What is an "Intuitive Reading?"

Intuitive readings vary depending on the person giving the reading and the person receiving the reading. Here are some basic insights:

Typically, during an intuitive reading there is a lot of processing, releasing, and transmuting of energies in the mental, emotional, and physical energy bodies. For some, intuitive readings can feel like a "talk therapy" session. For others (especially those who are highly sensitive to energies) it can feel like having psychic surgery. It all depends on what the client and intuitive reader intend for the session.

Most intuitive readings provide in-depth information about a person's soul journey and life path. They do this by tapping into different dimensions of consciousness, reading subtle energy, and even accessing the Akashic Records (a term used in theosophy to describe a "library" of mystical knowledge supposedly encoded in a non-physical realm of existence). For many, intuitive readings help provide clarity on life purpose or karmic cycles.

INTUITIVE READINGS ARE HELPFUL:

- When you want to feel supported, understood and reassured – whether you have questions about career, relationships or life purpose
- When you want to move out of fear and into a place of empowerment
- When you want to understand what's happening in your relationships
- When you'd like to feel confident about an important decision that you're facing
- When you're open to seeing the big picture of your life from a new, uplifting perspective

WHAT NOT TO EXPECT:

- Predictions about lottery numbers or stock performance
- Definitive yes or no answers regarding other people's decisions
- Negative or creepy info about curses or spells (any psychic who tells you that you have "dark energy" or a curse on you is a scam artist.
- A one-sided conversation in which I do all the talking. Readings are meant to be a conversation and a collaboration. If you are extremely skeptical and want to test my intuitive ability by not saying anything during the reading, please look elsewhere for guidance.

Holistic Living
EMPOWERING WELLNESS IN WOMEN