

The Relationship Reading

Doing a relationship reading gives us a larger perspective regarding the role that any given relationship may be playing in our spiritual path.

You can do a relationship reading for people in the following situations:

- Romantic partners who want to understand each other better and deepen their relationship
- People who are unhappy in their romantic relationship and want to gain some insight into this
- Those who want to know about soul connections to family members such as parents, children, or siblings
- Those who want to attract a romantic relationship
- Those who are thinking of getting involved with someone new

As part of a relationship reading, you will be able to answer the following questions:

- Which life lessons (if any) are you learning within this relationship?
- How many past lives have you shared? What kinds of relationships have you had in those past lives?
- How compatible are you with this person?

To do a relationship reading, you will need to request your client's date of birth, place of birth, full

name at birth, full name now and photo (you will need this information for the other person that your client wants you to read, too.) I also ask the client who this person is in relation to her, so that I can put my findings into the right context.

In order to do this reading, rather than having one soul record open at a time, you will need to open two soul records simultaneously. All you need to do is request one soul record after the other and then when you have completed the reading, give back the two soul records one after the other.

LIFE LESSONS

When one is in a significant relationship with another person, that relationship will contribute to both parties' learning of life lessons. We can learn a life lesson directly or indirectly within a relationship. For example, if we are learning a life lesson of authenticity within a relationship, it could be that the other person indirectly inspires us to become more authentic through her example. It could also be that this person directly influences us to become more authentic, by encouraging us to align with our true values in life.

Also bear in mind that life lessons can be learned through positive and negative experiences with other people. For example, if we are learning about love, one of the ways in which we could explore this lesson is to find ourselves in a relationship where there is the absence of love. Similarly, if we are learning about authenticity, we may be born into a family that does not hold authenticity as one of its highest values – there could be an emphasis placed on 'keeping up appearances'.

To find out which life lesson is being learned within a relationship, ask the following questions:

Is _____ learning a life lesson within this relationship?

Which life lesson is _____ learning within this relationship?

Which life lesson is the other person learning within this relationship?

(Use your Akashic Records Program 'life lessons' chart to ascertain which lessons are being learned.)

It is very rare to find that there are no life lessons being learned within a significant relationship. If there are no life lessons being learned within the relationship, this means that there is no soul contract between the two people to grow together in this lifetime, and little to compel them to be around one another.

It is quite common to find that the two people are learning entirely different things from the

relationship. For example, one person may be learning about self-worth within the relationship, while the other will be learning about self-determination.

Ask the Spirit Guides to give you more details about how exactly the lessons are being learned. In the example above, it could be that one person is encouraging the other to value herself and her skills more fully, while the other person is learning to make her own decisions in life and not become overly influenced by the opinions or values of the other person.

PAST LIVES

Within a significant relationship, the two parties will usually have experienced many past lives together.

In order to find out how many past lives a client has shared with somebody, ask the following question:

How many earthly past lives has my client shared with _____?

To find out the nature of the relationship during each lifetime, you can use the 'roles' chart.

COMPATIBILITY

When doing a relationship reading, you will often be asked about compatibility. One of the most effective ways to evaluate compatibility between two souls is to look at the places of origination and Archangelic realms of training.

The Archangelic realm of training governs a person's approach to life and the energies that she brings into relationships. The soul groups of origin can then give us additional information about areas of difference and compatibility.

Here are some noteworthy combinations:

Raphaelites and Michaelites

This combination works very well and I see it frequently. Raphaelites are loving and giving souls who often find it hard to say no. Michaelites have a protective streak and can encourage Raphaelites to set appropriate boundaries and to take care of themselves primarily.

Zophkielites and Michaelites

Zophkielites and Michaelites look at the world very differently. Michaelites can be very ‘black and white’ in the way they see things whereas Zophkielites can see many points of view and they will often ‘sit on the fence’ and adopt a position of neutrality. These two will either complement one another or irritate one another, depending on the other aspects present in the soul Profiles.

Mintakans and Sirians

Mintakans and Sirians tend to gravitate towards one another in friendships and in romantic relationships. It is hard to say exactly why they are so compatible, but in practice you will see this combination frequently and it is usually a happy relationship. Both of these soul groups have a tendency to fall into codependent patterns and ‘make projects’ of other people, so they will need to be aware of this within the relationship.

Sirians and Nihal souls

Nihal souls are usually born into a family where there is one Sirian parent. Sirians and Nihal souls have a special affinity with one another in family relationships and friendships. Nihal souls have an independent mind and free-spirited nature that Sirians usually find refreshing.

Alpha Centaurians and Hadarians

Alpha Centaurians and Hadarians are polar opposites of one another and this is possibly why this combination works so well. They bring very different energies into the relationship — energies that the other can benefit from. Alpha Centaurians can benefit from the Hadarians’ openhearted, community-focused and loving energies. The Alpha Centaurians are highly protective and the Hadarians often need these energies of protection. Hadarians are much more comfortable operating in their emotional body, whereas the Alpha Centaurians mainly operate from their mental body, so they complement one another in that regard.

Mission Realmers and Hadarians

Mission Realmers and Hadarians have a lot in common. They both have qualities of gentleness and sensitivity. They both feel like life here is very harsh compared to where they came from and they both find it hard to deal with negativity. Mission Realmers especially appreciate the pure and unconditional love that the Hadarians bring.

