I do my healing and spiritual work in several forums: not only on my own website and through in-person appointments, but through other psychic websites and at psychic fairs. It is very clear that most people have only the vaguest idea of what a psychic does – what he/she is SUPPOSED to do – and how to tell a good one!

There are as many ideas on how to choose a good psychic as there are psychics. Some insist that if a psychic doesn’t immediately tell you something he/she could not have known, it’s not a “genuine” psychic. Others may tell you to deliberately project incorrect or misrepresentational thoughts at the psychic – if they are “real” they will know that it’s not the truth. Still others tell you that if
you call them, it “must be the right one” because the Universe led you there…and another dozen answers in between.

As someone who has both consulted psychics and been the one consulted, I’d like to share with you some insights on how to choose a psychic or “spiritual intuitive” to work with…what kinds of things they can do…and how to use the information when you’ve got it.

**STEP ONE: DECIDING WHAT TYPE OF PSYCHIC TO CONSULT**

Not all psychics are the same – just as not all doctors, all teachers, or all artists are the same. A doctor can be a specialist on your heart, your lungs, or your feet; a teacher can teach math, Spanish, or history; and an artist can work in oils, watercolors, or
marble. Just as you wouldn’t tell a math teacher, “well, if you can’t teach me Spanish you’re not a real teacher!” the fact that not all psychics use the same methods or have skills in the same fields does not make one more genuine than another.

Some (but not all) of the methodologies that reputable psychics can use are Tarot or other divinatory card decks, runes, crystals, I Ching, numerology, astrology, palm reading, aura reading, chakra work, angel connections, energy healing, dream interpretation, past life readings, channeling, mediumship, pendulum work, phrenology – and more techniques are coming forward every day.

Once you decide what issues you’d like to address with the intuitive you choose, you will probably be able to hone in on which
methods you’d like for him/her to use. It will pay off in the long run for you to familiarize yourself with the various systems named above – there may be one or two that you are especially drawn to, and that knowledge will assist you in focusing your search.

**STEP TWO: WE’RE OFF TO FIND THE PSYCHIC…**

*(with apologies to Dorothy and the Wizard!)*

In these “interesting times,” it is easier to find a psychic – or at least, one who bills him/herself a psychic – than ever before. Chat lines, 900 numbers, websites, local periodicals, you name it – we’re all out there! The sheer number can be confusing and a little daunting.

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There are several things that you should look for when choosing your psychic – and we’ve given you a simple way to remember them:

Professionalism
Sharing references
You are in control of your own destiny
Charges
Here, I can fix anything – for a price…
Inappropriate actions
Connections

RULE ONE: Professionalism
The psychic you choose should be, and act like, a professional. This does not mean that they necessarily have to make a full time living at such work, but that they should respect others in their field, respect your time and energy as a client, and respect general social behaviors. If you needed a lawyer, whom would you choose? You’d choose one who answered your questions, gave you references if you wanted them, told you exactly what the work would cost you (and how such costs were structured). You’d prefer one who didn’t patronize you or try to intimidate you into using their services. You’d expect to be able to make appointments in a reasonable amount of time, that such appointments would be kept, and that you wouldn’t have to cool your heels for hours after you arrived. You’d expect clear “layman’s explanations” regarding any terms or events you did not understand. You’d expect your business to be kept private, and not
discussed with other clients. Overall, you’d expect to be treated with courtesy and respect – not as a supplicant, not as an ignorant simpleton, and not as “money on two feet.”

And that’s what you should expect from your psychic as well.

RULE TWO: Sharing references

If you found the psychic through other than a word-of-mouth situation, it is perfectly legitimate of you to ask for references. As long as there is no breaking of confidences, you should be able to speak with three or four people who have availed themselves of the psychic’s services. Ask questions like: Were you comfortable with this person? Did he/she charge fairly? Was the information you
received accurate? Useful? Why or why not? How hard is it to get an appointment? Did he/she try to sell all kinds of “extras” (mojo bags, spell candles, curse-breakers, etc.)? And lastly, would you go back to this person again?

