

PROCESS FOR READING

On the day of tune into the individual as you tune in ask their permission if that's ok. (In a professional capacity they have agreed that it is ok when they booked in but we must always use discernment and discretion around this)

Sometimes the individual for whatever reason will not allow you to tune in before even if they have agreed to it. If this is the case take a breath ask for the information to come with ease and grace once you are in the call.

Still pay attention to the way you feel, your thoughts, physical symptoms etc. especially on waking the morning of and your dreams that night.

Have your list of physical, mental, emotional, energetic/ spiritual and extra. Notice the random the oh that's odd kind of things, why am I thinking of that, that's not a word I'd use etc. anxiety out of nowhere and so on.

30 minutes Before the session call in yours and their guides, set the container however you like to. I generally see a golden sphere around us as we did at the beginning of this course. Have a piece of paper with sections for physical. Mental, emotional, energetic and extra and write down anything and everything especially what you see as irrelevant, odd etc, pay attention to what grabs your attention.

Process in session-

1. Check in with them, explain intention of this work and how it's works. Encourage them to ask questions about the process the more comfortable you become in explaining it the more comfortable you will feel in trusting it.

* Encourage them to ask any specific questions they may have at the end as generally the questions are answered in the session if not they have an been they opportunity then.

2. Meditation/Calming technique/ breath work (if you would like a meditation let me know). These 2 steps generally will take up 15-20 minutes they are important in setting the energy for both you and those you are reading for.
3. Start the reading, trust which piece of information you are called to lead with -don't be afraid of going off script or going on a tangent or saying something random it's all part of it.
4. Bring breath work in a few times through your, the session for you and them to regroup, reground etc.
5. Check in with how they are feeling through your energy if unsure ask.

Use eyes closed tuning in throughout it also as this helps both of you to get out of your head and it is easier to tune in. This will change over time but while you are in this stage I encourage it.

This part of the process takes approx 35-50 mins.

6. Bring you both back to answer any further questions, gain further clarity and finish off. This can include heart coherence where you send them the energy checking in with their number at the start and at the end ideally they get to 2 or below there is nothing to stop you from doing it again until they are there. To distract them get them to do square breathing counting 7 on the inhalation, holding for 7, exhaling for 7 , inhaling for 7 all the while going along the side of an imaginary square.

7. When client has left go and ground & wash your hands and hydrate.
Any further questions please let me know.

Remember I am here to support you each step of the way xo