



## *How to prepare for a reading and what do you need to bring?*

*By Olga Fienco*

When people come to see me for a reading or more importantly before they come, I often get asked:

How do I prepare for the reading and what do I need to bring?

This is a very important question and shows that people want to get the best out of a reading and therefore I feel writing this article is an opportunity to address this concern.

As the reader and as the client we are equally anxious to do our very best. The client comes with expectations, with a sense of trepidation but also with a dose of scepticism and what if's.

The reader is always concerned to address the reading with truth, clarity and to confirm that she/he is on the right path. What I mean by that is that we want the best reading outcome for our client and when we read we want to address what the client has come for and relaying back what spirit has to say to confirm that.

What I have found to be helpful is for the client to come with an attitude of openness. That is to allow the message to come in without expectations. You see when we have expectations, we set ourselves up for failure. Essentially we are saying if you don't tell me exactly what I want to hear I'm not going to be happy.

Spirit does not always give us what we want, I have found time and time again that spirit speaks to us with love, comfort and profound truth. Sometimes that means it could be very upfront but in a gentle way and not what we were expecting to hear.

To have an open hearted attitude, an open mind, an ability to receive the information being imparted allowing yourself to be as relaxed as you possibly can, is a good formula to receive a good reading.

Preparing yourself prior to the reading can be helpful. So, ask your Guides to be with you during the session, really state the intention of what you want before you arrive. Perhaps you want more clarity about a situation, or you may need to make a decision, or you just want confirmation about the steps you are about to take. Whatever the intention, the clearer you are on it the better the outcome, and more enjoyable your reading will be.

The more specific you are with your questions the better. For example, asking “Do you see me getting married?” That will definitely get you an answer but is not specific enough, to phrase it more like: Do you see me getting married within the next year?

That would produce a much more detailed answer. Having said that, time in Spirit is very different to time in our three dimensional plane. We live by the clock, Spirit does not. So when they give a message with a timeframe, it may not always occur precisely as given. Much depends on our free will and the circumstances we find ourselves in. It's because we are time dwellers we need some sort of reassurance.

A reading is a three-way street. It's the reader, the client and Spirit. I always think about it like having a chat with a few friends. Essentially it's a very private discussion between two people and it's a safe and sacred place. It's good to acknowledge the reader with a yes or make a sound in acknowledgement, because let's face it we all like feedback. It tells us we are on track, we are connected, like we're not talking to ourselves. If you can give some acknowledgement it helps to enliven the reading. No one wants to talk to themselves, right??

What to bring? Mostly your good self. Depending on what sort of reading you're having, you may need to bring a photo of a loved one, a piece of jewellery or something else. With my readings I don't require anything, but I'm not opposed to your bringing something that you feel may help.

So next time you book in to see someone for a reading, remember that we are all equally anxious to help each other. We want the best outcome for you and want you to go home and be happy with the reading. Having a good reading depends on your intention, outlook and openness.

I hope you've found this article helpful, if so feel free to share it with your friends or on social media.

Many Blessings  
Olgaa Fienco