Polareans and Pleiadians

Pleiadians are here to bring speedy and dynamic energies whereas many Polareans work with a grounded, rigid and 'sticky' energy that is not at all dynamic. So, these two soul groups are quite different from one another. Their differences may or may not be overcome, depending on the souls' Archangelic realms of training, and the extent to which the Polarean works with the grounded and rigid energies mentioned above.

Note that Pleiadians are not always very compatible with Mission Realmers for similar reasons. Mission Realmers are content to just 'be' and to watch the world go by, whereas Pleiadians are always on the move.

Blueprint Technicians and Hadarians

Blueprint Technicians and Hadarians are very different from one another. Blueprint Technicians operate from the mental body — they are logical, linear, highly analytical and they often lack the creative intelligence of the right brain. Hadarians, on the other hand, operate from their right brain and emotional body. As a result, these two groups often fail to understand one another.

Earth Souls and Some Star Traveller Groups

In my experience, star traveller souls tend to have relationships with either Blueprinters or other star travellers. I have never read for a star traveller who is in a romantic relationship with an Earth soul — this does not mean that it never occurs, but I have not yet seen it. I have concluded that star traveller souls have a natural affinity with other star travellers. Perhaps this is because they are all 'in the same boat', incarnating here while not being native to Earth.

Earth souls would be less compatible with certain star traveller groups such as the Arctureans and the Mission Realmers, because these groups work with high vibrational energies. Earth souls would be more compatible with the star travellers who are on the more grounded end of the spectrum, such as the Polareans or the Alpha Centaurians.

ROMANTIC PARTNERS: READING FOR MORE SPECIFICS

The Archangelic realm of training and soul group of origin will only tell us so much. If you want to gain more specifics about someone's character and intentions you can do a photo reading. Most often, I will do a photo reading for someone who is thinking of getting involved romantically with another person. I also use this technique with clients who are having trouble in their relationships.

By doing this type of reading, you are often able to pinpoint the issues (or potential issues) within the relationship, and how the other person may be contributing to such issues.

To read people using photos, I use the Energy Profile technique:

1. Get a picture of the person you are reading and have it in front of you on the computer screen or wherever.
2. Now do the breath-work exercise to raise your vibration.
3. Next, close your eyes. Visualize the person whose character you're reading sitting opposite you at a table. If you're already sitting at a table or desk, you may wish to visualize the person sitting opposite you in that room.
4. Now imagine taking their hands from across the table and holding each hand in yours. This connects you to their energy.
5. See a golden white light just above your crown chakra (above your head). See this light turn into a large 'dome' that is directly above you. It grows downwards and envelopes you and the person you're reading in golden light. Now, you both have a golden curtain of energy around you, on all sides and you are enclosed in this space with the person you're reading. If you prefer, you can also imagine putting up a tent around you both to create that space.

You may receive information, impressions, or feelings in response to their energy straight away. If so, write them down. But you don't always get information right away. So it helps to ask specific questions too, such as:

Are there any issues that my client should be aware of regarding this person?

What are the areas of compatibility and difference?

When you ask this, positive traits will often come to you, plus you may be made aware of problems or incompatibilities within a relationship.

For example, let's say that you are doing a relationship reading for a female client who is a Blueprint Translator with the sixth realm of training. By reading her photo, you are able to pick up that she is a very serious, hard-working and responsible person.

Her partner is a Nihal and Vegan soul (55% and 45% respectively). Your client tells you that she is having trouble in the relationship but does not tell you exactly why. From reading the photo of your

client's partner, you are able to pick up that unlike your client, he does not take a very mature or serious approach to life, and he does not face up to his responsibilities in the same way.

When you deliver this information to your client, she may respond that she in fact is the one carrying all of the responsibilities within the relationship. By hearing this information from you, it validates the issue for her.

This is an example of the valuable information you can pick up using photos, that can't be picked up solely from the soul group of origin. The soul group of origin may hint at possible areas of incompatibility, but without looking at the client's photos, you won't know for sure if they apply to your clients or not.

If you have a good theoretical understanding of the issues which may appear in relationships, such as co-dependence, addictions, and various personality disorders, you are much more likely to pick up on such issues accurately.

If you are interested in expanding your frame of reference in this area, I recommend reading *Facing Codependence*¹ by Pia Mellody (or similar reading material on the topic of codependence) to give you a good psychological frame of reference for codependence issues which may crop up during your relationship readings. Researching personality disorders such as narcissism can also be helpful for doing photo readings.

If you should come across abusive or codependent relationships during your readings, it is worthwhile referring your client to a clinical psychologist, psychotherapist or couples counsellor and/or to a practitioner of cord cutting. The reason for choosing such relationships almost always lies in the family of origin. Cutting cords with parents and undergoing psychotherapy is an excellent step.

Bear in mind that practice and experience really is the key for aura readings. The more aura readings you do, the more adept you will become in picking up detailed information from photos. If you require more practice in this area, you might like to have a go at doing the psychic experiments which I post periodically on my blog. (Previous experiments can also be found in my blog archive.)

ATTRACTING A NEW ROMANTIC RELATIONSHIP

When your client wants to attract a new romantic relationship, I recommend asking the following questions of their Spirit Guides:

1 Pia Mellody, *Facing Codependence* (HarperOne, 2003)

In what kind of setting or context is my client most likely to meet a new romantic partner?

Or:

Are there any personal growth steps my client should take in order to attract a healthy, loving relationship?

