

HOW TO GET THE MOST ACCURATE READINGS

There are two critical factors to getting good and accurate readings

1. Ask the right question in the right way [the readings are devised to give you inspiration and guidance rather than simple yes or no answers]
2. Attune and prepare before you start your reading [this gives access a more profound level of spiritual wisdom]

ASK THE RIGHT QUESTION

You will get the best results when you :

- ♦ ask a question that really matters to you
- ♦ word your question clearly and as specifically as you can
- ♦ hold that question clearly in your mind all the time you are choosing your card.

If you are not quite sure what you want to ask

or how to word it, here are some ideas to get you started:-

If you want a general reading [I like to choose a card each day and at the beginning of each week to give me a focus point] you can simply ask “what will best inspire and guide me today / this week / year or for a specific event such as a meeting”.

If you are looking for spiritual guidance, you may like to ask a question such as: “How can I best fulfil my spiritual potential at this time?” or “How can I best overcome any obstacles holding me back on my Spiritual Path?”

You can also ask questions about specific issues and situations, simply ask “How can I best deal with ...?” and then add in words to describe challenge. For example, “How can I best deal with my relationship issue / the job interview I have later today / or name of person who seems to be challenging you?” You can ask for guidance on any aspect of your life.

Remember, you can ask as many different questions as you like. Often it is best to ask several very specific questions in order to get specific answers and guidance rather than one vague question!

[NOTE: You can keep a record of the cards by clicking on the “save” button – I recommend you also keep a note of the date of the reading and the question asked - this can then serve as your spiritual journal. whether they are pre-selected or you have written your own. If you wish to be generous and allow a friend to use your app – I suggest you get them to use the “write your own question” option and include their name - so when looking back over your journal, you will know that this was not one of your readings.

HOW TO PREPARE FOR A READING

I recommend that wherever possible you carry out your readings in a calm and peaceful space. When you are relaxed and in a quiet and calm state of mind, you can sense and 'hear' your intuition more easily [in the same way as it is easier to hear quietly spoken words in a silent room, rather than against the backdrop of noisy music and loud voices].

You may not be able to take yourself off to a temple to meditate but do try to be calm and still. You might like to imagine yourself sitting in a small bubble of light or in a secluded and peaceful garden.

Your reading will be far more insightful and inspiring if you can follow the suggestions given below:

- ♦ Before commencing the reading, take a few moments to relax your body and calm your mind. You can do this by sitting quietly and focusing on your breathing – ideally in a peaceful and distraction-free space. Breathe in deeply and slowly, notice how it feels as the breath enters and leaves your body. Each time you breathe out, have a sense of releasing tension and stress.
- ♦ Ensure you are sitting comfortably but ideally with the spine upright. Have a sense of being connected to the earth [perhaps take note of where your feet are touching the ground and where your body is connected to the chair]. This will help keep you grounded and focused.
- ♦ Each time, before commencing a reading, ask to receive only the guidance and inspiration that best serves your highest good at this time. You can do this by simply holding that thought in

your mind. : Or, if you prefer, you can say out loud “I ask that I only receive the guidance and inspiration that will best serve my highest good at this time.” Or choose words that suit you to convey this thought and intention.

- ♦ Focus clearly on your question and hold it in mind at all times when choosing a card. Your intuition is giving you guidance from your Higher Self – your reading will be far more accurate and specific if you can clearly focus on your question, especially when choosing a card.
- ♦ I also recommend that after any process using your intuition you stand up, take some time to stretch, and make sure you feel well connected to the earth. Perhaps also drink some water.

Of all the above steps, the most important is to ask for help and guidance. By sending out

a sincere and heartfelt wish for guidance, your higher self creates a filter which makes your readings more profound and specific to you. Also you will naturally become more open and receptive and more likely to get meaningful readings.

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