

# WHAT TO EXPECT WHEN YOU VISIT A PSYCHIC



# Hi I'm Jessica *(she/her/they/them)*

---

**SPIRITUAL CONNECTION MENTOR**

**TAROT EXPERT**

**ENERGY WORKER**

**PSYCHIC**

**WRITER**

**SPEAKER**

**CREATOR**

**MYSTIC GEEK**

I help people tap into their inner wisdom so they can cut through the hustle and handle whatever life throws at them.



I created this printable workbook so that you can physically write down your responses to the questions posed. The experience of putting pen to paper causes you to slow down and really think through your answers, something that can be difficult to do when you're just mulling things over in your head. If you don't have access to a printer, you can also just use a notebook and write out your responses by hand.

I hope you find this workbook helpful and that it gives you some clarity on what your personal values are and how they guide your decision-making. Thanks for taking the time to work through this!



## **BEFORE WE BEGIN**

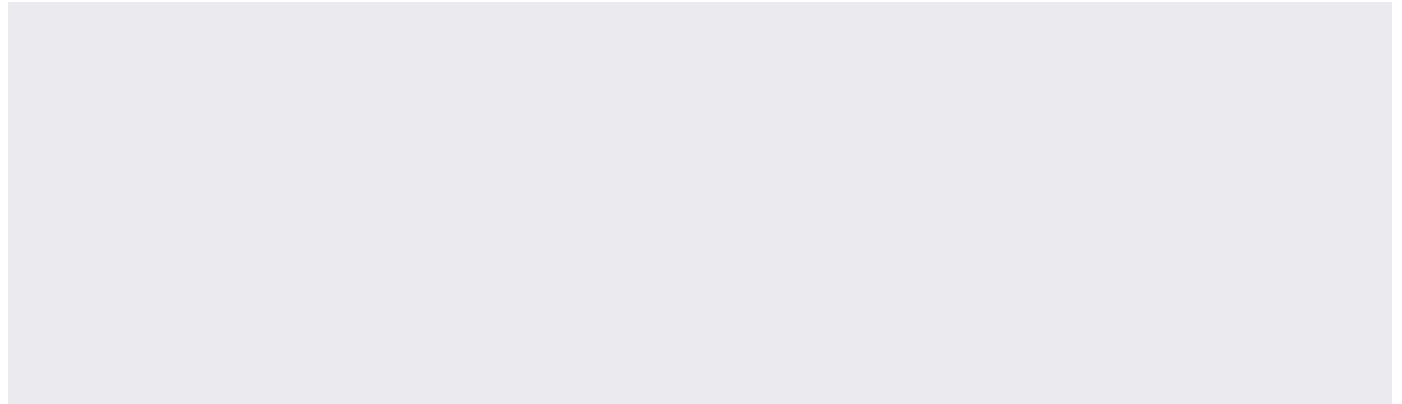
take a moment to reflect on what you think psychics are like.

We all bring our own set of baggage and encounters into this world. You shouldn't be judged by someone based on their preconceptions around a topic, and it's just as important not to do so with psychics.