One of the reasons that you need more than one or two conversations is to see whether the psychic harps on the same themes all the time – if they are always talking about failing relationships, or dark futures, or devious connections, then more than likely there’s a fair amount of that in the psychic’s life, and it is coloring their views. Conversely, if all a psychic ever gives is “sweetness and light” with no shadings of challenge or growth, then they either cannot or will not see that life has both blessings AND tests. Life is not a fairy tale – it’s not happily ever after every time. Honesty, tempered with tact and neutrality, is the mark of a clear
channel psychic.

Three or four conversations like this should give you a fairly accurate view of the psychic in question.

RULE THREE: You are in charge of your life – no one else.

There’s a famous old acronym: FEAR = False Evidence Appearing Real. No psychic should try to convince you that they see your death, you are cursed, that you have bad luck, that events in your life are totally out of your control and that someone else (most likely, the psychic) must help you out of your dire predicament. If someone starts feeding you information that makes

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you doubt yourself, your life, or your state of mind, LEAVE.

On the other hand, if the psychic does not give you “everything is sweetness and light,” but instead points out difficulties and challenges ahead, that may be what they truly see – and therefore appropriate to tell you. They may even go further and suggest several ways for you might direct your life and actions to make the best of such situations, or point out the likely unfolding if you take this path or that one. Take such advice the way you would anyone else’s – see if it resonates. If it does, then act upon it. If it feels neutral or “off,” then you are free to ignore it or put it on the shelf for a period of time. That, my friends, is what free will is all about!

With every rule, of course, there is an exception: if you really DON’T like what you hear, but it keeps nibbling at you both during
and after the session, could be that you are being pointed in one of those directions that provides growth — and, as when being confronted by some useful but vile-tasting medicine, it might be to your advantage to screw up your nose and take it. Reconsider the session information seriously after a week or two, try to be objective about it, and listen to your own intuition. You may find that it has settled into something you want to act upon.

RULE FOUR: Charges

Psychics can charge as little as $10 and as much as — well, as the traffic will bear: internationally famous psychics can charge in the thousands of dollars. But generally, psychics will have either a set price, or charge “by the minute” — for instance, $1 per minute

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figures out to $60 per hour, and the psychic only charges for the time in session with you.

Because you have requested a service from the psychic in question, they do deserve to get paid, if they are at all courteous, reasonable and relatively on target. Notice I say “relatively.” No one is 100% accurate, because we are all human. But if they are clearly doing their best for you, remember that they are offering a service – just like a doctor, a plumber, or a master chef. As in any other profession, for a psychic to ask for fair compensation is not wrong. Think of it as merely exchanging your energy (payment) for the psychic’s (his/her abilities, experience, education, time and focus on you).
RULE FIVE: Here, I Can Fix Anything…For A Price

Here we come to those *soi-disant* (“so-called”) psychics who prey on those who do not feel in charge of their own lives. Countless times we have heard of someone paying thousands of dollars to have a hex lifted, to chase away an evil spirit, to get rid of a rival, to force another person to fall in love with them, to cause misfortune to a perceived enemy, or for magic numbers that will win the Irish Sweepstakes. The reasons are endless – and, sad to say, there are those who are in the psychic business solely for the money and the power. (That is true in any profession, but in one as little understood as psychic work, the opportunities to bilk the innocent are enormous.)
If, my friends, you come away from this discussion with one piece of information fixed in your minds, make it this – YOU are the ones who can heal your own lives, your own challenges, and your own karma. No one else. Nor, Karmically, do you have the right to “force” another’s will – to fall in love with you, to give you money, to do anything. You are only in charge of your own life. (Most of us have our hands full with that anyway!) And, by extension, the psychic who promises to fix your life with candles, mojo bags, hex powder, floor washes or the like, is assuming that your free will is theirs for the taking.

Prove them wrong!

