easily overwhelmed by all the feelings from other people, and they often have the self-destructive habit of prioritizing other people's feelings above their own.

next: clairsentience, cont'd

clairsentience, cont'd

They do this because other people's feelings feel just as significant to them as their own. But once you learn to set strong boundaries, clairsentience is a beautiful gift.

It helps you cut through people's B.S. and know the truth about how they're really feeling, and it helps you nurture people in a profound way because you literally know just what they're feeling.

And unlike the 5 other forms of intuitive sensing, clairsentience is nearly recognized by science. It's very similar to something called mirror-touch synesthesia - a condition in which a person feels other people's sensations in their own body upon observation. For example, as they see someone being tapped on the shoulder, they feel like they're being tapped on the shoulder.

The difference between this and clairsentience is that people with clairsentience don't have to see the other person. In fact, you may feel something that someone experienced the day before or as a child or even in another life. Clairsentience is your intuition at work, and like all intuitive info, it draws on all of time, delivering whatever's relevant right now.

next: clairgustance

CLAIRGUSTANCE.

clear tasting

Clear tasting is literally tasting something in your mouth without putting something in your mouth. It's a weird one because it sure as hell tastes like you're eating or drinking the thing you're tasting! Except you're not.

This shows up for me in sessions with clients when all of the sudden I'm tasting something. Most of the time it's a flavor that means something to them. A drink they had at a recent party. Something their mom used to cook. A recipe they're working on. Outside of sessions, I've also had smells show up out of the blue as a messages for me - often reminding me of a time in my life when I was eating the thing I taste. And typically, this makes me crave what I'm tasting!

For me, while I have experiences with this sense, it's not as common as many of the other senses. Maybe you've even had an experience with this that I haven't observed. Maybe you're just like, "What?! This is weird!" To which I say, yep. Randomly tasting things is weird! It's also really easy to dismiss because it can be so subtle that you may just suddenly have a craving, not realizing that you're craving the thing because you're actually tasting it.

Though other times - like when I've experienced it with clients - it's so strong that it's unmistakable. Like a sudden burst of flavor - maple syrup poured over pancakes - that cannot be denied.

next: clairaudience

CLAIRAUDIENCE.

clear hearing

Clear hearing is when you hear things that aren't exactly coming from here. Well, they totally are here. You just can't point to them on the physical plane.

You could hear anything - just like with normal hearing. You could hear bells or a song or voices. A lot of the time, you'll hear people or beings or even other versions of yourself speaking to you, and for the most part, this form of hearing doesn't sound the same as regular hearing. It's not an auditory hallucination!

When you hear something on the physical plane, it sounds very solid. But when you hear something in the astral plane or wherever the heck it's coming from - through clairaudience - it often sounds quieter and more like it's happening inside your head or just off to the side of you (any side). It can sound very similar to thinking, but it has a different quality.

Honestly, before you understand what's going on, this can be a bit crazy-making, especially when you're hearing voices. You may wonder if you are in fact crazy, but chances are you're just clairaudient.

next: clairaudience, cont'd

clairaudience, cont'd

I personally hear all sorts of things - from angels, fairies, goddesses, muses, deceased humans, and even people who are very much still alive on the physical plane (a.k.a. telepathy).

These days, I have strong boundaries, so I mainly just experience clairaudience when I'm consciously tuning in to Spirit through meditation/Reiki/journeying, but not always. Sometimes someone has something really important to say and they don't really care about my boundaries, and then, there are certain beings I happily welcome guidance from all the time, so I never put my walls up to them. But with clairaudience - like clairsentience - boundary work is especially important.

Spirit may be trying to talk to you if you suddenly hear buzzing, ringing, or a high pitched sound in your ears. Often my ears just start to feel full - like waves of energy are moving through them.

How do you know if you're imagining things or going crazy or just super intuitive? Well, generally, you know because you start receiving external validation that what you heard was true.

You hear a message and then it comes true. Or you follow it and it leads you somewhere beautiful and amazing. And eventually, it proves itself reliable enough that you just start trusting, wholeheartedly, all of the little whispers and shouts and beautiful, beautiful music.

next: clairallience

CLAIRALIENCE.

clear smelling

This is the ability to process subtle information through scent.

It works similarly to clairgustance, but instead of tasting something that isn't in your mouth, you're smelling something that isn't really in the air. At least not easily detectable.

I've had this present in a few different ways. In one way, the smell almost feels like it's in my mind, sort of like a memory. I experience this most while in deep meditation, shamanic journeying, or practicing Reiki. In these instances, I never am tricked into thinking that the smell is actually in my space. It feels like it's on the astral plane.

But the other way clairaliene presents, it very much smells just like any other smell. It can feel just as solid as smelling real cookies baking in the oven except no cookies are there.

I've experienced this a few different ways...

next: clairaliene, cont'd

clairalience, cont'd

Once, I smelled wires burning in my parents house, but no one else smelled this. I was so insistent I made my mom call the fire department. When they showed up, sure enough, wires were melting and an electrical fire was about to start in the bathroom.

