



Guidelines for a great reading with Vanessa Wishstar, Intuitive Medium

Psychic readings are as much about you as they are the psychic's ability. Your job is to be as mindful as possible, allowing the messages to come through without resistance. This is a practice and the more you allow your intuitive connections in daily life the better your psychic reading will be! Much like a phone line, if you're not fully 'here' but lost in the mind needing to protect yourself through skepticism you probably won't receive the clearest of information. Why? Because psychics are merely messengers and their success has some reliance on your vibration. If your vibration is all chaotic with doubt, fear, and 'prove it to me' syndrome, you'll end up blocking the flow, unintentionally. Then the psychic has to work double time to dismantle that (i.e., fix the vibrational phone line wires) while also trying to *listen to another's vibration. It's a lot of work! So, make sure to watch my video on 'How do Psychics work? *Inside look into the psychic world*'.

The main thing you can do to facilitate a great psychic reading is to breathe. You do NOT have to feel happy or pumped, just be real with how you feel, give it validity it deserves. Even if it's nervousness. When you allow these feelings, you open up your vulnerability, allowing space for the all knowing - access to your highest self. You already *know everything, all we're doing is connecting with your Source (whatever you call it) in which you are a part of. I help link you to your guides, angels, Source so you gain knowledge in how to do this for yourself.

If you'd like to prepare for your reading, try to relax and divert your attention. The reason I say this, is because most times when we try too hard to achieve something we inadvertently block the channel because our attention is all over it. Think of it this way...when you see a flash of light, or think of someone out of the blue and they call, or a feather falls right in front of you...were you focused on it prior? No. You were usually thinking of something else, meaning you were open = distracted, in a fluid way. Ever drive your car and realize you didn't think of driving for the past 5 minutes? That's it. That's how it works. So, my work, as an Intuitive Medium requires that I raise my

vibration and how I do that is to ‘check out’ in a meditative alert way, un-concentrated. When I raise my vibration, your loved ones come through in a denser vibration (as the body is very dense and since they’re beyond body it takes a lot of strength from them, especially if they’re newly departed, so they can lower their vibration in order for us to understand them). So, we raise ours, they lower theirs and we meet in the middle playground of frequency. Poof!

If you’d like further guidance in what you can do besides breathing, do a mindful meditation prior to help you BE IN THE NOW when you have a reading along with being playful = being light. It helps, elevate your energy in a childlike curiosity and that’s where the magic resides.

You’re perfect, don’t sweat it.

OX,
Vanessa Wishstar, IM

Vanessa Wishstar ∞ Intuitive Medium

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