

Give an Intuitive Reading like a Pro

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Practice to provide readings: <http://www.EliseLebeau/practice>

Step 1

Write the question for the intuitive reading. Select only ONE question per reading, which minimizes distortion. You can do several readings in a row, but always start from the top with one question.

Step 2

Begin your session with a clear indicator. For example: "I am ready".

Step 3

Clean the slate. Focus on an object that leaves you **neutral** with no emotional response, like a table or pen. You can repeat sentences like "I'm thinking about this table. It's a table. A simple table. Just a table." This focuses your mind away from emotional activation and into a calm state of being.

Step 4

Read the question, as if it was *from a client*. It minimizes distortion if you don't think of this as "your" question but rather like if you are providing a professional reading to someone else.

Step 5

Write down your intuitive reading. You can spend about 60 seconds here. After that, you're likely to start distorting the intuitive insights with your own thoughts, feelings and judgments. If you want to get more information for the same questions (if you didn't feel "done") go back to **cleaning the slate** and you get another 60 seconds.

Try the four modalities: Images. Feelings. Thoughts. Tools.

Step 6

Conclude the session: For example: "I am done". Don't mingle your intuitive insight with everyday thoughts. Or you will have a harder time differentiating them.