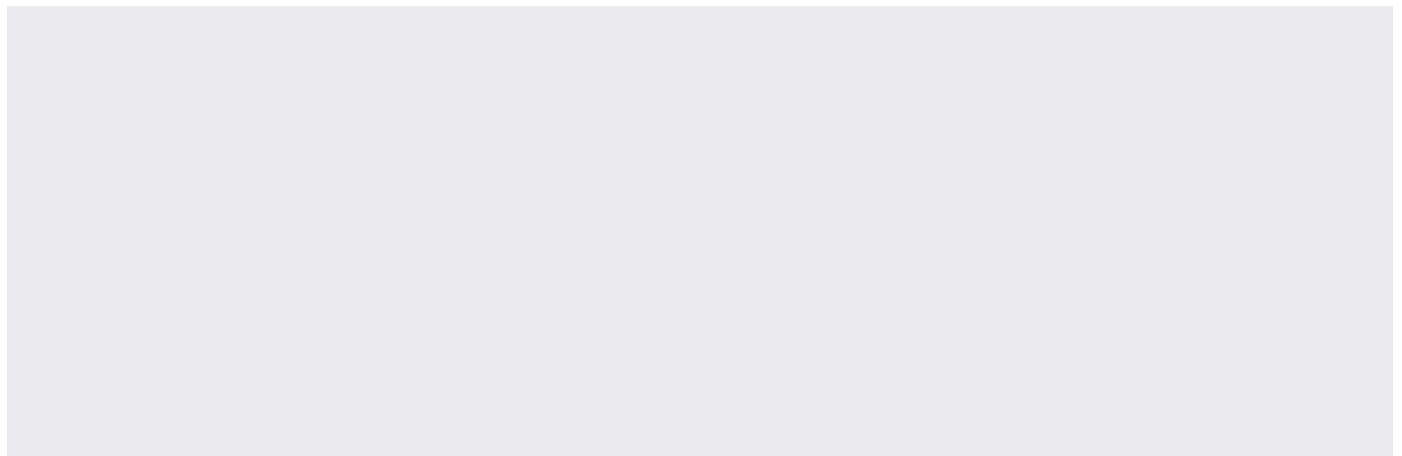
To approach this topic with an open mind and ready to examine your beliefs, you must first identify what opinions you currently hold.

# EXAMINING OUR VIEWS

What do you think of when you hear the word "psychic"? These can be ideas around what a psychic might look like, how they dress, act, or do.

