



How To Prepare

For A Spiritual Session

By Orykl



Know It's Special

A personal spiritual session is a special experience.

Whether you are connecting with higher consciousness to learn more about yourself, answer some deep-seated questions, or help you heal from any emotional or physical discomfort, know that this type of session is here for your highest good.

Enter the experience with an open heart and an open mind.



What To Expect

Understanding what a session entails and how it can assist you is important, but keep in mind that spiritual practitioners tend to have different tools in their toolkit and often mix them to provide the best solution for you at the time. You may also get insights and answers you didn't expect, so it's always good to remain open and trust the process.

Trust that what you need most is waiting to be revealed to you.

Preparation Tips



Arrange to be home alone, or tell others not to disturb you.



Make sure your phone is on silent and away from you.



Sit on a comfy couch or chair, or perhaps lie down if you prefer.



Write down some questions or intentions if necessary.



Be comfy with water and anything else you may need nearby.



Try and listen with your heart more than your head.



RELAX

IN WHICHEVER WAY YOU PREFER, RELAX.

A GUIDED MEDITATION, YOUR OWN MEDITATION, SOME SOULFUL MUSIC, A WALK IN NATURE, A FEW MINUTES OF DEEP BREATHING...

DON'T RUSH.

THE MORE RELAXED YOU ARE, THE BETTER.



Show yourself gratitude

You are an awaking soul.

You have taken responsibility for your own life and you are empowering yourself. We salute, commend and honour you.

Thank you, from all of us at www.orykl.com!