

# FREQUENTLY ASKED QUESTIONS

### 1/What do I need to do in a session?

Sessions are about you and are tailored to suit your individual needs. It is wonderful to be open to the process whether that be a psychic reading or a reading to connect with spirit or a combination of the many modalities that I work with. Each session is unique, so please come with an open mind and with an idea of the areas that you would like to explore.

#### 2/ Can I ask questions in a session?

Yes, in a session I will explore your questions needs and concerns. Questions can be addressed with the use of tarot cards or via psychic readings or by communicating directly with spirit. Once I have established that it is your loved one in spirit, it is then you will have the opportunity to have that conversation you have been longing for to seek clarity and guidance.

#### 3/ Advice versus Guidance

It is not the role of a psychic Medium or Spiritual counsellor to give advice but I do provide guidance, words of wisdom, knowledge and messages from spirit that empower you to make your own decisions. It is your personal responsibility to make your own decisions in your journey forward.

# 4/ Can I bring a photo, jewellery or other personal item?

Yes, you may bring a personal item if you wish but it's not necessary to have one for a reading.

# 5/ What is expected in a session?

My sessions are always uplifting and positive. My work is based on my integrity and my mission is to empower you. You can expect the following in my sessions: honesty, guidance, evidence, connection, healing, clarity, upliftment, empowerment, positivity and exploration of your needs. You will always feel safe in a session with me.

#### 6/ What is a psychic reading?

A psychic reading is all about you and giving you guidance about your past present and future options and possibilities. By connecting with your aura and vibrational energy, I can provide information that is relevant to you.

#### 7/ What is a mediumship reading?

A mediumship Reading requires direct communication with the spirit world. Evidence must be given from spirit to prove that it is your loved one so that a meaningful uplifting and positive message of guidance and love can be given.

### 8/ Will my loved one be there to communicate with me?

There are never any guarantees when working with the spirit world. I can put the intention out there, but sometimes it may be someone else you know who comes through, not necessarily the person you choose.

### 9/ Medical

I do not medical diagnose and always encourage you to seek medical advice and treatment options for an medical expert but quite often in a session areas that require healing will be brought to light.