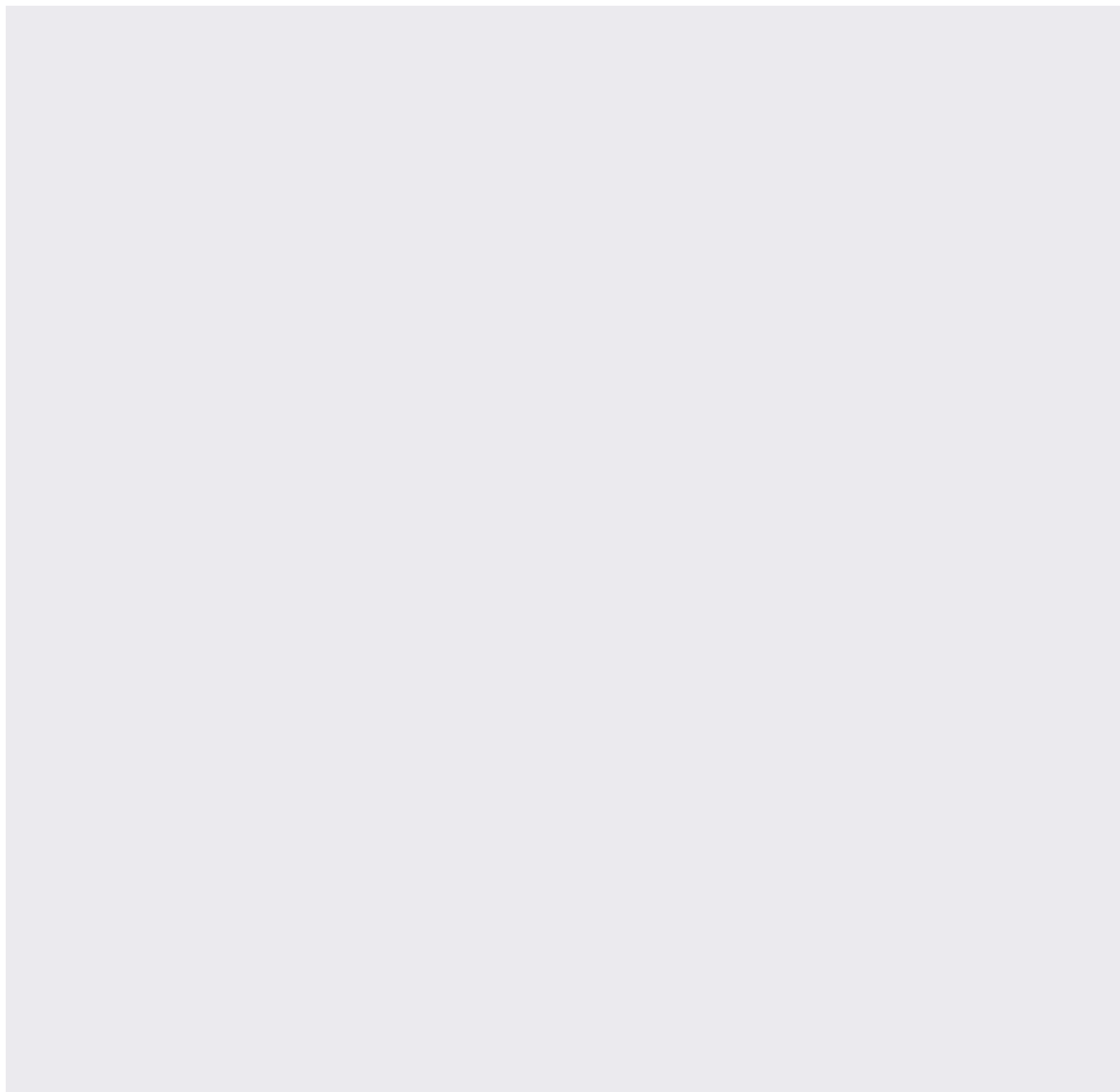


What do you think a psychic reading entails? This could be the process of how a psychic reads for someone, what they use as tools (tarot cards, crystal ball, etc.), or what kind of information a psychic can give you.



# EXAMINING OUR VIEWS

What do you think psychics can help with?





Now that we've got that out of the way let's talk about what you can expect when you work with a psychic.

When people think of psychics, they often think of the stereotypical woman with a crystal ball who can see the future. However, psychics come in all shapes and sizes, and not all use crystals to divine information. Many people are

surprised at how different their experience is when they visit a psychic for the first time. If you are curious about what to expect during a psychic reading, or if you have never had one before and don't know where to start, this guide is for you!

## WHAT IS A PSYCHIC?

A psychic is an individual who has learned how to extend one or more of their senses beyond the range considered normal for humans. Such abilities might include but are not limited to extrasensory perception (ESP), also known as the sixth sense. Psychics use their heightened senses to gain information about people, places, and events that they would not be able to understand through the five physical senses.

Due to the stigma around "psychic," many practitioners label themselves as "intuitive." The two concepts have distinct differences. An intuitive use their intuition, or "gut feeling," to make decisions. Intuition comes from a person's subconscious, using their past



experiences and knowledge, whereas psychic ability is about sensing energy and vibrations that are not always visible to the physical eye. Despite these differences, both types of practitioners could give you the same answer. While a psychic draws upon their ability to sense the energies around a particular situation, an intuitive might tap into their subconscious and identify patterns they might not know.

## WHAT IS A MEDIUM?

A medium is a person who acts as a conduit between the material world and the spirit world. People who have lost loved ones and seek to communicate with them will sometimes consult a medium for support. While all psychics have some ability to connect with the spirit world, not all of them are mediums.

## **DO PSYCHICS USE TOOLS (TAROT CARDS, PENDULUMS, CRYSTALS, ETC.)?**

The answer is that it depends. Some psychics use tools to help them focus their energy and connect with their clients. Due to the stigma around psychic abilities, many practitioners started using divination tools to find out later that they did not need them or that they gleaned information different from what the tool indicated. Some practitioners use divination tools to validate their messages from the universe. If a psychic uses tools, it is essential to remember that things like cards, crystals, and pendulums are only tools and not the be-all and end-all of the reading. The most important thing is the connection between the psychic and the person or situation for whom they are reading.

Other psychics feel that using tools would be too distracting and prefer to rely on their intuition and abilities. There is no right or wrong answer, and it is ultimately up to the individual psychic to decide what works best for them.

## **A NOTE ON THIRD-PARTY READINGS**

A third-party reading is when you ask a psychic about a person not present at that session. Often, a seeker wants to know how someone else feels about them or whether their romantic partner is cheating.

Some psychics will flat-out refuse to do a third-party reading, while others might agree but with the caveat that they cannot always guarantee accuracy. If the other person is not present, the psychic only gets one side of the story. In addition, the energy of the person who is not present can sometimes interfere with the reading.

