



# What is a Spiritual Reading?

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(In person or by phone)  
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A *Spiritual Reading* consists of directed focus on specific areas of our lives, beliefs, and energies, with the intent of acknowledging our current experiences and situations from a neutral perspective. Oftentimes, we become so immersed within our lives that our focus becomes blurred, much as we are unable to "see the forest through the trees". A *reading* can help us to distinguish between the driver, the vehicle, and the road.

Here is a sampling of questions you can ask in your *reading*:

- Are you experiencing clear communication between body, mind and spirit?
- Are you living off someone else's truths, blinded to your own source?
- Is there a concept or belief causing conflict within you?
- Are you trying to solve the problems of others, forgetting your own path?
- Are you able to experience joy, vitality, and your inner light?
- Do you have clear communication with your source/God of your heart?
- What is your next big (spiritual) step?

I often refer to the person receiving the *reading* as the "recipient". What about the person giving the *reading*? According to my thesaurus, the opposite of recipient is "donor". A search of the word "donor" offered these words: angel, contributor, donator, fairy godmother, Good Samaritan, grantor, philanthropist.

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**Q. Can you tell me if I should stay in my current relationship, or give me the winning lottery numbers?**

A. Along with the ability to see clearly there comes responsibilities. Readers are often times healers, too, and have a strong desire to help others. They must act on the side of caution to avoid interfering with freewill and chosen life experiences.

As an example, lets say you are in a relationship in which your partner "uses" you, always acting as "the taker". Immediately the ethics and judgment's come to mind, how it's wrong, how that person is sapping your energy and controlling you. Let's go deeper. Lets go back to an experience you may have had when four years old, pushing and hurting your sister (she was touching my toys!!). You may have been taught a valuable lesson, how your actions can hurt others. Are your current decisions not to say "no" based on a four-year-old's perspective on life? Let's go a little deeper. What if you had previous experiences (past lives/karma) with your current partner, and you agreed, spiritually, to help them to learn and grow. What if your agreement is to re-experience and heal the old patterns, and free that portion of your essence you left behind? Here lies the secret between a good reading and a great reading: what is the lesson, and why is it significant at this point of time? There is nothing trivial about any of our life experiences.

Oh, and regarding the lottery tickets, lets be fair. If I gave you the numbers I would have to give everyone the numbers. Seriously though, I find your spiritual well being to be of far greater value.

**Q. Are you going to give me predictions for the future?**

A. We're back to the concept of "free will". Of all the gifts we have, this one is the greatest and most often given away.

Stand up right now. You have choices you can make as to the direction to focus on, which way to move in life. The obvious ones: left, right, forward, backward. You might already see that you cannot turn left without impact with a wall, though sometimes we make that choice regardless and wonder why the wall won't move. What about up and down? Down is not always possible, we have our limitations, but if you're on the beach you could always dig through the sand. Upward might offer adequate support from a crisscrossing of tree branches. My point: there are choices, some obvious, each with opportunity and impact (consequences).

This was a wonderful discovery for me, and a good topic for my own personal reflection. What role does the reader (donor) serve? Is the reader honoring the level of trust given them by the recipient? Is the reader respecting the recipient's individual path?

As a spiritual reader, I can offer you the following:

- I agree to provide information from a neutral, non-judgmental viewpoint. Your path and learning experiences must be honored as well as your God-given right to free will.
- Any healing assistance, if requested, will be by expressed (verbal) permission. It is not the right or responsibility of others to make decisions on your behalf.
- My role during a *reading* is to provide information. Any counseling or advice should be kept to a minimum to maintain a clear separation between our unique life experiences and spiritual information. For healing techniques I offer classes (outside the *reading* space) where I teach tools for self-awareness and flowing your energies.
- I strive to create a safe *reading* space for spiritual awareness and personal growth, including mutual respect on all levels (spiritual, mental, emotional and physical) between the recipient and myself.

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If I look into your future I will likely see the option you are most focused on now, but what service will I be providing by directing your focus on the one (of many possibilities)? What if you change your mind, or your direction is different tomorrow?

Rather than look at your future, I believe I could better serve you by looking for any blocks to your knowing and creating what best serves you, your path, and your relationship to your source. Many times an acknowledgment of our experiences is all that's needed for us to clear our own way. Sometimes assistance is requested, or further information needed to clear the pathway, but in the heart of it you know your truth. You can make your choices and rejoice in the knowing that you walk your own path and you are Master of your Soul.

**Q. Does a person (recipient) need to be present to receive a reading?**

A. No, there is little difference between a remote (by phone) reading, and a reading "in person". Some people find it easier to relate and communicate when there is eye-to-eye contact. Also, when a reading is performed remotely, the reader's ability to keep the reading space safe and uninterrupted diminishes. With consideration of all this, a remote reading can be a productive, healing experience.

**Q. Can you do a reading on my child or spouse?**

A. Consent is the issue. For an adult, consent is recommended (For respect and privacy) and is required in order to perform any healing work (respect and freewill). Your children are under your umbrella of responsibility, and a reading can be performed at your request, as well as healing work. (Keep in mind, too, that while the body is young the spirit is capable and less encumbered by time in the physical environment. Children often heal and evolve faster than the adults around them).

You can ask about others in your own *reading*. Typical questions: How is this person affecting my energy? Are there blocks to our relationship? Have we worked together before (past lives) or is there any karma between us? There are many types of relationships or interactions, and just as many learning experiences that can be derived from any relationship. You can ask for a focused reading of any relationship, or specific questions about your relationship with: your job, coworkers, boss, spouse, children, parents, friends, pets, God of your Heart/source, or guardian angels. More abstract relationships can include: your spiritual path, your home (physical space), or even recurring life experiences.