

A sunset scene over a body of water. The sun is a bright, glowing orb in the upper center, casting a shimmering reflection on the water's surface. The sky transitions from a pale yellow near the horizon to a soft blue at the top. The water in the foreground is dark with gentle ripples.

Session Guide

Useful tips

By Orykl



Listen With Your Heart

As you listen, move your awareness from your head to your heart. You may move your hands over your heart and visualise it opening up as you hear what is being said.

Resist The Urge To Analyze

We love analyzing everything. You will have plenty of time for this, but for now, resist the urge to do so, and rather listen with acceptance.





Let The Session Flow

Sometimes, the session is not what we expect and things happen differently. Let yourself flow with it, and see where it takes you.

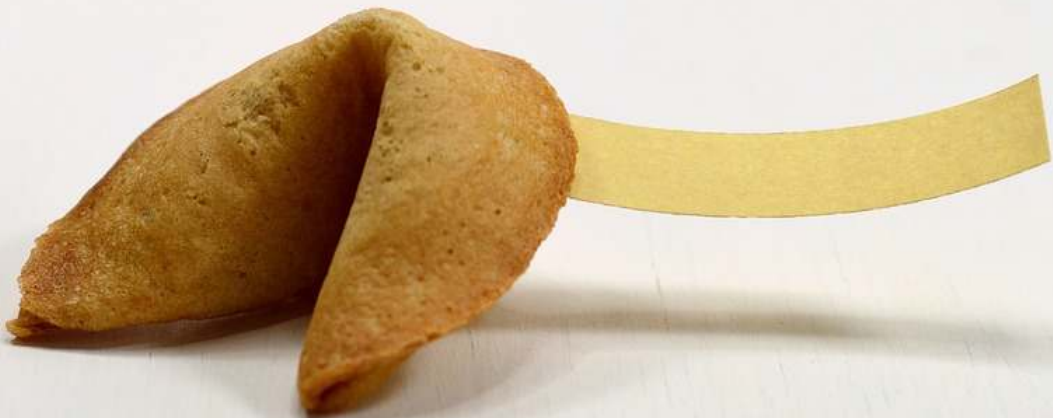
Expect To Look Inside

Sometimes, we would love for others to do the work and sort it out for us. But with spiritual sessions, it is usually about you. Come ready to do the work if you want things to change.



Do Not Expect A Prediction

A spiritual session is not a prediction of your future, nor will a practitioner tell you what to do. They will simply give you the tools so you can empower yourself to do it on your own.



It's Just About You

Sessions are for you, they are not for other people. Practitioners do not answer on behalf of others.





Show yourself gratitude

You are on your journey to becoming a better version of yourself. Well done for taking actionable steps. Be proud of this and thank yourself.