Spirit can also interfere with a third-party reading. Suppose you feel uncomfortable about the possibility that someone else can ask about your thoughts, feelings, or actions. In that case, Spirit might recognize that your question is out of alignment with your values and will give you a different answer than what you expected. In addition, asking a psychic about another person's thoughts or feelings bypasses the opportunity to talk with that person directly. While the direct path might be more painful (experiencing rejection), it will often give you the closure or answers you need and provide you opportunities for emotional and spiritual growth.

If you are considering a third-party reading, it is essential to be respectful of the psychic's time and energy and to understand that they may not be able to give you the information you want to hear.



## **COMMON MISCONCEPTIONS ABOUT PSYCHICS**

### **ALL PSYCHICS CAN SEE THE FUTURE.**

Some psychics might have precognitive abilities and be able to see glimpses of the future, but this is not always the case.

Precognition is just one type of extrasensory perception (ESP), and there are many others. Other kinds of ESP (called the "clairs") include clairvoyance (clear seeing), clairsentience (clear feeling), clairaudience (clear hearing), and Claircognizance (clear knowing). Just because a psychic does not have precognitive abilities does not mean they are not gifted.

You must also evaluate your beliefs about whether the future is changeable since this will influence how you accept difficult messages from your psychic. If you believe the future is carved in stone and trust your psychic to be correct, it's essential to be ready to accept whatever they tell you, regardless of what you desire to hear.

On the other hand, if you believe that the future is mutable and that we create our reality through our thoughts and actions, you can use the information from your reading as guidance on what choices to make to manifest your desired future.

Knowing one potential outcome can lead you to change the course of events and create a different lot. For instance, if your psychic tells you that you will meet your soulmate in six months, and you believe this to be true, you might start looking for them sooner or change some of your behaviors.

## **PSYCHICS ARE ALWAYS ACCURATE**

No one is 100% accurate all the time, and this includes psychics. If you have a strong preference for a specific outcome, the practitioner may pick up on that and accidentally sense that it is the result that will happen rather than simply the result for which you are hoping. Likewise, suppose you constantly turn to psychics for guidance rather than learn to trust your intuition and use your spiritual connection. In that case, the universe may start sending your psychic mixed messages about your situation.

A psychic's accuracy also depends on how well they can interpret messages sent by Spirit. While some psychics are naturally gifted at this, others need to work hard to hone their skills. If a psychic is new or inexperienced, their accuracy might not be as high as someone who has been doing readings for years.

If you seek guidance from a psychic, it is essential to remember that they are not omniscient beings who will give you all the answers.

They are human, just like you, and their ability to connect with the spiritual world is not always 100% accurate. There is no such thing as a perfect psychic.

If you receive a reading from a psychic that feels off or is completely inaccurate; it's probably best to find someone else. However, if you turn to multiple psychics and get the same message, there might be something to the message.

## **YOU SHOULD ONLY VISIT A PSYCHIC IF YOU HAVE A SPECIFIC QUESTION**

People often visit psychics because they need guidance on a particular issue or decision. However, you don't need to wait for a crisis to see a psychic. You can go for a psychic reading to learn more about yourself and the spiritual world around you.

## **ALL PSYCHICS ARE FRAUDS.**

Unfortunately, some people will try to take advantage of those seeking guidance. However, there are also many legitimate psychics out there who have dedicated their lives to helping others. When choosing a psychic, do your research and ask around. If a psychic tells you that you are cursed and offers to break it if you pay them hundreds of dollars - run.



## **A PSYCHIC CAN SOLVE ALL YOUR PROBLEMS.**

While it is helpful to receive guidance from a psychic, it is essential to remember that they are not all-knowing. A psychic can provide you with information and clarity about a particular situation, but it is up to you to make the decisions in your life.

## **YOU HAVE TO BE BORN WITH PSYCHIC ABILITIES**

I believe that we are all born with psychic abilities. However, Western civilization looks down on things deemed illogical or cannot be scientifically proven. As we grow older, society conditions us to focus on the physical world and ignore the spiritual side of ourselves. However, it is possible to re-learn how to use our psychic abilities.

Some practitioners tout being a fourth-generation psychic. While some may see this as an impressive lineage, it does not mean the person is a better practitioner than someone not from a family of psychics. This claim simply indicates that the individual's family encouraged them to build a connection to the spirit world from a young age onward.

