

How to get the right reading for you

by Jacqueline Close Moore, multi-award winning sixth generation mystic and spiritual teacher



I will use the broad term practitioner to describe the professional you might see who is offering readings, as there are so many interpretations and names people doing readings will give themselves these days. It can be difficult to know how to get the best reading and what to look for if you are new to all things alternative, if you have never had a reading, or if the question of “how to get a good reading” is one you have never reflected upon.

So, let's begin looking at this from all angles to give you a thorough introduction.

It's all about you

If you start your search for a practitioner with a positive attitude that you will be drawn to the right professional for you, then you will be likely to attract just that. Natural, accurately gifted professionals are sensitive, caring, and demonstrate empathy for others above and beyond any ambition they might have. Equally their energy can pick up on yours and react to it either by opening or closing to you, whether for your comfort or theirs.

It's all very personal

When you consider how many different personal interpretations, views, and ideas exist about what constitutes a good practitioner, a good reading, and even a good client, it becomes easy to see why the Australian Tax office saw fit to place the psychic, medium, healer and clairvoyant occupations within the category “Personal Services.” This category was quite relevantly and wisely placed, because the very nature of utilizing the service of a reading is very private and entirely personal.

The less knowledge and experience you have about the industry, its associated tools, modalities, and methods, the more you need to go with your own intuition first and foremost about how comfortable you feel with that person before booking an appointment. The practitioner equally has the right to feel emotionally and psychically safe about accepting your booking request. Practitioners, as with clients have the equal right to accept or refuse a booking for any reason without having to discuss their reasoning at length.

Some people phone enquiring about my readings telling me they had the most amazing experiences with one practitioner and then went to others who they really didn't like and so 'just didn't measure up' to the first, and then call me wanting a booking. If you have found your ideal psychic/ medium/ clairvoyant/channeler, you are advised keep their number handy and book to see them again.

We do see repeat clients. And, after all, if you formed a rapport and feel a strong trust in that professional's skill, style and personality, with something so personal as your life, you probably aren't going to give anyone else an unbiased opportunity to properly read you because you are thinking of a different practitioner in the reading, and comparing everyone else to that first person.

It stands to reason that if someone has impressed you that much that they are worth both your patronage and returning to. Most psychic and medium professionals will do readings over the phone, Skype, post, email, or in person when you can get to see them in person again if they have seen you before, so really, as long as you are still benefiting from their services, there is no reason not to rebook you so desire.

How to find a new psychic / spiritual practitioner

Check out their website, read their professional profile, services information, feedback, and methods. Take the time to see if you resonate with the psychic's style, energy, message, and methods of communicating.

Does the practitioner...

1. Draw you, do you feel you have to see that person, or is booking them just convenient?
2. Demonstrate their ethical standpoint or the purpose of their work?
3. Share something about themselves and their work in an 'upfront' way in their info?
4. Have a current membership of their relevant industry professional body?
5. Use their real name in their business?
6. Post their professional profile or have it available for viewing?

What kind of reading do they offer?

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What type of readings do they offer? Some can do one, some, or all of the methods listed in my article "Psychics/ Mediums/clairvoyants:- Which witch is which? Which reading style for you?"

You will need to have realistic expectations of what can be achieved in any one hour booking, and to what depth. Some of these methods can take time, in astrology for instance, some consults, particularly natal readings can take two hours. Most practitioners can't do all of the methods shown in the one hourly appointment. There are so many questions and so much ground clients will want covered that there is hardly time to use all the methods that you could have a reading done, unless there is a Guinness World Record attempt to do so. Knowing which type of reading to choose is as simple as understanding what each area covers, and which fits your needs right now and in your own personal situation... I cover this in a separate article "Which reading style for you?"

More things to know so you can get a good reading

1. **Back seat drivers**
Avoid making assumptions about a psychic, medium or clairvoyant's skill based on how they go about readings, you might miss the best reading of your life. How a psychic practitioner works is their choice, making broad and 'arm chair spectator' type value judgments about their methods is a waste of your time and theirs. Just because you don't resonate with a method does not make it universally "bad" or ineffective. All this will hold even truer if you haven't worked in the industry full time for more than three years.
1. **Total Tools**
Some practitioners will go about readings not using any obvious 'tools,' instead 'channeling' information from guides or other energies. This, like everything else used for divination purposes, is still a tool. Put simply, I'd rather know how to use tools than be one by assuming they have no value.
2. **The Quick Brown Fox**
Most psychic professionals seek to give you the best value for time they can with the most information in the time as possible, most will be capable of covering numerous questions and topic areas in one hour. They will expect you to come with an aim, questions, a proactive attitude, and openness. In some cases what you get at the end of the hour may be far more questions than answers if you came with no aim and came with just 'a spot of fun' in mind.

