

## Sarah's Message

Welcome to the First Edition of my Psychic Newsletter!

It's been a great year so far, I've met some wonderful people and had some truly moving experiences during readings. I never cease to learn spiritually and am constantly humbled by the strength and grace of many of the people who come to me for readings. The incredible love and wisdom that comes from the other side is such a reassuring presence in all of our lives. I can never doubt the existence of a greater force and a wonderful afterlife and this knowing and faith is a tremendous source of strength and hope for me and hopefully for all of you.



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I hope you all enjoy this newsletter, feel free to email me with any comments or questions about the articles. If you would like a reading before the end of September this year, be sure to take advantage of the discount vouchers attached to this newsletter.

*Many Blessings, Sarah*

## "Psychic Matters" Tips for Getting the Most out of Your Reading

I wanted to share some tips you all about how to get the most out of a psychic reading. There are many ways that you can help the energy to flow in your reading and to help the medium doing your reading do her/his job.

Most certainly you should not say too much about your life before the medium has had the chance to tune in. Many people are "nervous talkers" and often blurt out information about their life before the reading has even begun or the minute information does start to come in. I always feel disappointed when this happens as they are robbing themselves of "**evidence**" from the other side. By evidence, I mean messages that prove that the medium is genuine and that the messages are information that they could not know nor guess about them. This is great "evidence" that connection and communication with the other side is happening.

**Feedback** is a different thing altogether and very important also. If information is coming through, it is important to say whether or not it resonates with you. If it does and you say so, the reader knows she/he is on the right track and will keep tuning in on that topic for you and if it is not resonating for whatever reason, the reader can move on, not wasting any more psychic energy or time (or your money) on an avenue that is clearly not fruitful nor resonating for you.

I think people are sometimes not sure what to do in readings in this regard and either say nothing, even when the messages are amazingly accurate or are nervous about saying that the messages don't make sense to them.

It's ok if they sometimes don't make sense, they may make sense in the future or it could be a case of the message not coming through clearly (like static on your radio) or the reader having trouble interpreting it. Feedback always helps, so don't be shy! You'll have a much better reading if you communicate with your reader/medium.

Also, there is a phenomenon called "psychic amnesia" which can also happen when you go for a reading. John Edward has spoken often of this and I have to say that he is right!



**Psychic Amnesia** happens when people go for a reading and then proceed to forget all relatives that have passed on and many of the details of their life. When the reader/medium gives them information, they honestly go blank. This is very frustrating for the reader! Luckily it usually comes back to them either later on in the reading or afterwards - those "light-bulb" moments - "oh - that's what that meant!" or "that was Aunty Jane coming through!" etc.

That's when having your reading **recorded** can be very useful....

When you go for a reading, be open to the experience. Don't be guarded or unfriendly as the just makes everyone uncomfortable and tuning in more difficult. Remember that the medium is there to help you! The more relaxed and open you are, the better your reading will be.

I hope this has helped you all.

## “Reading Competition Winner” Relationships – Choosing the Right One

Congratulations to –

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Louise from  
Brisbane, Qld, Australia

**Louise’s Question: I am very involved with a wonderful man but there is another man from my past that I just cannot forget. Have I made the right decision?**

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Hi Louise,

The first message I am receiving is that you are frightened. I see an image of a desire to “run”.

They are saying that this is “lesson number 2 “. In some way you have been here before and are being faced with a decision. Someone is “firing questions” and wanting answers.

I do feel a marriage proposal and I feel you saying yes. Now some message about “stopping traffic”.

I feel that you are living in the past and this is preventing you from moving forward and making this “important decision”.

In regards to the man in your past, I am being told that “he has a dark past” in some way. A “J” name is also coming in. I sense that you had a lot of chemistry with this previous love. I am being told that this man broke your heart – left it sore.

Is there some question about children? I feel that these two men are – so far - the two loves of your life, you love them both very dearly but the man you are with now is the right man for you.

The man in your past has commitment issues and either did or would walk away from you. He also has issues with having children, whereas your current partner does not.

I do feel that you have some learning and growing coming up and that you need to know yourself better to know what you want in your life.

This current relationship is a positive one though – he is a devoted partner and loves you greatly. Stick with him! These fears will soon pass.

“Buckle up”, the angels are saying.

“He is sweet, somewhat of a romantic”, they are also saying (your man) and thinks the world of you.



You are being too nonchalant at the moment. I can feel the uncertainty and unrest in your heart. I feel that you tend to over- think and worry too much.

Your angels want you to know that you are a special person and that you are loved. You need to do what is right for *you*.

There is also the possibility of a third love of your life in your future – so know that this is all “for this time of your life”. Don’t worry so much! Do what is right for you *now*.

Many Blessings,

Sarah

***Please note – Competition Winners names are changed to protect their privacy. Photographs shown are not images provided by the competition winner.***

*Sarah prepared 2 Competition Readings this month, due to the high volume of quality entries. To view the second reading, click on the following link.*

[www.healingmessages.net/free-psychic-reading-competition.html](http://www.healingmessages.net/free-psychic-reading-competition.html)

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