

A short guide to giving **readings**

When you are first starting out doing readings, you will naturally be a little nervous, hence it being a logical process of practising on your friends and asking them to provide constructive feedback. This article is by way of guidance in helping you and your sitter through the reading process.

Not everyone has access to a private room within the home or a rented hall in order to regularly undertake their readings, though if you have, then all the better, though it is not a must have.

Choose the area of your home or living space in which you are going to conduct your reading, ensure that the area is clean, not only for your own sense of cleanliness but also to help the sitter better relax.

Get yourself in readiness a good twenty minutes before the sitter is due to arrive for the reading, for in most cases the sitter is nervous and will in the majority of cases arrive early. Decide if you are wanting to have a number of people booked in as group, if so where are they going to be sat whilst you are giving your readings, do you have the necessary space.

It is important to get into your own sense of space, if you undertake a meditation beforehand so that you feel better placed to connect to spirit, though in time this endeavour will not be needed and you will merely slip quite easily into communicating with spirit.

When your sitter arrives, make them feel comfortable, bear in mind they may have travelled a good distance, so the availability of a toilet break should be offered or indeed make the sitter aware of where the toilet is. Offer of refreshment is also a polite thing to do, either a hot or cold drink.

Ask your sitter if they have had a reading before, and if you feel it necessary, give them a brief insight into how you work or how the reading is going to take place. Let them know that it is ok for them to ask questions and tell them to state if they do not understand the information.

Have a paper and pen handy in case the sitter wishes to take notes, if you feel comfortable to do so allow them to use the voice app on their smart phone.

Begin the reading and be honest to the sitter if you feel that an adequate link has not been made. Take a note of the time, though try not to look at your watch or the clock every 10 minutes.

Finishing the reading

Ask the sitter if they have any questions over the reading, this further empathises with the sitter in that you are asking for their benefit. Tying up any loose ends means that the sitter does not go away with unanswered questions.

Have some business cards at hand should they wish, though try not to shove a card(s) at them.

Ensure that payment has been given for your reading

Allow some time in case the person just wants to chat, this is often the case and again it shows compassion, though you also need to be disciplined as you are not wanting to give a second reading or have the sitter in the house for the next couple of hours.

Get yourself ready for the next reading if there is another one to follow, if not, take time to relax.