



## **Information on preparing for your reading**

Hello :) and thank you for the opportunity to connect and do a reading for you. Readings can be related to all of the different aspects of life: love, career, family, relationships past, present and future. My purpose in offering readings is to bring you blessed insight and empowerment so you can make informed decisions and choices. To do this, I first connect to the Reiki Divine flow of energy, then to your energetic body and your higher self. Starting with a Reiki connection, I use intuitive reading arts, tarot and oracle decks with the intention to relay answers from Spirit to help illuminate and support your travels along your path. You will receive healing during our session.

### To prepare for our session:

Before we begin our session together, take time to determine your intention of our session and answer the question, "Why do I want to do this reading?" This can be very specific or general, but knowing this answer will help focus and ground our session.

I suggest writing specific questions down that you want to ask. It is helpful so you don't forget to ask something during our time together. You don't have to do this, but it often helps because it is a way to ground your question and ask it clearly, resulting in a more direct answer. You might want to keep a running list of these until our appointment. During the reading you can always ask different and follow up questions as they come up.

### Prepare your space:

Clean your area up ahead of time, open a window and let fresh air in if you are able. Plan to sit somewhere where you are comfortable with both feet on the floor (this helps with connection). Ensure your privacy, if needed, request others to not disturb you until you let them know you are finished.

### Prepare yourself:

Avoid alcohol, drugs and limit caffeine the day before and of your appointment. Purposefully eat healthy foods and give your attention to being fully hydrated.

Plan a few minutes to settle in, stretch and relax in your space and review your questions you have before signing on. Take off your shoes, jewelry/watch and glasses.

Drink a tall glass of water right before the session and have a glass of it close by .

You may want to bring a pen and paper to take notes or request to record the reading for your private use.



Expectations of the session:

Distant readings are just as effective as in person because I use Reiki practices to connect to your energetic body and higher self. You will receive the same kind of reading when completed at a distance as if we were in person.

I can give a general life path or "life chapter" reading and/or also I am happy to answer specific questions you have and follow the path that leads us to.

Usually people seeking readings have a specific question(s) they want to learn more about- messages are more clear when you communicate these directly. If you are interested in including information about parallel/past lives, please let me know at the start of your session so that we can make sure there is time for that.

Not all questions have one clear and correct answer, sometimes readings will be inconclusive. Perhaps this is because you are at a crossroads or lessons are still to be revealed and are set in a different time. There will still be guidance that I can share to support these moments. Since our session is facilitated with Reiki energy, you will receive a healing during our time together and the flow of that energy will also bring answers directly to you after our session has ended as you integrate your healing. If that happens you will "just know" it. Don't doubt those moments. It is best even if you take a second and write it down, even if as a little note in your phone.

\*Our honor system: If you extend the session well beyond the time of your scheduled appointment and I am able to do that, please consider making a donation for additional time using Venmo or Zelle.

Enjoy your time connecting to yourself to consider your questions. Looking forward to talking with you soon!

Warm blessings,

Erin Fowler, Reiki practitioner

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