*(I want to extend a caveat here – there are many honest, talented and dedicated Wiccans and other practicing pagans*
who work with candle rituals, herbs, etc. These good folk are not included in this caution, for the reputable ones will generally show you how to work with such things while teaching you how to engage your will in the matter – not assume that they are going to do everything for you while you pour coins in their purses. In this case, the objects they suggest for use are merely your tools. Your will is still what makes them work.)

RULE SIX: Inappropriate Actions

We’ve gone over some of the lesser of these: psychics trying to sell you services you don’t need, trying to convince you that they, and ONLY they, know the answers to your life’s challenges. But
there are other actions, of a darker and more sinister kind. As another reputable psychic says, a muddy channel will carry muddy water; and as psychics “channel” information to you, make sure they are not muddied by fundamentalist thinking, an overwhelming ego, negative energies regarding their own lives – or just plain amoral greed.

When we talk about inappropriate actions, they can be considered anything where the psychic tries to insinuate his/herself into your life, your finances or your personal information. Examples:

⊙ The psychic tries to convince you that certain monies, items of jewelry or other items of worth are “cursed” and the only way
to “clear” them is for the psychic to take them over for a period (these can include wills, deeds or other legal papers!)

☐ The psychic tries to convince you of some kind of Karmic connection they have with you, and therefore you MUST become their student, or support them, or otherwise wrap your life around theirs.

☐ The psychic tries to convince you that your ways of thinking, religion, beliefs, etc. are damning and that you MUST change them on peril of your soul, and he/she has the only answer that will save you.

☐ The psychic takes advantage of your instability regarding a relationship and “makes moves” on you – this is sexual predation, pure and simple.
You can see where we’re heading... metaphysicians and spiritual intuitives of any repute know that, first and foremost, we are all entitled to our free will. None may take it from us without incurring some serious Karmic debt. So if someone tries to convince you that you’re on the road to perdition, and they’re the only vehicle to take you away from all this – go away, indeed. But from them, under your own power, and immediately.

RULE SEVEN: Connections

Connections are what using a psychic is all about –
connections with your own inner guides, connections with the paths you need for growth, connections with people and things you can trust. The inner connection you forge with a reputable psychic is a valuable one, and one that, in the very best of circumstances, will be of benefit to the psychic as well.

Even if you do everything we’ve discussed above, the last, most important key to choosing your psychic is – how do you feel? If there is a sense of either neutrality – being open to what they say, but not being “invested” in them before the meeting – or a feeling of downright “yes, this is a person I want to connect my energies with” – then it’s a safe bet that your experience with them will good for you. If, at any time before you sit down with them, you feel a twinge of “ehhhh…maybe not” -- HONOR that intuition! Keep looking. There are enough of us out there for you to hit the bull’s eye on
And now, take that connection one step further! If you feel that you’ve been treated fairly by the psychic you’ve chosen – if you feel the information to have been rational, relevant and useful to you – then make connections with your friends. Let them know that you have a psychic you trust and find reputable. Face it: we intuitives don’t advertise on prime time television or radio. Even cable has been taken up by the reality-show types who value fame above all. The best way for us to continue our work is for positive word-of-mouth report to come from our clients. This helps build the bridges of trust all the way around.

This is not, by any means, the last word on how to choose a
psychic – or even the best one. There are other good articles on the Internet, and I highly recommend that you investigate what others have to say on the subject. In the meantime, if you have further questions or comments on the issue, I’d love to hear from you! Be sure to send your observations to my email at corbie@firethroughspirit.com, and head the subject line PSYCHICS 101.

