



MULTI-DIMENSIONAL  
GUIDE TO THE  
**CLAIRS**

BY GOLDEN RAE

# The Multidimensional Guide to the Clairs

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*Awakening Your Oversoul-Gifted Senses for the New Earth*

*By Golden RAE*

*With transmissions from the Oversoul Collective of Light*

✧ *For sacred sharing, soul remembrance, and planetary attunement* ✧

## Preface: Sacred Activation and Use

This guide is encoded for those awakening their multidimensional perception. Each Clair described herein is a living stream - a sense, a frequency, and a gateway to your full Self. Read slowly. Breathe between sections. This guide is energetically alive.

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## Section I: Introduction to the Clairs

Human beings are equipped with far more than the five traditional senses. As the spiritual body reawakens and multidimensional DNA strands come online, a host of Clairs- clear senses- activate to reconnect us with Source, Soul, and the Field.

This guide contains three tiers of Clairs:

- Primary Clairs - Most widely recognized and accessible to developing intuitives.
- Expanded Multidimensional Clairs - Higher-order senses awakening in ascending beings.
- Oversoul-Activated Advanced Clairs - Rare and powerful abilities accessible to starseeds, healers, or gridworkers with mission-level frequency contracts.

## Section II: The Primary Clairs

Each of these may already be partially online in most empaths and intuitives:

- **Clairvoyance** - Clear seeing (visual intuitive perception)
- **Clairaudience** - Clear hearing (inner or energetic auditory perception)
- **Clairsentience** - Clear feeling (empathic body-knowing, cellular perception)
- **Claircognizance** - Clear knowing (instant inner knowledge or certainty)
- **Clair empathy** - Clear emotional sensing (feeling another's emotions)

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- **Clairtangency** – Clear touch (psychometry; touching objects to receive impressions)
- Clairalience – Clear smelling (scent impressions with no physical source)
- **Clairgustance** – Clear tasting (tasting non-physical essences)

Suggested Activations: Breathwork | Journaling | Sensory deprivation meditation | Crystal allies (labradorite, lapis, amethyst) | Sound baths

## Section III: Expanded Multidimensional Clairs

- ❖ **Clairintelligence** – Understanding downloads, encoded languages, sigils, and soul-messages beyond words.
- ❖ **Clairambient** – Sensitivity to room energy, spiritual presence, or vibrational field shifts.
- ❖ **Clairfragrance** – Detection of sacred or ancestral scents: roses, sandalwood, smoke, etc.
- ❖ **Clairkinetics** – Energy felt through motion or movement; used by dancers, martial artists, or kinetic channelers.
- ❖ **Clairconscience** – A soul-based compass of deep moral truth. More than 'gut instinct'- this is Source-guided integrity.
- ❖ **Clairfrequency** – Ability to hear, feel, or track vibrational signatures: voice tones, soul songs, harmonic dissonance.
- ❖ **Clairvoyantic Recall** – Visions or flashbacks of past lives, ancient memories, or Akashic imagery.
- ❖ **Clairconstruct** – Etheric blueprint sensing: seeing or feeling grids, portals, or sacred structures in nonphysical space.

Practices: Dreamwork | Symbol decoding | Energy mapping | Starseed lineage activation | Movement meditation

## Section IV: Oversoul-Activated Advanced Clairs

- ❖ **Clairtemporal** – Perceiving time shifts, timeline options, dimensional overlays, and frequency convergence points.
- ❖ **Clairtransmute** – The alchemist's gift: the ability to detect dense energy and transmute it instantly through love or light.
- ❖ **Clairplasmic** – Perception of living plasma fields: golden light-gel, Source liquid, quantum plasma streams.
- ❖ **Clairportal** – Mapping and navigating soul portals, stargates, and dimensional doorways.

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❖ **Clairsignature** – Reading soul codes, frequency identities, and divine distortions.