This is an example of smelling something that is actually happening, but with your 5 physical senses alone, the scent is almost imperceivable, so then, your clairalience kicks in, amplifying the scent as a message to get your attention. (Interestingly, my physical sense of smell isn't that great!)

I've also experienced moments where I suddenly smell something that's completely all consuming and overwhelming, but it's by no means anywhere in the space where I am. The most powerful time I experienced this was with one of my exes. We had just broken up, and I was driving in his home state (not to but in the direction of the town where he was from), and his smell suddenly completely filled the car - even though he was nearly 2,000 miles away. Needless to say, we got back together a few months later.

next: claircognizance

CLAIR- COGNIZANCE.

clear knowing

This is the only one of the 6 intuitive senses that doesn't have a corresponding physical sense. It's truly the sixth sense!

Claircognizance is simply direct knowing, and of all the intuitive senses, I think it's probably the easiest to dismiss, but this is how it works:

Sometimes you learn something because you read it in a book. Sometimes you just know. From out of nowhere. Sometimes you know it in your gut. Sometimes it sends chills up your spine. Sometimes it feels just like a thought running through your head. Like when you randomly think of someone you know, and the next minute, they call.

Sometimes, you know bigger things. Even about strangers. Sometimes it's a general thing like "they're about to move." Sometimes it's super specific like "they're drawing a tarot deck." Often, it's easy to discount these knowings because they don't come with any physical sensation or vision or sound. You may think your mind is just thinking away like it so often does, and then when something strange happens - like your thought comes true - you're left wondering, "Am I just imagining things?"

next: claircognizance, cont'd

claircognizance, cont'd

Yeah, that's claircognizance.

And once you learn to trust it, to not write it off as "just a thought," and to start picking up on the subtle differences between how the knowings feel versus how thinking feels, then claircognizance becomes your trusted ally, guiding you through life and leading the way even when you can't explain why something makes sense.

Claircognizance, like all of the intuitive senses, lives on a spectrum. Some people experience this sense so strongly that they're straight up psychic. Others don't ever experience it. But of all the forms of intuitive sensing, this is the one most of us can relate to. The gut feeling. The knowing.

And like with all intuitive sensing (and all intelligence), each of us is born with a degree of giftedness, but that doesn't determine everything for the rest of our lives. Sometimes we experience things that spur an awakening. Other times we make the conscious choice to empower our intuition, so we start flexing it, like a muscle, and it grows.

next: the intuition spectrum

MAY YOU
REMEMBER
THAT YOU
ARE SAFE,
YOU ARE
HELD, YOU
ARE LOVED.



THE SPECTRUM OF INTUITION.

you are somewhere



When you were born, you naturally fell somewhere, but throughout your life, you've likely shifted in one direction or the other.

In today's society, formal reasoning is highly valued, and most of us shift away from the "totally psychic" end. We learn to question our intuition and even repress it completely, often deeming it "crazy." But intuition is a natural and powerful way that we relate to the world, and losing it, especially for those of us who were naturally born closer to the "totally psychic" end, is akin to losing ourselves.

Thankfully, you can return to your natural gifts.

next: intuition empowerment

EMPOWER YOUR INTUITION.

some steps

Here are some easy next steps for getting to know your intuition. The more time you spend gaining awareness of it and honoring it, the stronger it will become.

1. Meditate, meditate, meditate. Download the Headspace App if you need to. Just meditate.
2. Keep a dream journal. Record whatever you remember first thing in the morning.
3. Keep an intuition journal. Write down your hunches, the signs you see, etc. Watch it play out.
4. Start working with divination (a.k.a. tarot, oracle cards, etc.). There's a free tarot guide on my site if you want it.
5. Start tuning into moon cycles, energy, and working rituals. I create a Monthly Magic Guide for just this. It's been called a major catalyst for synchronicity and magic, and you're welcome to join/discontinue at anytime.
6. Work with someone who can guide and support you through your fears and back toward your authentic, intuitive self. I do this work, but honestly, work with the person you feel a connection to. It's an intimate process, and if you're meant to work with someone, you'll know. Let your intuition guide you here.

next: empowerment, cont'd

empowerment, cont'd

Opening up your intuition is a beautiful process, a healing process. It's about stepping into your most authentic self.

Along the way, you'll encounter parts of yourself you want to hide from. You'll cry. You'll resist. You'll open your heart and mind and bloom.


As you return to your intuition, there are many things to keep in mind: the ethics of intuitive sensing, boundary work, energetic self care, and deepening your relationship with Spirit so you don't accidentally harm or drain yourself.

And then, there are unique issues that arise for every individual.

Whether you are working alone or with a spiritual guide, make sure that you're being mindful of these things and learning about them. I could write a whole book on this, but for now, there's this!

Want more? You can book a session at www.fleetingconnections.com or shoot me an email at virginia@fleetingconnections.com.

*lots of love,
Virginia*



Fleeting Connections was created by Virginia Mason Richardson. Virginia is a writer and intuitive guide based in NYC.

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