PSYCHICS 102 – How to prepare for a successful psychic session
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In Psychics 101, I spent time discussing what a psychic can and cannot do, how to tell a good one from a bad one, and how you can use the information from a psychic session once you have it.
In Psychics 102, we’re going to give you some hints on how to prepare yourself for a good reading – what questions to ask, what parameters to set and where your mindset should be to have the best and most useful experience, as well as more on how to utilize the information you receive. As in Psychics 101, we have a simple mnemonic, or “word key” that will outline all the steps you need. You’re looking for answers? Use the word ANSWER to keep yourself on target:

- Accept responsibility for your part in the session
- No pop quizzes, no comparisons
- State your intentions clearly
- Widen your horizons
- Evaluate your information

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Respond to the Universe!

Accept responsibility for your part in the session.

It’s the most important thing you can take into any psychic appointment. You are ultimately responsible for your reading, because it’s your attitude that determines whether this will be a useful meeting, or merely an opportunity for a few giggles. This is known as “fluff begets fluff”: if you come into a session expecting nothing, that’s most often what you’ll get.

Why? You have a preconceived notion that nothing the psychic says to you will matter, so you tend to dismiss information as coincidental, or think “someone must have told the psychic” or “they say that to everyone.” And if you’re not focused, we find it
hard to get into what you want to know. It’s like a mother trying to
direct a child who has no interest in the eventual destination, but
finds every reason in the book (and a few new ones) to avoid
getting there. Eventually Mom gives up and takes Junior home,
destination never reached.

The best readings are the ones where you see yourself as
a true co-creator in the process. The more open, interested
and focused you are the better a subject you are for your
intuitive professional – and the better your results will be.

Also: STAY SOBER. I can’t stress this enough. When your
bloodstream is carrying alcohol or drugs, your mental processes get
fuzzy, you can’t concentrate on what is going on – and we’re likely
to pick up what isn’t there on a normal, day to day basis. (Think of
it as psychic pink elephants: the drunk sees them and no one else does. When we read you and you’re under the influence, we’re looking through your mental lenses, and if they’re fogged, we can’t see, either.)

No pop quizzes, no comparisons.

Let’s say you’re an architect. You’re at a first meeting with your new client. You get there, expecting to have an honest and useful give and take, so you can provide good and expert service. But when you arrive, the client sits down and says “You’re an architect. Prove it. Sketch me out the house I want without my telling you anything.” Or you get there and, based on information given, you bring plans for a sustainable house in the country. When
you unroll your blueprints, the client says “You’re not a real architect. Couldn’t you tell I really want a refurbished brownstone?”

Playing “test the psychic” is just as useless – and demeaning to both of you. Giving us incorrect information about your circumstances and expecting us to recognize its fabrication, or saying “tell me something you couldn’t know and I’ll have a reading with you” is like asking us to roll over and fetch! We’re proud of what we do, glad to be in service to the world, and happy to help you – but only if you treat us with the same respect you’d treat any other professional whose services you need.

Part of your pre-appointment responsibility is to check out the psychic ahead of time, either through personal referrals, reading through their testimonial books at a public

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event, or reviewing their website. If you don’t get a good feeling, or are not sure this is the psychic you want to trust with your important questions, don’t go to them. Wait until there is someone whose credentials say enough to you that you’re willing to sit down with them on an honest basis. Not every psychic is right for every person, and we’re aware of that; if we’re not right for you, another intuitive will be at another time.

Some clients feel a need to name drop and compare during a meeting. When you begin by saying you’ve been to (or read) Sylvia Browne, Sonia Choquette, John Edward, James Van Praagh and half the psychics at Lily Dale, and start telling the psychic everything THEY said, it highlights three issues: You’ve looked to an awful lot of psychics for answers and still feel you haven’t gotten
what you need. It lets your psychic know that the information given in the session will be compared on an inequitable basis (was the information gained from these other intuitives in a private session? A gallery event? Something that was read in a book that “sounded” like your situation but wasn’t specifically channeled for you?). And finally, you’re coming into the session with pre-conceived notions, rather than an open mind.