I often ‘see’ the setting in my mind’s eye when I ask the first question. You may ‘hear’ information or have an idea pop into your mind.

READING ON FAMILY RELATIONSHIPS

It is very common for a client to ask about relationships with children or other family members during a reading. In order to learn about the soul connections between family members, I recommend simply asking about life lessons and past lives shared. Parents are usually interested to know more about their children on the soul level too, so I often look up the soul group of origin and Archangelic realm of training in such cases.

UNPRODUCTIVE QUESTIONS WHICH ARE OFTEN ASKED IN RELATIONSHIP READINGS

Sometimes in a relationship reading you will be asked questions you cannot answer. Often the client’s Spirit Guides and Higher Self won’t give you the answers to such questions because the answers won’t empower her. In this section, I will go through each type of unproductive but frequently asked question, and explain how you can help your client to expand her understanding or tweak the question so that the answer she gets is more empowering.

Is This Person My Soul Mate/What Type of Relationship Am I Meant to Have with This Person?

One of the reasons why these questions can be difficult to answer is that people often have differing definitions of the word soul mate. In this chapter I am going to talk about what the term soul mate really means and how this term won’t necessarily correspond to your client’s idea of what it means.

SOUL FAMILY AND SOUL MATES

There is a group of ‘companion souls’ with whom we work closely on the other side. (They are sometimes referred to as our ‘soul family’.)

You will find between 5 and 20 souls within this group of souls. These souls play important roles in our lives when we incarnate — they show up repeatedly as our family members, close friends, or lovers. There will usually be a strong sense of familiarity between such souls. We do our spiritual development work primarily with these people and each soul within the group has certain strengths and gifts that the others benefit from during incarnations.

For the duration of any given life lesson, we select one soul from this group of souls to be our primary soul mate. The primary soul mate is a soul who is strongly bonded to us either through a romantic relationship, a friendship or a family relationship.

While the primary soul mate may remain as our primary soul mate for several lifetimes (depending on how long that life lesson or karmic cycle takes), it is important to realise that the primary soul mate will change once we have finished a specific life lesson, and so there is no one soul that we are eternally attached to above all others.

So you can see that the real definition of soul mate does not correspond to the ‘fairy tale’ definition, precisely because it’s not an eternally exclusive attachment, nor is it even always romantic. We may get married to another soul in our soul family, but remain closely bonded to the primary soul mate through another relationship such as a friendship or a family relationship.

So, in response to questions such as “is this person my soul mate?” It is helpful to explain to your client the true meaning of the word soul mate, and then proceed to find out if the two people are learning anything from one another in this lifetime. If they are, there will usually be some kind of relationship in this lifetime.

Asking if the other person belongs to your client’s soul family will yield some information around whether this relationship is likely to be a close one or not, because the closest relationships are usually had with our soul family.

Often times, this question gets asked because the client is an old soul who has had at least several primary soul mates already, and she recognises an old soul mate and may be seeking to recreate the long-term romantic relationship from the past. Sometimes this is appropriate and sometimes it is not, depending on the soul’s plan for this lifetime. If the Higher Self and Spirit Guides do not volunteer any information about this (which is often the case) the client will usually need to explore further and find out for herself.

What Is He Thinking?

Occasionally, you may be asked to ‘tune into’ another person to find out what they are really

thinking or feeling about the relationship. I don't recommend that you tune into another person to find out their feelings for someone else. Firstly, this has ethical implications, and secondly it does not resolve the issue of lack of communication between the two people.

If you should ever be asked a question such as this one, I recommend pointing your client towards a book called *Attached²* by Dr Amir Levine and Rachel Heller which deals with attachment theory. Based on years of research in the area of emotional attachment, scientists have found that people behave in one of three ways in relationships: **Anxious** people tend to think about their relationships a lot and get anxious about their partner's capacity to love them and be there for them. **Avoidant** people tend to keep their partners at arm's length, equating closeness with a loss of independence, while **secure** people are comfortable being close to others and habitually behave in a warm, loving and reliable way.

If you should get this question from a client, you will almost always be dealing with a client with an anxious attachment style who is in a relationship with someone with an avoidant attachment style. It can be very helpful for the client to realise that this is the case. Reading the book mentioned above can also help your client to improve her relationship.

I recommend that those students who intend to offer relationship readings read the book mentioned above, as it will help greatly in your relationship readings.

PRACTICE READINGS

Choose three people with whom you have close relationships.

For each relationship, find out which life lessons you are both learning within the relationship. Find out how many past lives you have shared together, and consider areas of compatibility and difference, based on your soul groups of origin and Archangelic realms of training. Consider how your findings are manifesting in practice, in your relationships.

2 Dr Amir Levine & Rachel Heller, *Attached* (Rodale, 2010)

The General Intuitive Reading

At this point, having completed all prior chapters in this course, you are in a good position to deliver a content-rich general intuitive reading. By combining what you have learned in the Akashic Records Program and the Intuitive Reading Program, you will be able to cover the following topics:

- Career path
- The Spirit Guides and Guardian Angels
- Decisions
- Relationships
- The soul's past and gifts
- Intuitive and empath gifts
- The life lessons
- Any other questions you feel comfortable channelling information about

Below you will find an example of a full general intuitive reading that I did for a client. This is to give you a good idea of the type of questions and situations that clients will bring into a general intuitive reading:

INTUITIVE READING FOR SUE STEED

Sue: I work as a clinical hypnotherapist and Reiki Master here in Malta. I will be 60 in February and am very aware of time slipping away from me. (Despite this, I am young at heart and am used to using my voice creatively through my work). My university education was in design and I still have a keen interest in all things arty and problem-solving. I need creativity in my life and gain this from my therapy work as well as my arty interests. I'd be interested to see if this is prominent in my soul/Akashic records. Or if not, to know any other soul gifts.