Contacting the psychic

Check with your practitioner first to see that their style and pace of working suits your personality. Ask questions to understand how they work, their level of experience, and to ensure you are comfortable with their personality and style. While most will be happy to answer questions according to their time constraints, you are calling to book reading appointments that mostly take no more than one hour.

1. Unlike large retail chains required to answer your call within a certain number of rings, many practitioners answer their own enquiry calls for private readings, and cannot ethically do so whilst in existing appointments with clients. This is why many have answering machines and other means to book or contact them. Be patient. Avoid making numerous enquiries through multiple avenues if you have already left a message. If you find and contact their media or entertainment booking agent on top of all your messages, further delays and confused communication are likely.
2. Anymore than 5 to 7 minutes in an enquiry call means you either feel comfortable enough that you could talk to them for hours and you should either book now or call back when you are more settled, or that you have doubt, and are best to reflect for a while.
1. Do proceed with a booking only if you feel comfortable and drawn to that professional. No one psychic or medium is exactly like another. Trust that first intuitive feeling. But don't shoot the messenger. If a practitioner is not right for you at this time there are innumerable reasons why which may have more to do with where you are at right now than their skill or personality.
2. Avoid asking the practitioner to tell you whether they think you should see them at this time for a reading, the choice and responsibility over whether or not to book is yours alone. If they tell you they feel you aren't ready however, that is their professional opinion, worth abiding.

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3. Avoid asking a psychic professional highly personal questions such as their star sign and religious leanings, this kind of compatibility test it is relevant to far more long term personal relationships than a one hour reading involves. Additionally, while you should intuitively feel comfortable with the person you are seeing, you are not there to provide your professional analysis to them based on their personal data.

Less is more

In order to retain credibility in what they later “see” for you, and to give your practitioner the best chance of doing an accurate reading, the less the professional knows about you ahead of time the better, except where they ask you to bring something, or ask for your date of birth, or some other permission process they may use.

1. If you find yourself having to call and discuss your booked and upcoming appointment multiple times with your practitioner before the date reconsider your intentions and readiness.
2. Avoid playing games or asking practitioners to prove anything over the phone. Most practitioners like to retain clear boundaries, only starting a reading at the opening of your booked reading appointment, and can close the appointment at any time at their choice if they feel the desire or need to do so.
3. Avoid lengthy introductory letters from you about what is going on in your life. While desperation is understandable in difficult times, unfortunately this nullifies anything the practitioner might later tell you. Additionally if you spend 10 minutes or more asking questions before you even book the one hour appointment, your discussion will likely result in the psychic or medium knowing far too much about you, making any later reading also redundant through loss of credibility of any ‘psychic’ information they may later supply to you.

Money, money, money

Some people who don’t work in the industry will sometimes say things like “They shouldn’t charge a fee for their gift.” I would answer that by saying that you are not paying for the “gift” that the psychic or medium is sharing with you in any appointment. You are instead paying for their time, you should only have to pay for the amount of time you stay for, so if you relate to what you hear from the practitioner you are likely to stay longer, and pay accordingly. With everything in life, there is an exchange of energy required if benefit is to be sought and found.

Considering that you should only really have a reading once a year or twice a year at most unless a business client with a lot of movement, it is worth making an investment in a good reading with a reputable psychic or spiritual professional that draws you. Most times you get what you pay for, but don’t let the fee any practitioner charges –higher or lower than you expected – be the deciding factor unless it’s just not in your budget to even save a few weeks for.

People who tell themselves that the practitioner they are drawn to charges too much, often return later to the practitioner they resisted booking on account of their fee. In the meantime they often will have spent anything up to three times as much as that professional’s fee elsewhere with multiple cheaper services whose fees resonated, but whose message and energy did not.

It can save a lot of time and money by spending the money on seeing the person you are drawn to in the first place, because when something is done the way you needed the first time the desired effect is achieved and does not require repeated attempts.