A byproduct of bringing up other psychics’ information in session is that you may derail the intuitive you’re with. In my case, when I am channeling someone’s past lives, I am completely focused on the vision – it runs like a movie in my head. If a client is constantly interrupting with “Madam Hooahah never told me that” or “Swami Swellanda said I’d been with my husband for my past fifty-seven lives” or even “No, I don’t think so” – I lose the reception, lose
the movie, and am pulled abruptly out of the Akashic Records and back to the Here and Now. It’s often difficult to get back to the same book in the Library for you after such a break in communication. The best advice is simply to hear out the psychic, and reserve your questions for a more appropriate point in the reading. Questions are good things – but get all the information on the table first.

*State your intentions clearly.*

How many times have you gone to a psychic, and an hour after the session realized there were a lot of questions you forgot to ask? Saying to us, “just tell me what you see about my future” means that we scan everything ahead. And there’s only so much ground we can cover in a session.

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Therefore, as part of your prep-work, you really need to “know what you want to know.” This is not quite like coming in with preconceived notions; instead, it sets up a structure for the session that is most useful to both you and your intuitive. How do you do that?

First, understand why you are asking for a session. If it’s confusion about direction, that’s one kind of reading. If it’s how to handle the dynamics of a situation and the people involved, that’s a second. If it’s choosing among several options, that’s a third…and so on. When you pinpoint the underlying “kink in the pipeline,” then we know what to pull out of our Psychic Toolbox for you.

Your next job is to outline and prioritize your questions. As my
clients know, I joke about being a “Noo Yawker” and therefore talking very fast – it means our sessions are packed (and it’s why you get a tape or CD, so you can review things later on). Still, if you have a lot of questions about a lot of areas of your life, we might not get to it all in the time allotted. Therefore, decide which subjects are most important (family, work), and then decide the question within the category (will my mother-in-law have to live with us? Is our company going to be merged, and what will that do to my job?).

Finally, specific questions are better than general questions. It’s part of that sub-grouping idea. To use the relocation scenario – if you ask about relocation in general, I may see opportunities in Denver or San Jose. That doesn’t help if your company has positions open in Altoona, Savannah or Houston! If there are definite parameters within which we have to work, tell us. The less
time backtracking because we’re guessing about the immutable factors, the more information we can pack into our time with you.

Widen your horizons.

You wouldn’t be human if you didn’t come into a session with answers you hope to get. (“Please say that Bruce is Mr. Right…tell me that my boss will promote me…you’ve got to predict that my finances are going to get better this year.”). If you want certain answers, and you think they absolutely have to be structured in a certain way, then it makes it impossible to help you get past your challenges.

Resist the urge to “yes, but….” By that I mean if I see that your mother-in-law will be instrumental in helping you get your
down payment for the house you want, don’t say, “But she always gives money to everyone else in the family except us” or “But she’ll make us pay for it with all her carping; she always does when she lends us anything.” This defeats the purpose two ways: you are dismissing the idea that circumstances or people can change. And you’re focusing on the negative. (What we focus on is what we get – a basic Law of Attraction rule!)

If a psychic sees something happening, they won’t necessarily give you all the details, because the situation remains fluid. Leave room for circumstances to unfold in the best way possible (and visualize it that way!). And if a situation looks like it’s going to differ from your expectations, leave room for a changed mind.
When you formulate questions before your session, or you ask questions based on information during the reading, it’s more useful to ask “how” rather than “yes/no.” If you ask “will I get a new job?” and the psychic says “no,” then you have no place to go – and you’ve turned your free will over to the psychic. Neither option does you any good.

A far better question would be “what do I need to do to get a new job?” THEN we have the ability to give you tools with regard to where to look, pitfalls and possibilities, what kind of job you are truly suited for, and who in your circle might help you up the corporate ladder. You get a full toolbox, and you can go out and create your own life. Free will, as I always will remind you, is everything!

Same thing with “will I get into college?” It’s better to ask
“how” – and perhaps list the places to which you’ve applied. Ohio State, Georgia Tech and Lehigh may all admit you – but one may signal that you’d change your major while there, one may be a place you leave after two years, and one may be the doorway to jumping into your chosen career a year early. Make sure you know all your options.