I have been a lifelong seeker, and am certain I have further to go along my spiritual path. I would dearly love to learn what I could perhaps do to facilitate this process. Choosing the right activities for me and making the most productive use of whatever time I have left. My husband died suddenly in 2005, aged only 53, making me very aware of my own mortality, and I was paralysed with grief for a long time afterwards. The bereavement brought me up short and I feel I wasted several years of my life because of this. I am really keen to move forward with energy and enthusiasm in all possible ways, but at the same time would like to explore this bereavement in soul terms. Was it arranged to make me stand on my own feet? Learn more self-sufficiency?

The above-mentioned bereavement was a happy second marriage, to an old school friend. My first marriage was to an alcoholic, the father of my children, and ended in divorce after 16 difficult years. This would be interesting to explore in soul terms, as would be my challenging relationships with my parents.

I know nothing about my spirit guides and am very keen to learn everything possible about them, and how to keep in regular touch with them if that would be appropriate.

I seem to have an unnatural amount of medical knowledge for a lay-person and would be interested to explore whether this may be because of an earlier lifetime in a medical environment.

My career is fulfilling, and I get a real buzz from helping people but am constantly concerned about financial survival and remaining solvent, since that is my only option. Guidance on this front would be very welcome. Selling my skills face to face at an hourly rate is not the answer for me and I suppose will become less so as I grow older.

I'd be interested to explore my relationships with my son and daughter – both adult and married. Both so different in temperament. My son now has 2 sons of his own (again, both

very different) and I'd be interested to know more about their life paths too. Perhaps the Akashic Records could cast some light over our soul relationships and what issues we may have had and how we interrelate at that level?

I feel ready now to consider the possibility of letting another romantic relationship into my life but am at a total loss as to how to find someone of a similar spiritual mindset to share parts of my life with. Any guidance on this front would be welcomed.

Dear Sue,

Thank you for requesting an intuitive reading with me. It is my pleasure to read for you.

Now, let's turn to your reading. You asked a variety of questions about your relationships, life path, career and soul's past.

To answer your questions, I tuned in to your Akashic soul record and channelled your primary Spirit Guide.

I like to begin my readings by finding out who my sitter is on the soul level — soul strengths and life lessons. (Once we have that information it is easier to put everything else into context.) So I am going to begin with that:

One of the most significant sources of information about who you are on the soul level comes from looking at something called your 'energy centre of training'. Information about your energy centre of training can be found in the Akashic Records.

Most people have not heard of this term 'energy centre of training', but as a Reiki Master you will be well aware of the existence of the human chakra system. What people often don't know about the chakras is that there are seven places in the universe that hold the energetic frequencies that we associate with each of the seven chakras. Every soul who incarnates has their training in one of these energy centres. In between lifetimes we train in one of these energy centres and then we embody the energy from that energy centre and bring it forward into the incarnations that we go into.

You have trained in the seventh energy centre which means that **you are here to empower other people**. Souls who are trained in this energy centre are also extremely **sensitive to energy** and very **good at working with energy**, using modalities like Reiki or Reconnective Healing for example. So as a soul you specialise in helping others to create change in their lives, and access a higher level of personal power. Your current career in hypnotherapy and Reiki is very much aligned with this part of who you are on the soul level, which is great.

The other significant source of information about your identity as a soul comes from looking at the soul group of origin. The soul group of origin means the environment that your soul had its formative time in, which would have been a big influence on your soul. You belong to a soul group called the Blueprint Translator soul group. This soul group embodies the balance between the physical and the spiritual aspects of life, so this makes you very **down-to-earth and grounded**, and you are able to bring these grounded energies to people who need them. On the other side of the coin, you are also able to bring spiritual energies to people who need that, you bring the knowledge that we are meant to be connected to our souls while incarnated in a physical body, and that we are spiritual beings having a human experience. So Blueprint Translators are simultaneously down-to-earth and very spiritual. Blueprint Translator souls integrate their spirituality into their lives completely and they live that spiritual side, they don't philosophise or flaunt it — instead it is very natural to them. This way of being that the Blueprint Translators have reminds me a little bit of the spirituality of the Native American Indians. The Native American Indians didn't build churches in which to worship God, instead they saw the spiritual aspect and God in everything. To them, everything was a piece of God.

Blueprint Translator souls also make very good teachers because they are able to take abstract concepts and explain and illustrate them in a way so that other people can understand.

This aspect of your soul's identity is also very much aligned with your choice of work, for example using Reiki you are working with spiritual energy to bring about helpful changes in the client's physical reality.

Now we have looked at your soul gifts, let's turn to your life lessons for this lifetime:

I am sure you know that one of the reasons why your soul has incarnated here on Earth is for learning. Your soul came here to expand itself spiritually and Earth is a great place to do this, because of the various challenges we encounter here. You have experienced upwards of 127 earthly lifetimes, so you have been learning here for a very long time and you will be very comfortable when incarnating in a physical human body.

