



ANGELA BIXBY

Energy Intuit

Intuitive Consultant, Consciousness Mentor
& Certified Psychic Medium

Reading Guidelines & Preparation:

A session with a psychic medium, intuitive consultant & energy healer will leave you feeling shifted and uplifted in many ways. Preparing for your session is important! I'm thrilled to read for you, and this may affect your life in very positive or profound ways. Give the process your attention please – you are worth it!!

*Sessions are **only** being offered via Zoom Audio or Zoom Video now. I've been doing virtual sessions for ten+ years; this is not something recent due to the pandemic. I won't be going back to in-person readings though, this change is permanent for my practice.

I will record the session for you and email you the link to download after your session. I do not provide tech support beyond this: if you'd like to download your recording to a computer, you should be able to do so directly. If you are downloading to a smartphone – it must be saved to a storage app (dropbox, evernote, etc.). You are paying for my time and the recording is a bonus. Every once in awhile there are issues with Zoom recordings. If you prefer to record your session via your own recording app, feel free. If the recording is lost there is no refund as you are paying for my time and the guidance channeled through from spirit.

****Cancellation policy: 24 hours notice is required for a cancellation or re-schedule in either direction. If you don't contact me and don't show up for your session, I will wait 10 minutes**

on the line and then the session will be forfeited. This means any fee or opportunity for a discount are forfeited for the session as well.

Preparation:

- **Prepare questions – 5-8 for a 30 minute reading and 10-15 for a 60 minute reading.** If you are attending a virtual psychic party where less time is allotted to you, scale your number of questions accordingly.

Questions can be about past lives, dreams, spirit guides, soul's purpose and all of your humanly concerns about the present and future. If you'd like to talk with a dead person, I will need their first name and who they were (in relation) to you. I don't allow spirits to walk into your session without your stating whom you would like to work with, for myriad reasons. **I don't do cold readings.** This is one of the things that sets me apart from some other readers. I'm interested in supporting you, by illuminating the areas that are your source of curiosity. The unseen realms are always ready to support us – we need to demonstrate our free will/ask for their assistance. You demonstrate your empowered, free will by posing questions to the unseen realms, through me.

Phrase questions as openly as possible – and know that I'll re-word as necessary in the session. An example of how to phrase in an empowered way: 'Is it in my highest good to leave this situation?' A disempowered example would be, 'Should I leave this situation?' When we use the phrase 'should' we are asking permission for our life choices, from the unseen realms. This is a no-no in the spiritual world. A relationship question example: What does the energy look like between me and So & So?

- **Get yourself grounded.** This can be achieved in many ways! Breathe. Wiggle your toes in your shoes. Have a snack. Sit in nature for a few minutes, etc. Here are some more ideas: <https://energyintuit.com/grounding-as-a-daily-practice/>
- **No drugs or alcohol please,** prior to the session. Prescription medications are no problem! Please don't arrive under-the-influence as this can affect the reading and the reader.
- You are free to **record your session** and it is recommended. Often much information comes through, in many ways that you'll catch -- upon listening to the session after-the-fact. Reminder -- I am recording on the zoom line, for you! Of course you are welcome to take notes as well. **See above about Zoom recordings, thanks.
- **Other people?** It's your reading. If you'd like to bring someone in with you – that is your call. It isn't a problem for me in my reading process.
- **I do not** split readings between people. While you are welcome to have someone be present in your reading, if they want questions answered then you would each schedule a half hour or an hour individually/or back-to-back.

- Keep an open mind! Readings are often like playing charades with spirit. It's a smells-like, sounds-like, looks-like type process. It is dynamic and conversational. The more detail we raise, often the more detailed the responses.
- I tend to specialize in **details!** The more detailed the background and questions, the more detailed the responses.

Afterwards: • **Allow the reading to filter into your being.** Some things may make more sense, the less that you think about them. I receive many follow-up messages stating Ahas! that occurred 1 hour, 1 day, 1 week after a reading.

- **Hydrate!** Drink water to keep energy moving. When you have a reading, energy is moved through subtle and physical energy bodies. Replenish and keep things flowing.
- If you loved your session, please **leave a review** on Yelp or Facebook for others to hear of your excellent experience! (Thanks in advance!)

Energy Healing Session tips:

- **Set an intention** or a focal point for your session. No need to prepare questions unless you are having a combo session of a reading + a healing. If you are having a healing – **please follow everything above except the question prep.**

More to know/PS:

- Clients have reported a sense of having had their energy surfed
- Most clients feel light, uplifted and positive
- Many people report feeling grounded, clear and energized.
- The experience is a very individual one.
- Spirit & Psychic messages, as brought through in your reading often speak in metaphor or symbol. As you digest the session bear this in mind. My having viewed you in a car may mean seeing you in a transition period, as opposed to literally being in a car. And it can be literal too!
 - Spirit does not operate with the concept of time, as we humans do. It's a human construct and therefore can be inexact in the spirit and energetic realms. Please take any offered timeframes, with a grain-of-salt, as the saying goes. The biggest determinant of our futures are

the choices that we make every day, our free will. These choices alter and affect future possibilities, potentialities, and outcomes.

- There will be no clarifications on a reading, after the reading. Get any questions clarified during the session! **I will not continue your reading in text or email after the session, fyi. Thanks in advance for respecting that the session time stays in the session time.
- **When might I have my next session?** This is a very personal question and I don't decide this for you. You may want to come once a year, or a few times a month if you are moving through something powerful and complex. Your own instincts are your best guide here.

***Angela is neither a licensed mental health therapist nor a medical professional. She in no way diagnoses people in any clinical capacity. She will refer you to an appropriate clinical professional as needed. Angela is not a financial planner nor a lawyer. In spite of channeled guidance – no legal, financial, health or general life decision outcomes are guaranteed. By reading these guidelines and booking a session with Angela – you are agreeing to hold Angela Bixby and Energy Intuit harmless from any liabilities associated with your personal decisions. Angela does not make life decisions for people. Angela is offering spiritual consulting services only.