And finally – an answer to a specific question may show you just how absurd your question was in the first place. Laugh; don’t be upset with yourself (or the psychic). We’re on your side.

Evaluate your information.

Even if you’ve been going to the same intuitive for years and you think you know how they read, delayed understanding
is common. And if it’s a first time, then you definitely need time to digest what you’ve been told. It’s why I tell you to always get a tape.

Let’s say you and your daughter are always at loggerheads, and you never get to know what’s going on in her head. What may not make sense to you today (“your daughter will ask you to help her through a personal crisis, and you have to be gentle with her”) becomes crystal clear to you in four months, when a friend of hers dies in a car accident, she’s picked for a semester in Barcelona and she’s never been away from home, or a sports injury means she loses a basketball scholarship to college.

Sometimes you will get what I term a “verification reading.” If I, a stranger (or at least someone who doesn’t interact with you on a
day to day basis) tell you in our session precisely what you were thinking about doing but hadn’t discussed with anyone else – those are your guides and angels giving you the thumbs-up about the accuracy of your thoughts and decisions. If a psychic doesn’t give you a whole bunch of information you don’t already know, it’s because what you know is what you should act upon, plain and simple.

And accept that you may come to your session with all kinds of plans about where you are going to move, and yet the cards or your guides insist on telling you that your fiancé will not be in the picture in another few months’ time. You may want to hear about your children, but the cards discuss your health options. Know that your guides and angels in this case are following the old Rolling Stones’ axiom: “You can’t always get what you want…but you get
what you need.”

**Respond to the Universe.**

Now that you’ve had your session and you have all these new facts and factors to consider – what do you do?

It’s vital that you view the information as neutral. What you do with it determines its usefulness. If you find out that your husband has been keeping some work problems from you, rather than panicking (“why won’t he talk to me? Does he want a divorce? Is he going to lose his job?”) see if you can get some feedback from him. If you ask a question about finances and the Tower shows up in your reading, which generally foresees a crisis or a breakdown of some kind don’t
sit up nights worrying! Make a point of investigating where you stand financially, start your priority list about what’s important to you and what isn’t. See the information as a heads-up that a particular aspect in your life needs attention. And if it turns out that yes, you do lose your house, or your wife leaves you, or you don’t get the job you wanted – remember that none of these have to be disasters forever – or even immediately. Always look at a problem and say “next? Now where do I go?” rather than dwelling on what happened.

(It’s also not uncommon to find out that losing your house means you move to a neighborhood better suited to you and your children… your wife leaving you makes room for your soulmate to walk into your life …and not getting the job you wanted propels you into opening the small business you’ve been dreaming about but

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could never make happen as long as you were comfy in your job security!)

If the information is not what you wanted, resist the impetus to go to another psychic to try and get the answer you want. That doesn’t work, on a couple of levels. If you want to hear something that badly, you will eventually find a psychic who knows that, is less than scrupulous, and tells you what you want to hear, with a “hook” to get you to keep coming to them. You are wasting a whole lot of money looking for what doesn’t exist. And the truthful information you may have gotten eventually gets muddied and forgotten in the process.

Along that train of thought, don’t keep coming back to your psychic month after month hoping the answer will change if you
haven’t worked with the information from your last session with them. We’re not gurus – we’re mentors at best. An honest intuitive will, if you keep coming back for session after session with the same questions, be like a good bartender and cut you off!

And lastly: remember that a psychic and his/her information is a tool for you to use to make your life what you want it to be. We, in and of ourselves, are not the repairman. No matter what we tell you, it’s up to you to make the best life you can with the building blocks that God, your Higher Self and your Guides have lined up for you.

Keep these “ANSWERs” in mind, and every session with your intuitive will be a beneficial one!
If you have further questions or comments on the issue, I’d love to hear from you! Be sure to send your observations to my email at corbie@firethroughspirit.com, and head the subject line PSYCHICS 102.