



— THE —  
SPIRITUAL  
*Flamingo*

## How to get the most out of your spiritual reading

### What to expect

The objective of my readings isn't to predict the future, but to clarify past and present in order to help you move forward. The future is for you to create in whatever shape and form you want it to be. Think about a reading with me as switching the light on in a dark room. I provide clarity in a simple, meaningful, down-to-earth way. Plus plenty of food for thoughts.

### Before the reading

Readings can be a phenomenal tool for self-awareness and development, and I truly believe that they are a collaborative process where both our contributions are equally important. So I'd like to ask you to give some thought to the following prior to your reading:

- What area of your life needs attention right now? Consider this on a physical, emotional, mental and spiritual level
- Are there any patterns preventing you from moving forward?
- What would you like the reading to focus on? Think about a specific issue you'd like some clarity on

Briefly write down any thoughts triggered by the questions above along with a summary of where you are right now including feelings, wishes, doubts and concerns.

### Top tips:

- Be present
- Trust the process
- Bring pen and paper to write down some words or themes that particularly resonate with you
- Record the reading so that you can listen to it in the future
- Don't have any alcohol, drugs or excessive doses of caffeine prior to the reading