When incarnating here on Earth, we learn in cycles. We select several life lessons or themes to explore over a period of several lifetimes. One of those life lessons will be a primary life lesson that you work on intensively during that period. You will also have several secondary life lessons which will feature in your lifetimes as well. When you have completed your primary life lesson, one of your secondary life lessons takes its place and the learning cycle begins again. How long that learning cycle lasts depends on the lesson you have chosen to learn — sometimes it can take several lifetimes and sometimes it takes longer. In general, souls are extremely slow to learn here, and often need to encounter the same kind of scenario or situation over and over before they learn.

Your primary life lesson for this lifetime is **surrender**. Surrender means letting go of situations that you cannot control and surrendering to God/Source. So control versus surrender will definitely have been a theme for you in this lifetime. I feel that the life lesson of surrender is embodied in the saying: “God, give me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference”.

You are two thirds of the way through this life lesson of surrender and your current learning cycle. So you will continue to explore the theme of surrender in your future lifetimes. I was told that this life lesson of surrender has featured strongly in your relationships with your children. So motherhood has certainly been a vehicle for you to explore this theme.

One of your secondary life lessons in this lifetime is **balance**. You are about one third complete with this life lesson and you have been exploring this theme for five lifetimes. This means that you will have chosen to put yourself in situations where there was a lack of balance — maybe chaotic situations — in order to learn and explore that theme. You have also been learning about creating balance in your own life in a positive way.

There are two other life lessons which have been prominent in this lifetime. One of these lessons is **love**. This is such a broad life lesson that I feel you have been learning about this since your soul first incarnated here, and you revisit it during certain lifetimes, including this one. The life lesson of love encompasses learning to love yourself, compassion, acceptance, and respect. You have been exploring the life lesson of love through your relationship with your sister Shirley and also through your relationship with your mother. You mentioned to me that the relationship with your mother was a challenging one. Sometimes, we learn about love either through the actual absence of it within a relationship, or through a perceived absence of it.

Spirit also told me that Ronald came into your life to teach you about love, and more specifically the experience of loss was pre-planned by your soul and his in order to give you an opportunity to explore this theme of love even more deeply. When I asked for more details around this, I was shown the image of a heart breaking open to let more love in. You also perhaps learned about love from the support you received following the loss. So I don't feel it was wasted time but instead an opportunity that your soul gave itself to learn more along those lines.

The other life lesson you have been learning is **flexibility**. This is the most prominent life lesson that was present in your relationship with your first husband and your Akashic record says that you were also learning this lesson in your relationship with your father. A life lesson of flexibility is usually learned within relationships because it is about how much we want to bend ourselves and our desires, needs, feelings and to fit in with other people and the rest of the world. It is about our boundaries as well. I can see that the relationship with your first husband would be an appropriate context within

which to explore this life lesson, and I feel that it was designed that way by your soul.

Going back to the soul connection with your second husband Ronald, I feel this was a beautiful soul connection, and you have experienced a total of 13 lifetimes together. I feel very strongly that you will meet him again in future lifetimes, and that he watches over you with love.

Moving on to your Spirit Guides: I was able to tune into your primary Spirit Guide who speaks on behalf of all of your guides, and the name that I was given for your primary guide was Genevieve. She had very warm, soothing energy. She looks like a middle-aged woman with medium length brown hair, kind eyes and I got the sense that she specialises in the life areas of relationships and healing, valuing yourself and your skills. She brings a lot of compassion energy to you.

This guide communicates with you through the gift of claircognizance which I feel is your strongest intuitive gift. Claircognizance is information that pops into your brain spontaneously, seemingly from nowhere — we could call this a ‘Divine download’. Claircognizance comes through the crown and third-eye chakras. This can happen when you know something about someone without knowing how you know. Perhaps you make subtle judgments about people when you first meet them and they turn out to be correct. Maybe you are the kind of person who gets great ideas popping into your head seemingly from nowhere. These are all signs of claircognizance. Note that claircognizant thoughts that come from your Higher Self and Spirit Guides are different from thoughts that you have normally. They are beyond logic and may seem to make no sense at the time that they occur — it is perhaps only later that you see how relevant and helpful they are. When they show up, they will usually show up with no explanation. They will not justify themselves like a logical thought argues against or for a course of action.

So I feel that you have already been communicating with your primary Spirit Guide just fine through your claircognizance. You may not have been aware of all of her input in this way, but it makes no difference as you receive the information just the same.

I asked this guide if she has any messages for you in general, she told me that this life has been successful in that you have learned the things that you came here to learn, and you will continue to learn but now you are also in a position to share your knowledge and experiences with others. It seems that this guide feels that you could be in a position to teach others based on your own experiences, I will expand on this further a bit later on in this reading.

I did some research in the Akashic Records around the medical knowledge that you feel you have amassed in a previous lifetime. I was told that you had a male lifetime during the first World War as medical personnel near the frontline. This was your most recent lifetime and it was very impactful because of the experiences that you had during the war. You have a doorway in your subconscious

mind that is open to that lifetime so you may dream of it or pick up information about it yourself.

You mentioned that you would like some career guidance about how to remain financially solvent, in light of the fact that selling your skills face-to-face at an hourly rate is not the right fit for you. Your Spirit Guide told me that a focus on teaching would be beneficial financially and professionally. This does not have to be face-to-face teaching at an hourly rate – there are many ways to teach and pass on knowledge and this could also involve creating educational materials to pass on to others.

