

## **Common Clairsentient Sensations and Interpretations**

### **A few tips:**

- Whatever emotion/physical sensation you're feeling when you tune into a specific area of your life (or your sitter's), or a specific chakra, that's what they are experiencing in regards to that chakra/area.
- Usually you'll experience a combination of sensations and emotions, such as calm and energized, which means that they both apply. Look for the correlation between the multiple sensations. If you feel calm and energized (which would seem to be contradictory) the person likely has a feeling of peace regarding his or her current situation and is excited/energized by what s/he is doing for the future.
- When you get only one or two pieces of information for a chakra, it could mean that it's not a current area of focus for your sitter.
- When you get quite a few pieces of information for a chakra, it could mean that it's a major area of focus, or the sitter is putting a lot of energy, consciously or unconsciously, into the chakra. If it's positive sensations, it's most likely conscious. If it's negative sensations, it's most likely unconscious OR there are a lot of limiting beliefs and experiences.

<b>Sensation</b>	<b>Interpretation/Meaning</b>
Calm	Emotion/physical sensation person has regarding that area of his/her life.
Energized	Emotion/physical sensation person has regarding that area of his/her life. This person is consciously putting energy into this area of his/her life, and has positive expectations in regards to the outcome. This also indicates that there is flow, this area is not stagnant.
Energy/spark	If it feels like a jolt, this can often mean that your sitter is “jump starting” that area of his/her life. There is creation energy there, perhaps a new project or relationship. Tune into the nuances of this sensation, since the spark doesn’t necessarily mean it’s positive. (Often it does, though.)
Excitement	Emotion/physical sensation person has regarding that area of his/her life. Positive expectation for things to come.
Goosebumps	This denotes a spiritual or divine connection in regards to this area of the sitter’s life. It can also indicate an angel’s presence. You will generally only get this sensation when there’s a lot of spiritual energy being put into that particular area of your sitter’s life.
Lighter/lifting feeling	This is an area that is uplifting to your sitter.
Palms feel warm	Energy is being put into that area of person’s life
Relaxed	Emotion/physical sensation person has regarding that area of his/her life.
Tense	Emotion/physical sensation person has regarding that area of his/her life
Throat tighten	Closed off communication, holding things back or inside. Sitter may not feel safe to communicate, whether that’s because of limiting beliefs about approval, or fear of what the other person will do (abuse or power struggle situations).
Tingling	Tingling usually denotes divine connection and a possible angel connection. This is a sensation of spiritual energy. This is an area where there is an open channel for spiritual energy to flow through, both from the client to the universe and from the universe to the client.
Warm feeling all over	This indicates a feeling of relaxation, comfort and security in regards to this area of the sitter’s life.