

The Gift of Clairsentience:

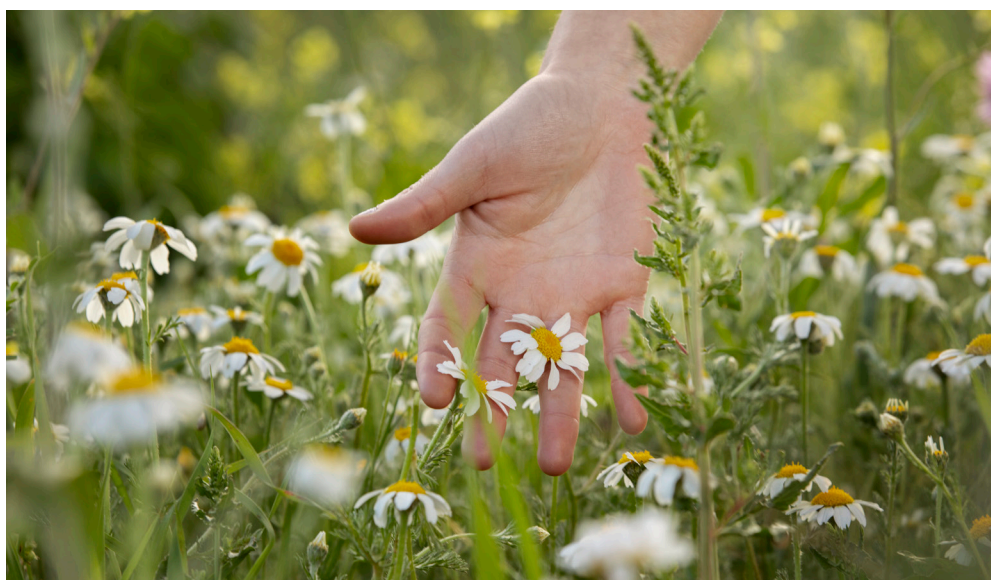
Finding Empowerment as a Highly Sensitive Being

Author: Dina Saalisi

An empath is someone who can feel the emotions of others and is able to attend to this connection, by providing validation and compassion. Some were born with this ability, but most everyone can develop the skill of empathy, with patience and practice. A clairsentient person may also have the qualities of an empath, but their sensitivity extends to everything around them--places, animals, nature and spirits, as well as to people.

Simply stated, they deeply feel energy on all levels. Clairsentience is the gift of profound sensing and inner-knowing. The word itself means clear-feeling and is experienced as a heightened sense of perception, beyond one's control. Although

somewhat mysterious, many people possess this trait, yet struggle to find support in developing their skills. As clairsentience is completely a felt sense, those who experience this way of being, often feel misunderstood and bereft of guidance.



One of the many things I find intriguing about those who are blessed with such a gift, is that they are so used to seeing the world through a psychic lens from early on, that they assume everyone else shares the same perspective. This was certainly the case for me. I came into this world as a highly sensitive being. From the time I was a small child, I was able to know what others were going to say before they would speak. I could feel the energy of a person before they walked into the room. And I always felt overwhelmed at parties and in crowds. I remember the shock I felt at learning that others actually enjoyed gatherings and noisy places and I began to feel “weird” for preferring time spent alone. As I got older, I met other sensitive souls and felt validated in my way of being. Now as a healer, I often hear echoes of similar stories

from those who are easily affected by the energies around them and their desire to develop stronger boundaries, while still engaging in social life.

Clairsentience can lead to exhaustion if it is not managed with care. Some common symptoms that emerge for sensitive beings are: tiredness even after having enough sleep, achiness or heaviness in the body, increased food and environmental intolerances and allergies, anxiety and overwhelm. Fatigue, pain and stress are all indicators of enhanced sensitivity. How then do we nourish ourselves, emotionally, as well as physically, and create boundaries that allow for connection, without depletion?

Taking time away from others is likely the most important need for clairsentient beings. Not only

is it imperative to have time alone each day, but for those who have families and live with other people, mini-vacations are a necessity of life. Since overwhelm is a recurrent challenge of sensitives, it is crucial to prioritize time regularly for rebalancing. Carve out one day a week that is completely yours.

Although this may seem unrealistic for those who have family and work obligations, the truth is that you will be much more effective doing this, than if you push on without enough strength to carry you through. Even though you may still need to tend to your commitments on this “day off,” do so with the idea of catering to your needs first and feel into your natural pace. Before jumping in and taking on anything that feels burdensome, pause to recognize what feels truly right on the inside. This is a power-

ful practice of exercising your will and it provides ongoing support throughout the rest of your week. Knowing that you have this day to return to regularly, creates a cycle of empowerment that results in true inner-strength. A getaway one weekend a month provides replenishment and a week-long solo retreat two or three times a year, is essential for energy balancing. Set realistic boundaries. Choose social commitments carefully and limit the amount of time spent out, to protect yourself from burnout, before it happens.