I also asked Spirit about how to how you can find someone of a similar spiritual mindset with whom to have a romantic relationship. I was shown an image of a large gathering of people — it looked like a spiritual conference or an educational conference. So I feel that you could meet someone new in this context and it felt like there was a teaching element to this, which ties in with the message that your Spirit Guide gave me in the area of career.

To summarise: your current professional field is very much in alignment with your highest path and purpose and opening yourself up to new opportunities of teaching and learning in your field would bring more abundance and blessings your way.

I hope this reading has been helpful for you and provided the insights you needed. If you require clarification about anything mentioned here, please email me at anna@annasayce.com

Warm regards,

Anna

MY READING PROCESS

As you can see from this reading, I used my pendulum to lay out the bare bones of this reading and then I channelled the primary Spirit Guide to flesh it out a little. So in my readings I usually start by logging onto the Akashic Records and gathering the basic details that I will need for the reading (such as life lessons, soul gifts and past lives) and then I make my way to the conference room to meet with the client's primary Spirit Guide.

TIME KEEPING

You may have noticed that during the reading I did not answer every question that the client asked. This was because of time restrictions. It is a very common scenario that your client has more

questions than you can answer in the time that you have allotted to her reading, so be aware that you are not always going to be able to answer everything that your client wants you to cover.

As the reader, it is your role to keep time during the session. The best way to do this is to notify your client how much time you have left 5 or 10 minutes before the session ends, so that she can make sure that her important questions get answered. It is not a good idea to start exploring a big life area such as career five minutes before a session is going to end so ask your clients to start with the big meaty questions, and of course the most important questions.

SPECIFIC QUESTIONS

One of the questions that Sue asked during her reading was: “I would dearly love to learn what I could perhaps do to facilitate this process (*i.e. moving along her spiritual path*). Choosing the right activities for me and making the most productive use of whatever time I have left.”

This is an example of a question that is not going to yield a specific answer, because it is too general and too vague. Sue asked so many questions as part of her reading that I did not get back to her to ask to phrase it more specifically. But if I had, I would have asked her exactly what she had in mind and then I would have channelled something in response to that, or I would have measured how aligned the proposed steps were with her highest path and purpose.

So ask your clients to make her questions as specific as possible. If she asks vague questions, she will get vague answers.

GIVING PREDICTIONS

As part of the general intuitive reading, you may sometimes be asked to give a prediction.

In my experience, giving an accurate prediction is actually very difficult because the future is not set in stone. We have free will and we can change the course of our lives through our choices. Indeed, even the pre-planned events of our lives (such as having a baby or getting married) often have an element of free will around them.

Thus, our Spirit Guides do not always know the choices that we (and other people) are going to take, so they can sometimes tell us what is likely to happen but they can't usually tell us concretely what WILL happen. In addition, knowing what is going to happen may affect our free will and for this reason, Spirit Guides do not usually pass on information about the future even when it is available to them.

So, here are some tips on how to handle a request for a prediction:

- Rephrase the question so that the client feels more empowered. For example, if your client asks “when will I be in a relationship again?” Ask the Spirit Guides: “what can my client do to attract a loving relationship?”
- If you must go there, ask about likelihood, instead. If your client asks “will I conceive again?” Try asking: “is it likely that my client will conceive again?”
- Accept it if you receive no information in response. This simply means that having information would affect your client’s free will.

I state on my website that I don’t do predictions. However, every now and again, someone will ask me a question relating to the future that I feel I can help them with. Here is an example of a prediction reading that I did recently, where I was able to get some information for the client:

“It took my husband and I five years to conceive our son. Since he was nine months old we have attempted to have another. He is now three years old. I have miscarried four times since then. In my heart of hearts, I know we have one or two more children waiting to join us, BUT I have been dealing with depression for the last year or so. I truly wonder if our son will be the only one that joins us in this lifetime.

Will I conceive again?”

When I asked whether it’s likely that you will conceive again, I am being told that everything is likely to ultimately come together in a positive way. I am being shown fulfilment and family happiness. This suggests to me that it is likely you will conceive again at some point, or if not, that you are going to overcome your depression and find happiness within your family that you currently have.

I also asked Spirit: is there anything you can do to help with the process of having another child. It’s good for you to be independent and research what might be affecting your chances. You may have already done this. I am reminded of a friend of mine who was trying to conceive for a long time, and she found that changing her diet drastically is what helped her. That’s just an example. But I’m being told: don’t rely on others. Take this into your own hands as much as possible.

As you can see, the reading was encouraging and uplifting but did not interfere with the client’s free will in a negative way. Spirit Guides empowered my client by giving her some practical pointers, and the prediction given was not concrete.

PRACTICE READINGS

Now it's over to you. As part of this chapter, you will need to complete a minimum of five practice intuitive readings. The aim in this reading is to make available to your client all of the skills that you have to answer her questions, so you can jump from one topic or life area to the next. If you have other skills, such as mediumship, you may wish to incorporate these as part of your session.

These readings can be delivered by phone, by email or in person. If you choose to offer email readings, you may wish to offer one or two topic email readings, or one, two, or three question email readings. The format is completely up to you — this is a good time to experiment.

If you do your practice readings by phone or in person, you might prefer to get your client's questions prior to the session and do the channelling part before you meet with your client. Alternatively, you may wish to do your readings live.

