

# PREPARING FOR A PSYCHIC READING

## tips & checklist

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## Preparing for a Psychic Reading

Whether you have signed up for one of our Virtual Psychic Fairs, or you are receiving a reading in person, how you prepare may have an impact on the quality of reading you receive. Taking a few moments to prepare, will ensure you receive the best reading possible.

- 1. Write out the questions** you most want answered. That's the first thing to do. Think about what you want to cover. Do you want to know about your health or your career or your love life? Prioritize the areas you want the intuitive to address and be as specific as possible. Depending on the length of your reading, you may be limited in the amount of items that can be covered. Write out your questions in order of priority.
- 2. Tell the psychic up front** what you want and what is most important. At the beginning of a reading say, "I want to know about X, Y, and Z." Or, "I would like you to address this issue." You can have extra questions if time allows or you can always call them

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back but be prepared with your most urgent concerns. Ask the reader if you may record the session, (know how to record in advance). If they do not allow recordings, make sure to take notes in the section provided in this document.

**3.** If you want **general guidance** rather than insight into a specific issue, be prepared to think about the timing of the information you are looking for. Do you want to know what is ahead for you in your career for the next year? Or are you looking for insight into what the next 3 months will bring? Decide ahead about what time frame you want information.

**4.** Bring **a positive attitude and prepare** for your reading. Some people feel they have to challenge or test a reader to find out if they are “the real deal.” When you schedule a reading with one of the MCNJ psychics, you don’t have to worry about this. All of the MCNJ psychics are vetted and are in service to bringing you the highest information from the spirit world to meet your needs. As psychics, they will feel your resistance and that can impact the quality of the reading you get. Before your reading, do a meditation and consciously release all negativity and fears. Light a candle or burn some sage, and ask your guides to come through. Visualize your intuitive having the best day ever and bringing you spot-on information for your highest good.

**5. Be on time.** Set your phone alarm. If you are using Zoom, prepare the day before and know how it works (watch YouTube videos if

you need to). If you intend to record the session, make sure you know how to use audio capturing on your device/computer. Make sure you are prepared in advance. Like any professional, your reader will need to adhere to a schedule. Dealing with technical issues could reduce your reading time. Being prepared ensures that the full time scheduled is devoted to your reading.

Remember, during our Psychic Fairs, MCNJ psychics are volunteering their time and finances to a large extent to help us with our Annual Fundraiser. Their individual readings may be higher if you contact them directly.

The better prepared you are, the better your reading will be. We hope you enjoy it.

## Psychic Reading Checklist

**I am prepared with questions**

It is most important for me to know:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**I am prepared with technology** (if using Zoom or recording)

Write any instructions/notes/login information that will be helpful here:

**I have set a reminder/calendar notification**

Remember to give yourself plenty of time to do a meditation to release negative energy and fears, and set up recording or Zoom.

**I have prepared spiritually**

Many people find it helpful to prepare themselves spiritually, by performing rituals and/or meditation. Some suggestions include:

*Visualizing the reader having a positive day and a strong connection.*

*Meditate on clearing any negative energy, releasing fears and judgements, and asking for truth and clarity. Consider doing a cleansing ritual with sage, and lighting a candle.*

*Ask your guides/angels/departed loved ones to assist in the reading. Make sure to surround yourself with white light, and set the intention that the only spiritual energy you are inviting, is that which serves your highest good.*

*Release any anticipation on the outcome of the reading. Spirit knows that what we want is not always in our best interest. It is also possible that you may not receive guidance on the specific questions you have asked because your guides have another, more urgent*

*message for you. Allowing what you need to know to come through, and being open, will ensure a reading that is for your highest good.*

## Psychic Reading Notes

Use this area for any notes regarding your reading, and any action you should take.