



Dear Client,

Thank you so much for choosing to have a reading with me!

There are two things to know before our session:

1. Please call the following conference line at the time of our session:

Conference Dial-in Number: [\(712\) 432-1500](tel:(712)432-1500)

Participant Access Code: 1016463#

2. Please read your “Pre-Reading Ritual” before our session.

What to expect with your first session:

Be sure you are **hydrated** and **comfortably fed** prior to the session.

You may wish to **have paper and something to write with** if you'd like to take notes.

(I will record the session and send you an **MP3** download via email.)

*Please make sure you are in a **quiet place** to receive optimum results.*

We will **start with a prayer** and then I will ask that you **repeat your full name out loud three times**. This helps me tune into your energy. Then, I will be quiet as I take a look around and see what **images, feelings or messages I see in your energetic body and aura**.

I will share with you what I see, hear, feel and know. I will look at your energy in present time to get the most clear and accurate information available **based on your current situation**. I may see that your current struggles or questions have to do with a **past life, or an energetic block**.

Once energetic blocks have been identified, we clear the blocks through energetic release. We may access deep layers of emotions or traumas that haven't been processed all the way through. We may access stored information from a past life.

I trust that **the information that comes through in the session is perfect**. After I share initial images & impressions & information, you will have time to ask any questions.

We then conclude the session with a **closing meditation and intention for your healing process**. Know that our cells contain a wealth of mental, emotional, physical, and spiritual information, and there is only so much we can work with in one session.

Following the session, be sure to drink lots of water and be gentle with yourself for several days. It takes about 3 days for the healing to fully integrate. You will receive information after the session on ways to take care of yourself.

Most people report feelings of clarity, encouragement, relief, amazement, or feeling lighter, just to name a few. *It is truly a healing experience.*

What to expect with a phone session:

Some people ask if receiving a session over the phone is as effective as receiving a session in person. The answer is “yes,” it is equally as effective. With energy, we are working on the ether, which is a timeless, space-less dimension.

I can just as easily see your energetic body over the phone as in person and the clearing over the phone is equally as effective.

Again, thank you so much for choosing to grow & expand with me!

I look forward to connecting!

Rachel
Claire

