



Getting the Most out of Readings

If you've decided to have a reading then it's a good idea to know how they work so that you can get the most out of your experience.

Relax

The most important thing to do is to *relax*! It's perfectly understandable to be nervous or apprehensive when going to a reading. Some people, though, have such a huge wall of fear up that it makes tuning in much more difficult, even impossible at times.

Although this is rare, it's important to be aware that you are capable of blocking the flow of a reading with intense fear and negative energy/expectations.

Normal nerves usually disappear very quickly once the reading has began and much relief and joy starts to flow.

Be Open

The best thing you can do is to be open to the messages that come through and to not hold expectations about how the reading will be, instead allowing it be as it is meant to. You may be pleasantly surprised!

Feedback

When, during a reading, information comes through, it is extremely important to give feedback. This means that when spirit has come through with accurate information, please confirm this. Not confirming the efforts made by spirit to connect in this way blocks the flow and may prevent further information from coming through. It's fine to tell Sarah if the information isn't resonating. It may be that it will click later for you or you may never fully understand it! That's fine, the messages that are the most important are nearly always the ones that are the most clear.



Contact

Usually we have someone special or even a few people that we wish to make contact with on the other side. Every effort will be made by Sarah to contact these souls.

Sadly, there are times when a particular soul does not come through. While this is not a common occurrence, it does happen at times and it certainly does not mean that you are not extremely loved by that soul nor does it mean that the soul in question is "lost". It is impossible to know why this happens, it's part of the mystery of the other side. Often it is simply a matter of divine timing and at another time in your life, contact will be made.

Every day in so many ways, our loved ones on the other side let us know that they are with us and that they care.

Sarah certainly puts her heart into every reading she gives, striving to clearly pass on the messages she receives with love and understanding.

Follow your own Intuition

The focus of every reading is healing and clarity. Never ignore your own intuition, no matter what has been said in a reading. Life is always changing and the idea of a reading is to help you to understand what's going on for you and to clearly see the choices you have, helping *you* to make those decisions that will lead you to greater peace and happiness. The other side always respects our right to make our own decisions. We are always the masters of our own lives. It is always our choice.

May your reading be a joyous and rewarding experience.

Many Blessings

Sarah