

Preparation for a reading from Coleen Fitzpatrick

Hello!

It is an honor to be doing a reading for you!

Just to explain my process a bit, I receive messages in many ways. Spirit and messages come through all of my senses. I see, hear, feel, and have a knowing of information relating to your questions and loved ones you would like to communicate with. They often come thru in whatever means they can be best understood, felt, or received by you.

How to prepare for a reading with Coleen

It helps if you determine in advance what you are trying to achieve by having a session. This can set the intention or a focal point for your session. The more directive we are about what you are wanting to achieve (healing, understanding, feel connections) the more likely we are to reach your goals.

Prepare questions – 5-10 for a 60-minute reading. Questions can be about anything from past lives, dreams, spirit guides, soul's purpose to any of your humanly questions about the present and future. I'm interested in supporting you, by illuminating the areas that are your source of curiosity.

If you would like to connect with a loved one, I will ask you provide their name and their relation to you. I prefer to only call on spirit that you specifically would like to communicate with. You can ask to speak to more than one person during the session, but I just will call them in one at a time. I do not provide an open forum for any spirit to come through that see an open door. This is for the benefit of all involved in the reading.

Please prepare for the session by creating a space free from distractions and interruption as much as possible. Please give yourself time to ground prior to the reading. This can be achieved in many ways! Breathe. Wiggle your toes in your shoes. Have a snack. Sit in nature for a few minutes, etc.

During the reading, please keep an open mind. Readings are often like playing charades with spirit. It's a smells-like, sounds-like, looks-like type process. It is dynamic and conversational. The more detail we raise, often the more detailed the responses. This typically happens organically as we get into the reading.

Disclaimer:

Please be aware I am not a financial planner, medical professional, or lawyer. This is channeled information to provide spiritual consulting only, no legal, financial, health or general life decision outcomes are guaranteed. By reading these guidelines and booking a session with Coleen – you are agreeing to hold harmless Coleen Fitzpatrick from any liabilities associated with your personal decisions.