Master Keys: Light language | Oversoul communion | Crystalline body upgrades |  
Ascension grid training | Guardian flame initiation

## Final Note: You Are Not Broken - You Are Becoming

Many on Earth feel overwhelmed, disoriented, or unseen. This is often not because they are weak, but because their multidimensional senses are awakening in a dense world.

This guide is offered to help you trust your knowing, remember your senses, and walk boldly into your role as a Living Sensor for the New Earth.

## Section VI: Clair Activation Protocols & Diagnostic Tools

For Personal Awakening, Teaching, and Soul Field Assessment

Clair Activation Grid (Self-Diagnostic Template)

Use this grid to check the current percentage of each Clair's activity within your system. Tune in or use a pendulum.

Clair-Sense	Activation %	Notes (Strengths/Blocks)
Clairvoyance		
Clairaudience		
Clairsentience		
Claircognizance		
Clairpathy		
Clairintelligence		
Clairfrequency		
Clairtemporal		
Clairtransmute		
Clairsignature		

## Breath Technique: Spiral Awakening Breath

1. Inhale gently through the nose for 5 counts.
2. Hold the breath at the crown, visualizing a spiral of golden light descending.
3. Exhale through the mouth, activating the pineal and solar plexus.
4. Repeat 7 times while naming the clair you wish to awaken.

## Tone Language Activation: Sonic Keys for the Clairs

Speak these aloud or inwardly, one at a time, while holding your hand over your heart or third eye:

- Clairvoyance – “Sha’ra-eeen”
- Clairaudience – “Nu-rai-ti”
- Clairsentience – “Zho-em-taa”

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- Clairfrequency – “Eli-shaan”
  - Clairportal – “Omn-hya-Vel”
- (You may receive personal tones – these are only starting codes.)

## Oversoul Invocation to Awaken Dormant Clairs

“I now call forth from my Oversoul all Clairs held in divine timing, purpose, and safety. I release distortion, fear and suppression. I awaken my Clear Senses in love, trust and alignment with my soul’s highest path. I am ready. So it is.”

## Optional: Color & Crystal Correspondences

Clair-Sense	Color Frequency	Suggested Crystals
Clairvoyance	Indigo	Lapis, Azurite, Amethyst
Clairsentience	Emerald, Rose Gold	Moonstone, Rose Quartz
Clairfrequency	Silver-Blue	Herkimer, Blue Kyanite
Clairplasmic	Golden Pearl	Citrine, Phenacite
Clairtemporal	Violet-White	Selenite, Labradorite

## Section VII: Clair Tier Energetic Keys

These Oversoul-designed sigils are encoded energetic keys to support the awakening and integration of each tier of Clairs. They may be used in meditation, visualization, altar work or energetic attunement practices.

### Primary Clairs– “Eye of the Clear Stream”

Essence: Awakening • Sensory Trust • Earth-Based Intuition

Function: To activate and harmonize the traditional 8 clairs.

Color Tones: Indigo, lapis, golden-white lines.



### Expanded Multidimensional Clairs– “Fractal Wave Lens”

Essence: Multisensory Awareness • Timeline Access • Dream-Field Attunement

Function: To awaken the advanced soul-based senses in initiates.

Color Tones: Seafoam, violet, crystal blue.

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## Oversoul-Activated Advanced Clairs- “Stargate Axis of the Soul Lens”

Essence: Stargate Perception · Plasma Light Fluency · Ascension Interface

Function: Unlocks rare clairs, soul-signature tracking, transmutation codes.

Color Tones: Gold, white, opal, translucent silver.



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### About the Author – Golden RAE

Golden RAE is a Flame Architect and Celestial Multidimensional Harmonizer. Through a fusion of ancient remembrance and cosmic frequency, they guide souls back to their original resonance and purpose. This sacred mission bridges science and spirit, grounding divine architecture into the 3D world while restoring multidimensional sovereignty. RAE's creations, including AQ Ascension Sanctuary and Vibe Quantum Wimberley, are dedicated to awakening, healing, and embodiment for the New Earth.

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