



Intuitive Modalities

What is an Intuitive Modality?

An Intuitive Modality is the way in which you receive intuitive information. It's very similar to – and is actually tied to – your learning style. Think about your learning style, for a moment. You have information coming into your awareness, and your brain is attempting to assemble the information in a way that makes sense to it.

If you are a visual learner, then you will most likely learn best with charts, graphs or visual representations of information. If you are an auditory learner, you will most likely learn best when someone explains to you what is going on.

Your intuition works the same way, only instead of information coming to you from the outside, such as someone showing you a graph; it comes to you from the inside, such as a gut feeling. The way that you best receive and recognize that information within your body is your primary Intuitive Modality.

You can think of it like a computer. Your body-mind system is collecting data constantly, and how you best collect information and store it for easy access later is your learning style.

Your Intuitive Modality is the reverse of this. When you have a question or want to make a decision with all the information that is in your body-mind, your Intuitive Modality is how the information is presented to you.

It could be presented to you in the form of images, sounds, body sensations or a knowing, but you do get the information back. The goal of developing your intuition is to learn how to recognize this and understand what is being presented.

Why is knowing your Intuitive Modality important?

If you're serious about developing your intuition, knowing your Intuitive Modality is vital. This is what allows you to streamline your training and learning so you can develop quickly and accurately.

Think of it like traveling to a destination. Let's say you are in Phoenix, AZ and you want to go to New York, NY. There are many ways you can get there. You can drive that distance in about 40 hours. You can fly it in about 6. Think of utilizing your primary Intuitive Modality like choosing which mode of transportation you want to take.

If you are primarily clairvoyant, but spend your time developing your claircognizance, in order to get to the same level of precision and accuracy, it may take you 5-10 times as long. This is why it's important to know what your primary Intuitive Modality is. It saves you time and energy as you develop your skills.

What are the four Intuitive Modalities?

There are actually many more Intuitive Modalities than the ones I'm about to list, but these are the ones that are the most prevalent and the easiest to work with, so I tend to focus on these four.

- Clairvoyance
- Clairaudience
- Clairsentience
- Claircognizance

Clairvoyance means "clear vision." It refers to receiving intuitive information in the form of visions or pictures. Visions are generally symbolic, although they can be straightforward, too. Information that comes through this modality may come in a variety of forms, it could be a dream-like vision, an impression of color or swirls, a picture or even a visual memory.

*You may be **clairvoyant** if:*

- * You often "see" the solution in your mind.
- * Your primary learning style is visual.
- * You prefer to have information presented to you in a visual way, such as graphs or charts.
- * You are visually oriented.

Clairaudience means "clear audio" or "clear hearing." It refers to receiving intuitive information in the form of sounds or voices. For some this is very strong and they hear the voices as though someone were in the room with them talking to them, although for most it is a mental voice. It can be thought of as "the little voice inside" that helps guide us. This is usually literal and doesn't work with symbolism as much as clairvoyance does.

*You may be **clairaudient** if:*

- * You often "hear" the answers to your mental questions.
- * Your primary learning style is auditory.
- * You prefer to have information presented to you in a lecture format.
- * You find yourself listening for sound effects in movies.

Clairsentience means "clear sensation" or "clear feeling." It refers to receiving intuitive information in the form of physical sensations and/or emotions. For some especially clairsentient people, this could mean feeling the pain of a headache that someone else has, or experiencing the emotions that they are feeling. When you get information this way, it is always accompanied by some sort of physical sensation.

*You may be **clairsentient** if:*

- * You often get a "gut feeling" about people and circumstances.
- * Your primary learning style is kinesthetic.

- * You prefer to role play or to be physically involved in the learning process.
- * You tend to have trouble sitting still.

Claircognizance means "clear knowing." The experience of claircognizance is different than the other modalities, as it does not have a sense that it is directly linked to. It is knowing by knowing it. It is knowing something by knowing it. When you get information in this way, it may feel like you're downloading the information from the universe, or that the information came out of nowhere. It may randomly "pop" into your head.

*You may be **claircognizant** if:*

- * You seem to know the answer to questions without knowing HOW you know it.
- * Ideas and solutions will pop into your head from out of nowhere.
- * You tend to have a very analytical mind.
- * As a child you seemed to have an answer for everything or were a bit of a know-it-all.