

## Get the Most From a Reading

I tape each of your sessions so that you don't have to take notes, you can check the accuracy of the predictions as they happen, and you can refer to them whenever you feel you are getting 'off track.'

**These tips will help you move forward in your life with confidence:**

1. Your tape has invaluable psychic information that if applied can change your life! If you haven't heard it for a while, you may be surprised at what you have forgotten.
2. Hearing your positive characteristics described in the beginning of the tape, gives you a clearer sense of yourself. You learn to value these unique traits and develop your 'authentic self.'
3. You cannot change your life in one session. You cannot walk through a divorce, change careers, understand yourself, with one session. You cannot make permanent changes in relationships, health or build a business with one session. You cannot recover from co-dependency, grief, or fully understand your partner in one session. Each session builds on the other, each, bringing you to a higher level. The foundation has to be laid piece by piece (session by session) in order to make permanent life changes. It takes an investment of time and energy. If you don't, you will find yourself reverting to old unhealthy patterns and progress stops!

**UNTIL YOU DISCOVER AND VALUE YOUR "AUTHENTIC SELF" YOU WILL ALWAYS BE LIVING SOMEONE ELSE'S DREAM!**