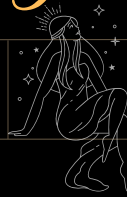




# How to Prepare



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## Set Clear Intentions: IE:

( What can I do to be more successful in my life? Versus, will I leave my job? )

## Be Open-Minded:

-- Approach the reading with an **open mind**. The insights you receive may not always align with your expectations but can offer valuable perspectives. A successful reading honestly starts with you.

## Relax and Be Comfortable:

-- Choose a quiet, comfortable space for your reading. Being relaxed helps you stay focused and receptive to the information shared.

## Find your center:

-- Clear your mind and become **present** in the moment. Take a few minutes to meditate before your session by taking some deep breaths in a calm, quiet environment. A psychic is great at reading energy, so you want to make sure yours is calm and not chaotic. If it happens to be “chaotic” , that is okay to since at this moment I am only doing this via email. However, I still will be able to pick up on your energy but it should not effect the outcome! The reason I stated that in the sentences before is because some psychics may have a little bit of trouble if the energy is chaotic. Personally , I have not came across that as an issue.

## Keep a Journal:

-- Have a notebook handy to jot down important points or thoughts that arise during the session. This can help you reflect on the guidance you receive.

### **Trust the Process:**

-- Understand that psychic readings are a tool for guidance and not definitive answers. Trust in the process and be open to the messages provided.