When you have completed a minimum of five practice intuitive readings, please fill in the worksheet entitled 'After Your Practice Intuitive Readings'. (This worksheet can be found in the workbook and in the Online Members area.) Please schedule your final mentoring session by sending your completed worksheet to anna@annasayce.com

Ethics

In this chapter, I will talk about ethics — ways in which we should aim to stay in integrity, professionally speaking.

All ethics are subjective and it is of course up to you to see what resonates with you.

Here are my thoughts on ‘rights and wrongs’ in this profession:

PRACTISE NON—ATTACHMENT WITH YOUR CLIENTS

We are vessels and messengers. We need to channel, pass on the message and then let it go.

Sometimes we won’t know why a client is on a particular path. We do know that a central reason why we incarnate here on planet Earth is for learning. So even if a client is heading down a path we don’t understand or don’t approve of because we feel that it might hurt her, we have to recognise that every person has free will, and must be learning something from the experience. It is not our job to save clients from themselves, as a huge amount of learning can come from ‘making a mistake’ (or making what other people might consider to be a mistake.)

Sometimes you will come across a client who is already surrounded by controlling people in her life who are constantly telling her what to do. We do not want to add to that situation.

This is particularly important to remember for those among us who have a life lesson of surrender or the Sirian or Mintakan soul origin (these soul groups love to make projects of others.)

DON'T JUDGE YOUR CLIENTS

Sometimes you will come across situations and clients who 'push your buttons'. For example, a client who is having an affair, taking something that does not belong to her, or doing something else you might consider unethical. If you can, try not to judge — sometimes a situation or client pushes our buttons because it reminds us of something we ourselves have been through.

If you struggle to stay out of judgment with a particular client, you should refer your client elsewhere. It is important that clients are received in a non-judgmental space.

If you find it hard to stay out of judgment on a regular basis while working with a certain type of client or life issue, you may also wish to consult with a therapist or counsellor to see why this might be. Doing this will enable you to offer the best possible service to your clients.

DON'T GIVE PREDICTIONS IF IT IS LIKELY TO DISEMPOWER SOMEONE

Very few events in life are 100% set in stone or pre-destined and any events which are pre-planned are often not set out on a specific timescale. For example, we may have a pre-incarnation contract in place to have a baby, but the timing around this event is likely to have some flexibility. We have a great deal of free will and we are constantly coming across 'choice points' where we can go in any number of directions. We create our own futures.

This means that it is quite restrictive and misleading to give predictions as if they are concrete events which are definitely going to occur.

Predictions may cause a person to behave differently. For example, if a client asks "am I going to pass my exam next week?" and the answer you give is "no", this could cause the client to fail because if she takes the prediction to heart, she may decide that the exam is not worth attending, or that there is no point even bothering to study any more.

In this way predictions can negatively affect a client's free will. So if I sense that a prediction has the potential to interfere with a client's free will or affect her negatively, I don't go there, and for this reason, predictions seldom occur in my readings.

KEEP CLIENT CONFIDENTIALITY

As readers, we need to keep client confidentiality at all times.

I believe that the only exception to client confidentiality would be when you come across a client who has formed concrete plans to kill or harm another person who can be identified. In this case, it would need to be referred to the relevant authorities. I doubt that any of us will ever encounter a situation like that.

I personally feel that client confidentiality should also apply to any stories told on blogs and articles. If you wish to use client stories or examples within an article, it is the right thing to do to get the client's permission if you talk about facts which are confidential. It does not even matter if you do not mention the person's name. In my opinion, client stories should always be kept private unless the client gives you permission to do otherwise.

IF YOU CAN'T HELP A CLIENT, MAKE A REFERRAL

As Professional Intuitives, we are only qualified to do readings for our clients. We should not act in the capacity of a psychotherapist or a coach unless we are qualified in those areas also.

Personally, I regularly refer clients to mediums, coaches, psychotherapists, clinical psychologists and hypnotherapists and many of these people return the favour. If you yourself have used the services of any such professionals, and would like to recommend them, you might like to make a list of your preferred service providers in these areas to pass on to your clients.

It is a good idea to refer a client to a psychotherapist if she is going through a crisis and needs ongoing emotional or psychological support. We are not the ones to work with in times of emotional crisis — at least not in the first instance.

It is also a good idea to make a referral to a psychotherapist or a clinical psychologist if the client has mental health issues which stop her from functioning and engaging with life. These may include depression, anxiety or low self-esteem. We can touch upon these issues in a reading, but if the problem is ongoing and has been present for a longer period, then psychotherapy is often needed.

In the case of any client who did not receive positive parenting and this negatively affects the person's life, I believe psychotherapy is essential — preferably at least a year in duration. Sometimes the client in this situation may have already tried therapy for a brief period of time, but did not find it useful. Often this is because the therapist was not the right person to be working with the client. The success of the therapy depends very much upon the bond or connection between the client and the therapist. Therapists need to be caring and warm people and the client needs to like her therapist in order for the treatment to be beneficial.

As for medical intuition, I personally do not answer questions about clients' health because I don't

feel comfortable doing this. I refer all clients who have health questions to medical intuitives. I also state on my website that I don't answer questions about health. Medical intuition is a large field of study, and ideally a medical intuitive will have extensive knowledge of the physical body through studies in anatomy, biology, etc.

Coaching may also be useful to a client if she has a specific goal and needs someone to support her in an ongoing way.

So these are the main types of service providers that I recommend to clients. You may also know of other modalities or service providers which you wish to recommend to your clients.

WHO CAN WE READ FOR?

