

How to Prepare for a Psychic Reading

It is very important to prepare for your [psychic reading](#).

Through the correct preparation you will be able to receive a great deal more benefit and your reader will find it easier to discover the information you need to know. Whether you plan to receive your reading by [e-mail](#), mail, [fax](#) or a phone reading you should always prepare for your reading.

Please try and perform this preparation before you send the reading request.

1. Find the right place.

Firstly you should find a quiet place where you know you will not be disturbed. This will enable you to relax. Even the thought of someone disturbing you can be enough to unsettle your reading. Although sometimes we would like answers immediately you should avoid calling while in a busy enjoyment where it is hard to be quite or still the most successful place is a place where you feel relaxed and safe.

2. Empty your mind of its thoughts.

This can of course seem impossible but to the best of your ability you need to empty the thoughts from your mind. One of the easiest ways to do this is to concentrate on your breathing. Your mind can only concentrate on one thing at a time and by concentrating on your breathing you will help shut out other thoughts. We recommend you do this for 5 minutes

3. Concentrate on your question.

Bring the question you desire an answer to your mind and expect that it will be answered. Because we are entering the [spiritual realm](#) to find the answers that you seek, the more relaxed and in harmony you are the better you're reading. We also find that once your answer has been submitted to the cosmic it receives an answer, even if it is not straight away. We have many cases each day where a person may not feel they have had the exact answer but during the next few days it appears. So get ready for your [psychic reading](#) and remember the better you follow the techniques listed above the better your reading will be.

What is Intuition?

Intuition is a thought or feeling that provides you with insight and knowledge of a particular subject, person or situation. We all can train our minds to be more receptive to our intuition and harness the tremendous benefits that are available.

Intuition can come by way of a hunch or you can find that you naturally want to do something in a particular way. To develop your intuition you need to begin to trust these hunches and note what they are. By doing this you will be able to start to rely on them and find that they will make your life easier and give you more confidence in yourself.
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