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**My Clairsentience**

**By Heidi B. Lapin**

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I have been clairsentient "psychic" (I hate the word "psychic") all my life. I will skip all the regular everyday psychic stuff because it really isn't that interesting as some of the better things I'll talk about. Once I was content with knowing I had "the gift", it was kind of neat to realize that not everyone did. When you're a kid, you really don't know any different. I admit, it is an interesting talent, for a lack of a better word, but sometimes it feels like a curse. There are times when I know things I don't want to know. You can't just turn it off and on when it is convenient. You learn to take the positive with the negative and learn the ethics involved with it all. Once you get a handle on the ups and downs, you can use the ability to help others who want your help. I do that by doing readings. One of the ways I read is by psychometry. I hold an object or picture and get the vibes and messages from it. Another is just hearing the voice of the client in person or via phone. I always tell my clients not to give me too much detail; the less I am told, the better I can see. The most common question I'm asked is how my abilities work. I'll try to explain how I "see", but it has always been difficult for me to describe.

The most common way I see is as if a thought just appears in my mind. It isn't at all like someone is whispering it my ear, or holding a flash card in front of my face for me to read from. For example, a woman came into the animal hospital where I work to sell some kind of promotional spa package deal. She mentioned she had a dog at home that was kind of sick at the time. I asked her if her dog's name was Daisy or Hazel. She said, "Daisy...how did you...?" With a spooked look on her face I just answered, "Oh, it's just this strange thing I have." At that point, I decided to play with this sales lady a bit just to see her reaction. I went on to ask, "Oh, Daisy's a Christmas baby, huh? She's going to be 4 years old this year?" She answered, "Yes, oh my God, how do you do that?" I smiled and asked her to take Daisy back to her veterinarian for a check-up since it had been a few months since she had brought her in. I told her to ask the veterinarian to do a food allergy test. I was sensing this woman was focusing more on the dog having a problem with an internal organ, but an ingredient found in many dog foods was causing the symptoms. She took my business card and called me a few weeks later. Her vet sent her to the specialist (allergist) and it turned out that Daisy was allergic to 2 different ingredients and that was what was making her ill.

So, thoughts, vibes, and pictures appear to me in that same way. I just seem to know, as if I matter-of-factly knew something. I don't think about where it comes from.

A cool memorable experience was one night when I was doing an in-person reading. (I did a majority

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over the phone.) A woman suspected her husband was fooling around with someone she thought she knew. I told her that before she accused him of anything, or confronted him; go to his office when he is not around. I told her to look in the bottom, right-hand drawer of his desk and she would find a greeting card in a florescent colored envelope. In that envelope would be a card "she" gave to him. If I was correct, I wanted her to call me immediately to schedule another reading (no extra charge, of course!) She found the card and our next session was about 2 days later. I put myself in what I call a conscious real-time OBE to enable myself to see the house that her husband was currently at. I described the house in detail, where his car was parked, and found my O.B. self in the backyard. I was standing at the bottom of a small hill looking upward at the yard. I described the wooden decking, where the bushes were placed, and the rectangular door with a narrow vertical window that a hall light was shining through. I described the bushes, trees, and the garden hose that was unraveled on the deck. She seemed to know exactly who's house I was describing. Unfortunately, I was accurate and she had

to deal with the situation at hand.

That is something I am able to do more and more often now. I only started doing that by chance; it just happened. So, I made myself more aware and in touch with this new "way" to read and now it happens more often. I have been doing more and more spiritual sessions with people who have lost a loved one. The spirits seem to be willing to participate with me and guide me by showing me certain things, thus making me able to give the client more detailed messages. Many times, they take me on a trance-like journey to their childhood home or the home that the client may now live or be very familiar with. They take me throughout the house and show me specific things of significance such as a teddy bear on a bed, details of a painting on a wall, or even a crack in a wall or hole in a door. At first, I thought, "why is he/she showing me this?" But I began to realize it's better just to mention it to the client even if it seems frivolous to me. It must be something important, so I just say what I see. I have also wondered if maybe the spirit(s) take me on these "detailed journeys" to somehow prove my authenticity to put the client at ease and to show they're really the spirit and not some spirit pretending to be them. That is something some spirits and ghosts do when the living do séances and/or use a Quija Board. It's like a free ticket to enter into our realm. Sometimes, imposter spirits will actually act like the spirit being called just to play around with the living. Why? I honestly don't really know!

As a long time clairsentient witch, I wrote a quick essay on what I am and what I do. I have this info on my website but usually give it to new clients to give him or her an idea of what I am and what to expect. I have been a clairsentient spiritual advisor on a professional level since approximately 1996 and have built my clientele by only word-of-mouth references and by those whom come across my website.

