

RACHEL CLAIRE, CLAIRVOYANT

PRE- SESSION PDF

RACHEL@THEBOULDERPSYCHIC.COM



Hello!

I'm Rachel Claire. If we've never met, I'm a Clairvoyant Healer, in practice for over 12 years. I'm also an entrepreneur, writer, homeschooling mama, and course creator. I love supporting sensitive, spiritual women in releasing limiting beliefs, so they can live the life they're here to live.

Rachel Claire

theboulderpsychic.com

rachel@theboulderpsychic.com

About the Process

We'll meet up via Zoom if you're overseas, or I'll call you at the time of our session if you're in the States.

I'll set a recording that you'll receive after our session via email.

YOUR THOUGHTS:

Ritual to Prepare

You might like to create a little ritual to prepare for our session. Here are some ideas to let your spirit know something special is about to happen.

- ☐ Make a list of questions you have
- ☐ Create a peaceful space where you can be alone
- ☐ Set an intention
- ☐ Burn some incense
- ☐ Meditate for 5-15 minutes
- ☐ Perhaps, create a small altar- a flower, candle, or inspiring picture



You may also wish to have paper + pen ready, though I'll email you the recording after our session via email.



What to Expect

1

Be sure you're fed +
hydrated before our
session.

2

Find a comfortable
spot where you can
receive

3

We'll start with a
prayer + then I'll ask
you to say your name
3x.

This helps me to tune into your energy in present time. If you go
by different names, or have changed your name, say whatever
name you most resonate with.



What to Expect

4

I'll start with sharing
the clairvoyant
images I see right
away

5

Then we'll open up to
your specific
questions

6

We'll end with a
grounding meditation

Once energetic blocks have been identified, we clear 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.


What to expect cont...

I trust that the information that comes through during a session is perfect. Know that our cells contain a wealth of mental, emotional, physical and spiritual information, and there's only so much we can work through in one session.

Following the session, be gentle with yourself, drink lots of water, and know that it can take several days for the healing to integrate.

May people report feelings of clarity, encouragement, relief, amazement, or feeling lighter, to name a few. It's truly a healing experience.





“You being you is the blessing. You being you is the miracle. You being you is enough. You being you is your soul signature.”

~Panache Desai





Client Testimonials

"This is why I work with you + keep coming back- I can do a reading with you + gain more insight + understanding so fast, you have an ability to understand what's going on with me energetically and get straight to that. I go to my therapist + spend 30 minutes in story, but when I'm working with you in that reading space, all of the questions get answered + its an expedited path to awareness, growth + information." ~Jeannie Sullivan

"Rachel is amazing! I was struggling with a mystery illness for a long time and with the guidance she provided, I was able to figure out what had been plaguing me and I feel better than I have in ages! Thank you Rachel!" ~Alison Shea

For more testimonials
click [here](#).

For FAQs click [here](#).

Thank-you!

I'm excited to connect!

Feel free to reach out if you have any questions at all. I look forward to our growing connection.



Contact:

theboulderpsychic.com

rachel@theboulderpsychic.com