By paying the fee to a psychic professional who is obviously dedicated to their craft, you are demonstrating your respect and honor of their commitment and perseverance running into perhaps decades of their life, time, money, study, and energy that has gone into honing and continually expanding their skill, wisdom and knowledge for the benefit of delivering you, the client the best possible information and clarity in your appointment. Psychic and spiritual practitioners currently charge anywhere from around \$85 to \$350, the more known and experienced psychics doing regular readings generally average \$130 to \$175 for one hour. This fee range is in keeping with most of the caring and wellbeing related occupations if you consider the range of fees charged by the medical and mental wellbeing service providers.

It all starts with clear intention

Have a clear aim and reason for having a reading. Think about the skill level and quality level you would prefer your practitioner to have. Some people can take seriously any psychic at a market, event, or private office. Others want their spiritual professional to be an industry leader with extensive private, public, corporate, events, or media, publishing, and teaching credentials as well as industry or peer based awards and recognition.

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If you are a last minute type of person who doesn't care who you see, then you can generally find yourself a last minute psychic on a 1900 phone number which charges to your phone bill, and in some cases shop based staff psychics and mediums who can be booked at short notice, while the leading psychic or spiritual professional will need to be booked in advance perhaps with a waiting list. I learnt early in life on long distance drives that you only stopped at highway restaurants which had lots of vehicles parked out the front. 'Truckies' for instance, knew better than most where to find good food. They also communicated that with each other about the places to stop for lunch or dinner. The same rule of 'busy-ness' and word of mouth patronage applies to psychics, clairvoyants and mediums. A genuinely busy full time practitioner is usually sought by many clients for a good reason, they may be busy doing a lot of readings, and they may also be teaching, writing, continuing life long industry based study, or even working on other industry related projects. They, like everyone else, also have to ensure they spend time for their family, and sleep. Check their hours of operation before deciding to calling late in the evening or in the early hours of the morning, rather than expecting that because you are calling that they, being psychic or spiritual, should answer at 3am because you felt like calling. They may have switched their phone off precisely because you were going to call for a lark at 3am. They may already have a lot of clients expecting similar miracles, and may have an online booking system for people to book in at any time of the day for a future mutually suited time.

What to do before your reading

Try to ensure you have plenty of time to get to your appointment.

Avoid pulling a 'sick day' off work to have a reading, as it may synchronistically happen that your psychic professional suddenly becomes unwell as a result of the lie.

Try to take some time out to think about what you want from your reading, the issues and areas you want to cover, and to meditate before hand to be in a calm and rested space when you arrive at your appointment.

If you are having a medium reading it almost goes without saying that a good idea is to, on booking a medium reading that you ask the passed over loved one to come with you to the appointment so that they have the best chance of being in synch with you at the time of your appointment, as you are setting the intention and then holding the space for them to be there.

If you want to record your reading, ask the practitioner how this can be achieved.

Make sure you have plenty of time after your appointment to take time out for yourself to absorb the information from the reading.

What to bring and do

The best readings occur when the practitioner and the client come to the reading in equal empowerment and mutual respect. If you wouldn't want said to you think twice before saying it to your practitioner. In your session, avoid talking about all the other psychics and mediums you have ever seen, comparing what all the others said out loud to the practitioner you are in an appointment with. You aren't with the other psychic professionals in this reading. You are sitting with the person in front of you. They are giving you their time, sharing their gifts and most likely are not talking at length to you about other clients while making comparisons. On the other extreme, avoid crossing your arms and legs or sitting in 'stone-cold' silence in a reading. It can feel unfriendly, unwelcoming, untrusting, and is less than conducive to a mutually happy and empowered environment.

Come with questions in mind, an open heart, and a reason for having a reading other than being bored. One psychic, medium or spiritual practitioner is not the same as another. When a practitioner advises you of what to bring to your appointment, take good note, following their directions. Many psychic professionals have this information clearly displayed on their websites. If they ask you to view that information ahead of your appointment, it is important and will enable you to gain a lot more information than a basic reading. If they don't have anything for you to understand or bring before your appointment it may be a more general reading that they do. In any case it is a good idea to find out what to bring if you are required to so you can get the most out of your appointment, rather than regretting not having brought things that would have given you a far better outcome. Each practitioner works differently, and may require different things from you to give you far more.

If you bring photos, think about how easily you can make out the people in them as if you had to read them. Ensure you can make out people's eyes, or that they were at least facing the camera without sunglasses on. Additionally some very old photos may or may not have anything left to connect with, the most recent photo of the person is usually the best.