### **Journey into the Self – Chakra's**

**By HealerGeorge**

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As you are sitting here reading this allow your awareness to turn inwards into yourself.

Become aware of the subtle energy centres in the body and your connection to Mother Earth beneath

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your feet.

Reach up to the stars with your feelings and feel the whole universe as a part of yourself.

Using your imagination, visualise each of your energy centres or chakras opening and starting to radiate healing energy from each centre.

Focus on your connection to the planet. Visualise roots of energy growing out of your feet and spiralling down deep into the centre of the Earth.

As this connection gets established, visualise all the negative, stale energy being drawn down these roots. And, as the stale energy leaves your system, feel an exchange of energy taking place.

Feel fresh, revitalised energy coming up these roots into your body. Feel refreshed, revitalized, full of health, happiness, joy and vitality. Feel at one with the Earth.

Allow your attention to rise up your body to the base of the spine. Visualize your Base Chakra opening its four petals. See a vortex of lovely red energy radiating out. Feel it expanding and swirling all around and permeating through the physical body.

Go through this opening process with each Chakra in turn:

- The six petals of the Sacral Chakra radiating beautiful Orange light.
- The ten petals of the Solar Plexus Chakra radiating a lovely Yellow light, all the colours blending together, bringing balance and healing as each extra chakra is added.
- The twelve petals of the Heart Chakra radiating a soothing Green light. Feel the difference as we move from the lower chakras to the more spiritual ones.
- Allow your attention to rest on your Throat Chakra. See the 16 petals opening and a soft Blue light flowing out, mingling and blending.
- You can already feel your Brow Chakra bursting with energy as your attention reaches up to it. See the 96 petals of the Brow Chakra opening, bathing you in Purple light.
- The Crown Chakra and the 1,000-petal Lotus is your connection to all the planets and stars in the universe. Just feel the universal White light entering through the crown of the head and bathing the whole of your body in the holistic energy. Feel the auras around your body being healed and repaired by this White light. Allow your awareness to expand and feel at one with the whole universe.

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As you bring your awareness back to the silence, notice the change in tone. Even though we are talking of silence, note that it has a tone, or a ring, or a grain within it. Note that with the Chakras open

your whole energy frequency seems to have been raised.

Use your imagination to visualise some of your heart's aspirations for yourself and your life. Use all your senses to experience these dreams. You can even run them like a movie over your awareness.

Thinking in the silence is very powerful, as it moves the whole universe to bring you what you desire.

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Therefore, dream your dream about positive, life-supporting things, which benefit not only yourself but also those around you. Then just let your dream melt into the silence again.

As we start to reconnect with our physical body again, become aware of your Crown Chakra and, as we draw in the petals of the Crown Chakra, feel the energy being left in perfect balance.

Take the awareness to the Brow Chakra. As we draw in the petals of the Brow Chakra, just know that this chakra is responsible for the higher mind functions and sixth senses like Telepathy, Déjà Vu, Premonitions, and all the "Clair's": Clairvoyance, Clairaudience, Clairsentience, etc.

As we take our attention down to the Throat Chakra and draw in the petals, just know that this chakra is responsible for our powers of communication. Not just our voice, but also all the senses of hearing, sight, touch, taste and smell: they all communicate through this chakra.

Passing down to our Heart Chakra, draw in the petals and know that this chakra is responsible for our feelings. This is the connection to finer layers of our self, through all the organs of the body into the cells. Down into the molecules and atoms, right down into the silence of the Void itself.

Now as we come to the Solar Plexus Chakra and draw in the petals, know that this chakra is our emotional centre. Our emotions are stored in the fluids within the body. See the Yellow light of the emotional chakra flowing clearly.

Let's use the process of forgiveness to claim our energy back. For if we project our emotions to another we give away our power. Take responsibility for yourself through forgiving, both yourself and the other person.

As we take our attention down to our Sacral Chakra, just know this chakra connects us through personal relationships with our family and friends. Know that this web of connections to those we love has been cleansed by the Orange light radiating from the Sacral Chakra.

Finally we come to the Base Chakra. As we draw in the petals of the Base Chakra, know that this chakra helps to maintain our physical body and our connection to the Earth. See this beautiful Red light in perfect balance.

As we draw up the roots from the Earth, feel our batteries fully recharged by the energy we have drawn into our body. Feel in perfect balance, full of health, happiness, joy and vitality, as we return to our normal everyday level of awareness.

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