# PICKING THE RIGHT PSYCHIC

Not all psychics are created equal, and it is crucial to find one with whom you feel comfortable. When looking for a psychic, ask your friends for recommendations or look online for reviews. Once you have found a few interested, schedule a consultation to see if they are the right fit for you.

During your consultation, please pay attention to how they make you feel and whether they are providing you with helpful information. If the practitioner seems like someone is trying to take advantage of you or scam you, walk away and find someone else.

The bottom line is that you should only visit a psychic if you feel comfortable with them and they are providing you with helpful information. Psychics are human, just like you, and their abilities are not always 100% accurate. Do your research, ask around, and trust your gut when choosing a practitioner.

## HOW DO I PREPARE FOR A READING?

The most important thing you can do to prepare for reading is to relax and be yourself. The more comfortable you are, the better the connection will be. It is also helpful to know what topics you want to focus on during your session. This could be anything from a specific question about your love life to wanting to learn more about your spiritual path.

Some seekers go to a session with a pen and paper to take notes. Others will ask the psychic if it is okay to record the reading on their phone to listen to later. Others still might bring a friend to provide

moral support and mentally note the guidance given.

No matter how you choose to prepare, remember that the most important thing is to be open to the guidance you receive. The psychic is not there to tell you what to do but instead provide information and clarity about a particular situation. It is up to you to make the decisions in your life.

## **WHAT HAPPENS DURING A READING?**

The session will likely feel like a conversation between you and the psychic. They will ask you questions to get a sense of what you are looking for guidance on. Once they feel like they have a good understanding, they will begin the reading.

Various psychics have different approaches when performing their readings. Some will utilize tarot cards or other gadgets, while others will solely rely on their senses. The most important thing is that you are familiar with their approach and that they are delivering helpful information.

Some psychics will focus on the physical world, while others prefer to concentrate on the spiritual realm. They may offer you precise counsel on how to act in a given scenario. Some psychics might provide you with information regarding spirit guides whom they detect and communicate messages.

The psychic will most likely ask if you have any queries after the reading. Use this moment to clarify anything unclear or to request additional information on.



## **HOW DO I KNOW IF THE READING IS ACCURATE?**

Reading accuracy depends on many factors, including the practitioner's skill set, your connection with them, and your energy. It is important to remember that no one is 100% accurate all of the time. The goal is to provide helpful guidance, not tell you exactly what will happen in your life.

Trust your gut instinct if you doubt something said during a reading. You can always ask for clarification from the practitioner or do your research to see if what they said resonates with you.

The bottom line is that you should only visit a psychic if you feel comfortable with them and they are providing you with helpful information. They are human, just like you, and their abilities are not always 100% accurate. Do your research, ask around, and trust your gut when choosing a practitioner.

## WHAT DO I DO WITH THE INFORMATION I RECEIVE?

After the reading, it is common to feel a range of emotions. You might feel relieved, scared, confused, or excited. These are all normal reactions. The most important thing is to take the time to process everything said.

Some people like to journal about their experiences and what they learned. Others might talk to a trusted friend or family member about it. Some might choose to do additional research on their own. And others might decide to do nothing with the information and just let it sit for a while.

There is no right or wrong way to react to the guidance you receive from your psychic. Just trust your intuition and do what feels right for you at the moment.

The bottom line is that visiting a psychic can be a helpful experience for spiritual seekers. Just remember to relax, be yourself, and take everything with a grain of salt. You will get the most out of your reading with an open mind and heart.

# PSYCHIC PARKING

## THANK YOU...



I hope you found this workbook helpful. Remember psychics are people who have honed their ability to see and interpret energy. The best way to get the most out of a psychic reading is to go in with an open mind and heart. Be prepared to be honest with yourself and the practitioner. Remember to relax, be yourself, and take everything with a grain of salt.

If you'd like more support in exploring how a psychic reading can help you gain clarity in your life, please reach out to me. I offer a variety of services including readings, energy healing sessions, and intuitive coaching.

### CONTACT INFORMATION

**Twitter:** @themysticgeek

**Email:** [jess@themysticgeek.com](mailto:jess@themysticgeek.com)

**Website:** [themysticgeek.com](http://themysticgeek.com)