



## **About your spiritual reading**

### **How to prepare for your reading**

- There is usually a reason for a reading such as career advice, love life advice or perhaps you are feeling stuck and want some clarity as to how to move forwards. Please do hold the reason in your mind but do not share it with Bec prior to the reading.
- Consider recording the reading. This is most usually done in the following ways:-
  - 1) Voice record the whole session
  - 2) Take hand written notes on key points
  - 3) Ask Bec for a video summary at the end

In all cases, you will be encouraged by Bec to take photos of any cards or stones used for a record for yourself.

### **What to expect during your reading**

- ✓ A casual and relaxed atmosphere whether that be in person or virtually
- ✓ Bec will get straight to the reading rather than asking in depth how you are as she does not want to add any influence into her messages for you
- ✓ Time for you to ask questions if required
- ✓ Tissues on hand as it can be emotional/release emotions

Bec's readings are focussed on looking at the energy of where you have come from, where you are now and what you can expect to happen. A standard reading will be with cards (Oracle or Tarot) as the main tool and she will select two or more packs for you to choose from on the day. ***If you prefer stones as the main tool please ask in advance.***

At the end of the reading, Bec will offer the following in addition: -

- 1) A read of your aura
- 2) A read of any angels around you
- 3) Mediumship to see if anyone who has passed on has stepped forwards to see you (There is no guarantee as to who)
- 4) Requesting spirit guides to step forwards and reveal themselves

You might love to have some or all of these, or it may not be your thing at all. There is no right or wrong.

During the reading Bec will ask things like "Does that make sense" or "Do you need more clarity on this?" Please be honest, you won't offend Bec, she just wants to pass the messages on that are meant for you and some of these take longer to come through than others.



***It is advised that you avoid asking about . . . .***

- Unborn babies – the spark of life might be read in the ether but not all pregnancies make full term
- Legal Matters – There are too many other people involved in decisions and the result is not always for the greater good, it can be very one sided
- Serious health matters – multiple consultants may be involved at different times which makes the treatment plan (and therefore eventual outcome) unpredictable

**After Care**

Bec holds space for you to talk after the reading if you need to. However, this is not compulsory as everything is confidential to you and Bec does not need to know the details. Readings are a type of therapy, so Bec offers the opportunity for you to discuss the matters on your mind as part of that therapy in a non-judgmental and impartial environment.

Be gentle with yourself afterwards and allow time for reflection.

For one month after a reading, if you feel you need a quick single card pull at some point, please ask Bec on WhatsApp (07711162235) and she will do this for you as often questions can arise or situations shift after a reading.

**How often can I have a reading**

As often as you like but the more often you ask, the more similar it will be to the last one so therefore, can become a waste of money!

A full reading is most effective with at least three months in between to allow situations to evolve. However, most people having regular readings would have one or two a year unless they are going through significant and fast moving changes/transitions in their life at the time and require additional support/guidance.

You may want to consider a 3 card pick in between full readings. These are charged at just £5 and are delivered usually on WhatsApp with photos and voice notes but can be emailed.