



Psychic Reading Preparation

A Comprehensive Checklist



Disclaimer

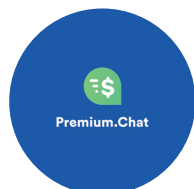
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A psychic reading is often an exciting and insightful experience. Proper preparation helps open your mind and heart to receive the maximum benefit. Use this checklist to calm, ground, and organize yourself before your session begins.

1. Center & Ground

Choose a Quiet Moment:

Find a few minutes before the reading to be alone and undisturbed. Turn off or silence your phone notifications (if you're not using the phone for the session).

Breathing Exercise (2–5 minutes):

Close your eyes, inhale deeply through the nose for a count of four, hold for a count of two, then exhale slowly through the mouth for a count of four. Repeat until you feel more relaxed and present.

Visualization:

Imagine roots growing from your feet into the Earth, grounding you. Envision any stress or worries draining away through those roots, replaced by calming, stable energy.

Positive Intention:

Mentally (or verbally) set an intention like: "I am open to receive clarity and guidance." Let this intention guide you throughout the reading.

2. Clarify Your Goals & Questions

Identify Key Questions or Concerns:

Write them down beforehand so you don't forget. Consider both general life areas (love, career, health, spirituality) and specific concerns.

Prioritize the Most Important Topics:

If time is limited, focus on what matters most. Having a clear list ensures the reading stays on track and that you leave with the answers you need.

Stay Open-Minded:

While you have specific questions, remain open to unexpected insights. Sometimes the reading will highlight areas you weren't initially considering.

3. Setting Up Your Space

Find a Comfortable, Distraction-Free Area:

Ensure the door is closed or choose a time when you won't be interrupted. Minimize background noise—this can be a bedroom, home office, or a quiet corner.

Check Your Technology:

Earphones/Headset: Test them to ensure clear audio. Stable Internet Connection: Close unnecessary apps or browser tabs to avoid disruptions. Microphone/Camera: Make sure they are working properly if it's a video call.

Lighting & Ambiance (Optional but Helpful):

Soft lighting, candles, or gentle music can help set a calm mood. If it's a video reading, ensure your face is well-lit and visible.

4. Gather Essential Items

Pen and Paper (or Digital Notes):

Take quick notes on insights, messages, or any homework your psychic might suggest. Remember that PREMIUM Chat automatically sends the transcript of your chat psychic reading to the email you have registered with. For audio and video call psychic readings you are encouraged to record the session on your device. Kindly note that Psychicreaderdiva is not retaining copies of sessions. Jot down follow-up questions that arise during the session.

Beverage:

A glass of water, tea, or something soothing helps keep you hydrated and comfortable.

Tissues or Comfort Items (Optional):

Emotions can surface during a reading; be prepared in case you need a moment to process what is being unfold

5. During the Reading

Stay Present & Engaged:

Listen carefully to what's being shared. Ask follow-up questions if something isn't clear or if you need more detail.

Be Honest & Open:

If you're asked about a situation, answer truthfully. The more sincere your responses, the more targeted and helpful the guidance will be.

Take Notes:

Write down any key points, names, or dates that come up. Reflect on them after the session to see how they fit into your situation.

6. After the Reading

Reflect on Insights:

Review your notes and consider how the information resonates with your current life. It's natural for some things to make more sense over time.

Ground Again:

If you're feeling emotional or a bit "spacey," take a moment to breathe deeply and visualize grounding yourself again.

Next Steps:

If any action items or suggestions came up, decide how you might integrate them into your life. Planning to follow through on what you've learned can deepen the reading's impact.

Stay Open:

Answers may unfold gradually. Remain alert for synchronicities or new perspectives that emerge in the days or weeks following.

7. Bonus Tips for a Successful Reading

Schedule Wisely:

Pick a time when you're not rushed or stressed. Avoid back-to-back commitments so you can mentally prepare before and decompress after.

Maintain a Non-Judgmental Attitude:

Psychic messages can come in unexpected forms or about areas you haven't considered. Allow for the possibility that guidance may address underlying issues rather than surface-level questions.

Hydrate & Rest:

If possible, get a good night's sleep and stay hydrated before your reading. Physical well-being supports clear mental and emotional receptivity.

Be Patient with Outcomes:

Not all information is meant for immediate action. Some details may become more relevant over time.

By taking the time to prepare physically, mentally, and spiritually, you can significantly enhance the clarity and usefulness of your psychic reading. This simple but powerful checklist will help you stay organized, calm, and receptive—so you can walk away with meaningful insights and a sense of empowerment.

Wishing you a transformative and enlightening reading!

Quick-Reference Checklist

- [] Select a quiet, private space**
- [] Breathe deeply (2–5 minutes)**
- [] Write down your top questions/concerns**
- [] Set an intention (e.g., “I am open to clarity and guidance”)**
- [] Gather pen, paper, and a beverage**
- [] Test earphones/headset**
- [] Ensure stable internet connection**
- [] Check microphone/camera settings**
- [] Close distracting apps/tabs**
- [] Keep your questions list handy**
- [] Stay present and engaged**
- [] Take notes on key points**
- [] Ask follow-up questions if needed**
- [] Review notes and reflect**
- [] Ground yourself again if you feel emotional**
- [] Consider any action steps or advice**
- [] Keep an open mind for additional insights**

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