



Dear Heart,

Want the most out of your session? *Follow these guidelines to create a ritual to let your spirit know that something special is about to happen.*

- **Make a list of the questions you have, or what you'd like me to look at, *specifically*.** After my initial check in and relay of clairvoyant images and emotional impressions from your space, I will open up to your questions. Please know what you'd like me to look at before our session.
- Create a peaceful space for yourself where you can be alone.
- Create a small altar space; perhaps put a flower, candle, or an inspiring picture.
- Burn some incense.
- Meditate for 5-15 minutes.
- Invite your angels & guides to come in to your space & help you in being open to being seen & receiving guidance.
- Set an intention for your reading.
- Bring a pen or paper in case you'd like to take notes (you will receive a recording.)
- Be seated in a comfortable chair or on a couch, where you can sit, listen & receive.

The more **open and clear** you are about ***your intentions*** and the more ***willing you are to be seen and receive***, the more you will get the

guidance you are looking for.

If you have any further questions, comments, or concerns, please feel free to email me at rachel@theboulderpsychic.com

Be sure to read “What to Expect with Your First Session” so you know where to call and what to expect. Thanks again!

With love & respect,

XO

Rachel Claire