Plenty of rest, gentle exercise and nourishing food is key to creating a strong foundation for anyone and is especially true for sensitive



beings. Paying extra attention to healthy lifestyle habits is foundational, in order to avoid energy drain, which can lead to illness. Those who easily absorb toxic energies, can develop psycho-somatic responses if they're not able to keep a balanced lifestyle. Lack of sleep can wreak havoc on someone who is ultra-sensitive, making it impossible to function until they've taken time to rest. The same goes for "fun foods"—sugar, alcohol and processed snacks create a host of symptoms which often lead to digestive disorders, as we absorb the toxins more easily than those with stronger energetic boundaries. Physical practices such as yoga, tai chi and walking in nature play a vital role in well-being and support a gentle detoxification process, daily.



Nature heals. Find solace in the natural world around you regularly. I cannot be passionate enough about the support found within the synergistic relationship we all have with life force energy. Sometimes it's so obvious, so right in front of us, that we forget. Even if only for a few minutes here and there, scattered throughout your day, go outside and be in awe. Enhanced sensitivity allows you to easily connect with the plants, animals and rocks, in a way that leads to deeper self-awareness and inspiration. Nature is the one and only force that governs every living being on the entire planet. It nour-



ishes our ethereal bodies, as well as our physical, and sustains us when nothing else can.

Most sensitives are in tune with their innate artistry and are able to exercise the creative process with ease. When asked how creativity comes to the fore, many artists comment on a subtle state of awareness, described as "inspiration"—an invisible force that knows no bounds and can emerge at any given time. Writing down your dreams, in as much detail as possible, recording inspirations as they arise and allowing yourself ample time in imagination, are all ways to utilize this constructive energy, in order to keep a healthy flow of self-expression. Heightened creativity is part of life as a sensitive being. Most of us find comfort in the inner-space that allows for ideas, inspirations and art to manifest. We feel a sense of safety in abstraction. Like the practice of being in nature, immersion in



creativity happens at the soul level and this is right where sensitives dwell. Find your art and tend to it regularly. The medium makes no difference—it's about listening for the muse and following the lead, without any reason but to create.



The good news is that hyper-sensitivity also means being more easily absorbent of the benefits of energy medicine and practices. Flower and gem essences, homeopathy, reiki and meditation are all tools that the clairsentient can learn how to wield with more ease than those who aren't as energetically open. Typically, those who feel deeply are naturally attracted to these nurturing experiences. Creating daily balance is the ongoing work of the sensitive being.

Meditation is especially well-suited for those who feel at ease in the liminal realm. It's a chance to reboot each day and keep a clean aric field, so that you are not as susceptible to energy drain. It provides a boundary of an inner-life that is calm, peaceful and non-reactive. Often sensitive souls can get triggered easily, as we anticipate what's coming at a more intense level of awareness than others. Sitting quietly once or twice a day, even for as little as ten minutes, provides a safe haven that can be revisited whenever tranquility is needed.

Flower remedy of Walnut is a vital ally in strengthening boundaries for those who feel drained when encountering others. This is especially important for anyone who participates in healing work and takes on the emotional load associated with such. The reso-

nance provided is that of an invisible shield, that keeps us protected from psychic harm.

The homeopathic remedy of Vernix Caseosa is made from the greasy, white covering that is on the baby's skin at birth and serves as protection from energetic toxins. An evolved form of alchemy, homeopathy uses a minute amount of the offending substance to counterbalance its ill-effects, which in turn produces a healing reaction. This particular remedy acts as a border between one's subtle body and the external energies of people, places and things, creating a sense of safety within.



There are many gemstones and gem elixirs that are helpful for psychic sensitivity, and one of my favorites is Hematite. It acts as a cleanser of negative energy, as it transmutes emotional toxicity into an ability to be present with others, without absorbing negativity. Another wonderful protective gem is Black Tourmaline, which works like an energetic vacuum cleaner on environmental contaminants. The support provided from these dark stones is that of detoxification on all levels—physical, emotional, spiritual and psychic. What remains is a renewed energy that is fresh and inspired to engage with life.

Part of being clairsentient is learning how to own the gifts you were born with and taking responsibility

Sitting quietly once or twice a day, even for as little as ten minutes, provides a safe haven that can be revisited whenever tranquility is needed.

for honing this power. Rather than feeling bogged down by being “too much,” you can learn to connect with your energy in a way that strengthens and supports you. From this new place of awareness, you become better able to engage in nourishing practices and join in nurturing relationships. Indeed, clairsentience is a gift of opening to the phenomenon of life and becoming one with the mysteries that present themselves to you, each and every day.

ABOUT THE AUTHOR



Dina Saalisi is a holistic healer who guides others in creating optimal well-being of mind, body, and spirit. Her certifications include National Board Health & Wellness Coach, master Flower Therapy practitioner and Certified Hypnotherapist. She lives in California with her family and two pups.
<http://dinasaalisi.com>