In the Akashic Records Program, I mentioned that we always have permission to read for ourselves and for clients who approach us and give us express permission to do a reading for them. I also mentioned that we can often read for people close to us because it benefits us to know the soul backgrounds of those close to us, so that we may understand them better. These principles extend to all Intuitive Program readings.

It is perfectly fine for us to do a relationship reading on our marriage or a close friendship. However, this is the only type of reading where we may read for another person without their permission. On the other hand, we can't for example do a career reading or a decision making reading for someone out of curiosity, without their permission. So if a client asks you to do readings for a relative or loved one, ensure that you have the person's permission first.

PRIVACY

We must always respect client privacy by keeping client details (such as email addresses and personal information) safe. I recommend that you create a privacy policy which you display on your website, stating that the client's information is used only for the purposes of their reading.

I am sure that everyone reading this already knows that it is also inadvisable to share a reader's or a client's email address with another company or organisation for any reason, without that person's permission.

DON'T PROMISE RESULTS YOU CAN'T GUARANTEE

The information that we pass on during a reading does not originate with us — we are only

channels. Therefore, it is impossible for us to guarantee any kind of results or outcome. (As mentioned in the upcoming business chapter, you do not want to be working with clients who ask you to guarantee their results anyway.)

DO NOT ALLOW CLIENTS TO PUT YOU ON A PEDESTAL

It is common for people who have had a domineering parent to give their power away and look up to the spiritual teacher or intuitive as a ‘spiritual authority’ (this is a very common phenomenon called ‘transference’. Transference is when we project our relationship with significant people in our lives onto others.)

This type of client may flatter, praise you, defer to you, and build you up until you find you’re standing on a pedestal. In addition, the client may equate the professional intuitive with the wise insight that she receives. But this insight only comes through us. It does not define who we are.

In short, don’t let clients make a ‘guru’ out of you — this does not empower you or your client. Do not allow yourself to become an oracle that has all the answers. Be free to say “I don’t know”.

THE IMPORTANCE OF PROFESSIONAL BOUNDARIES

When you begin this work, you will often like your clients because they’re spiritually-minded and usually very nice people. Often clients are interested in getting to know you too, on a friendly basis. However, I would guard against becoming friends with clients unless you know your client to be a very conscious person who is aware of give and take in relationships.

The reason is that when a client becomes your friend, they may not know it, but part of the attraction towards you as a person could be the work you do. This can be a difficult situation to get into because it can lead to you feeling that you are not being seen or valued for who you really are, but only valued for what you can do. Therefore, you would need to lay down some clear boundaries around what you are and are not willing to do in the friendship.

Another reason why it is not always a good idea to allow clients to become friends is because there is always an inherent imbalance of power in the relationship. The relationship begins on your terms (i.e. the terms that the client agrees to.) In addition, during the course of a session a client can reveal confidential information about themselves which you have to keep secret. In this relationship, you know more about the client than they know about you. This can lead to a subtle feeling of vulnerability on the part of the client, should they encounter you outside of the professional relationship.

IT IS INADVISABLE TO BEGIN A SEXUAL OR ROMANTIC RELATIONSHIP WITH AN EXISTING CLIENT

Beginning a sexual or romantic relationship with a client is not recommended for the reasons mentioned above, relating to clients becoming friends.

If you intend to pursue a romantic relationship with someone who is a client, it is wise to make sure that the professional relationship has ended (i.e. that you will not work with that person again in a professional capacity) before beginning the other kind of relationship with them.

COMMON SITUATIONS YOU MAY COME ACROSS WHICH ARE ETHICALLY QUESTIONABLE AND HOW TO DEAL WITH THEM...

Removing Curses in Exchange for Money

It is sadly a widespread practice in the psychic field to tell a client that a curse is the root of their problems, and that it can be removed for a large fee, such as \$500 or \$1000. I have heard this story many times. Often psychics who do this will 'wow' the client by giving her accurate information at the beginning of the reading. This then makes it harder for the client to shake off the sense that the psychic must be right about her being cursed. Some people use their intuitive skills solely for personal gain.

Our problems or issues in life may come from the way we were raised or events that happen to us as children. They may also have their origins in past lives or life lessons.

Our problems in life certainly do not come solely from curses. It is an abuse to remove a curse in exchange for a large amount of money, on the premise that it will make a significant difference to the client's life.

If you come across this situation, please reassure your client that it is unlikely that she is cursed. Even if we do have curse energy in our energy field, this is no disaster. The most likely outcome of being cursed by someone is that we feel guilty about something we did in the past. A curse does not have the power to ruin our entire life.

Giving out Lottery Numbers

On occasion, you may be asked to help someone to improve their financial situation by revealing upcoming lottery numbers or some such request. I probably don't need to tell you that this is a waste of your client's time.

Winning the lottery is not usually about luck. Whether or not we win the lottery depends on our path and karma, and it is not in some people's path to 'get lucky' by playing the lottery. Perhaps in this lifetime, they are learning instead about succeeding through their own work and resourcefulness.

Seeing as the vast majority of the clients you meet will never win the lottery, you can assume it is not part of most peoples' paths. Therefore it is not a good idea to agree to do a reading to try and give someone the lottery numbers.

Homework exercise

Spend some time thinking about or writing out your own code of ethics. If you wish, you can post your code of ethics on your website, or you may not want to post it publicly, but this is definitely something important for you to think about in any case.