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Out of courtesy, turn your phone to silent unless you don't mind losing some of your paid reading time to your own phone conversations with others. Preferably, book an appointment so you can switch the phone off.

Bring a tape or recording device if allowed and according to the particular practitioner. Writing notes can be very distracting for you and obstructive to the reading if you are paying more attention to the note taking process than the message being conveyed. If you prefer to write notes it is possibly better to book a phone reading where the visual impact of a note pad is not going to get in the way of whatever the practitioner may need to place on the table through your session. If you have coffee or a drink, have this well before your session, or if you must bring it with you, out of courtesy avoid placing it on the readers table, some card decks can cost upwards of \$60 each. If there are multiple decks on the table this could be very expensive to replace.

How accurate is the reading?

Usually, the more honest you are the more accurate the reading can be. However, many psychic professionals have varying years experience and levels of skill. It is a question worth asking your practitioner before booking. A good rule of thumb is the feedback they receive, any major predictions they have made, or live to air readings experience they might have in the media.

How much can we achieve in an hour?

Some psychic and spiritual practitioners can find themselves either able to get through a vast array of areas, questions and forecasts with most clients, and yet the same professional can find that other clients seem to take up the whole hour to get through just a couple of questions, where this happens it may be due to inexperience of the practitioner or because the client was fixated on a key issue, repeating the same main question from numerous angles. How effective the use of your booked hour is within your reach.

Addicted to love

Avoid using up your time and money on questions to do with people who have clearly demonstrated they do not value you enough to warrant it, unless you are looking for clarity and closure as well as strategies to move on. If a relationship is long over and you are using an entire hour or more to discuss that relationship asking questions about nothing and no on else in that time, I can almost guarantee, depending on how quickly the practitioner works, that you will have asked the same questions at least twice in that hour. If you ask something once it is a question, if you ask it twice you either may not have been listening to the answer, or it could be an obsession.

Equally, avoid getting addicted to readings. Having too many readings and for no specific reason is a way of losing contact with your own decision making capabilities, responsibility, and ability to self sufficiently deal with situations you find yourself in. This is why it is a good idea to have six to twelve months or more between readings unless you have different issues or realms to discuss than what was covered last time.

When you come for a reading it ideally should be to gain answers and insight. Some people will have readings to confirm things, gain reassurance, others will have a variety of reasons for seeking readings, all are valid, but it should be done in moderation. I remember once a client said at the end of a reading once that she had only seen two other psychics, once each. Then she went on to say that every other psychic she had ever been to had told her she was very psychically gifted, and had an incredible destiny as a psychic, to which I answered

"Most people who come to me tend to be gifted, but a question you might need to ask yourself at this point having had so many readings telling you how gifted you are, is 'why I am the only one who hasn't told you that so far?' and 'how come with your incredible gifts, you didn't know that I would be the one who wouldn't?'"

It may have been brutal, however people come to me for truth, encouragement and clarity, not sugar coated fairy floss. So most of my kind and I will be highly compassionate and encouraging where needed, and as blunt as an anvil where equally required.

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I feel that you either are psychic / gifted or are not. If you are visiting a psychic or spiritual practitioner then more often than not you are in touch with your intuition at some level, likewise if you were going to sewing lessons it is out of an interest and some kind of ability that is either natural or desired to be able to make garments or craft items out of textile materials. I feel that if you find yourself having to tell a practitioner about what all the other psychics told you, then you need to reassess how much attention you were paying to the message that was there for you today, as well as what you really came for. A reading...or an ego stroking, how secure you feel about yourself, and how ready you really were for the message spirit has for you at this moment. Sure, readings are there also in part to lift the self esteem; however there is a balance to everything.

Who's in control?

Ultimately, you are in control of your life, and are the one to gain the most benefit from doing well in your life. As such you are best to allow the psychic or spiritual practitioner to work how they need to in order to assist you, so long as it is comfortable and feels appropriate. If you are already a practicing psychic and are having a reading from another psychic, it is even more important to respect the other practitioners skills, allowing them to get on with their job rather than putting forward your own interpretations about what they tell you, or about the cards spread in front of you, otherwise you may be asked why you bothered to book.

Lastly any big changes or decisions you might be thinking of implementing in your life after a reading should be considered at length, because except in rare cases of immediate urgency, if a big decision is good today it will still be good in a couple of weeks.

Its food for thought...

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