

How to Prepare for a Successful Reading

To get the most out of your psychic reading, follow the below tips and suggestions!

1. Develop Open-Ended Questions.

- Avoid “yes” or “no” questions.
- Focus questions on “how” or “what”.
- Consider and target questions around specific areas of concern or interest, like career or relationships, for insight and growth.
- Write down your questions before the session and bring them with you to the reading or send them in advance (if requested).

2. Protect Your Information.

- Do not over share details before or during your session, unless you are asked to validate or make sense of information that’s being received.
- Let the reader lead the conversation, and avoid interrupting while info comes in.
- Confirm facts without giving background stories.
- Keep your answers short and simple. Avoid long drawn-out explanations or details.

3. Manage Your Energy.

- If possible, center yourself from the busy day by closing your eyes and taking a few deep breaths to get focused before your reading.
- Take deep breaths to calm anxiety or nerves.
- Mentally prepare yourself to being open to receiving whatever information you are going to receive.
- If you are receiving a reading via video or phone, make sure you are in a quiet room with ideally no interruptions.
- Minimize noise and interruptions (silence your phone, put away pets, etc.) as best you can before your reading.

4. Adjust Your Expectations.

- Remain open to unexpected, uncomfortable information and insights you may not want to hear.
- Avoid demanding rigid, specific answers.
- Understand that timeframes are not easily established, but rather fluid.
- Allow messages to unfold naturally. Follow up with questions as needed or when asked.

5. Document the Session.

- Ask permission to audio record the session. Most practitioners won’t mind.
- If you take notes, be sure not to lose focus on hearing the messages.
- Write down any symbols or images that seem confusing for later thought.
- Review your recording a few days and weeks later. You may have an AHA moment.