



Medical Intuition: How to Set Yourself Up for a Successful Reading

Note:

Make certain you listen to The Voice of Intuition Podcast, Episode #44 which offers additional perspectives: <https://podcasts.apple.com/ae/podcast/the-voice-of-intuition-podcast/id1508373782>

Giving a detailed medical intuitive reading takes practice. It involves connecting with the person seeking the reading in a compassionate, warm, and empathetic manner.

Remember, medical intuition is not a replacement for professional medical advice, and it's essential to approach the reading with sensitivity and respect.

Here are step-by-step instructions to provide a Medical Intuitive reading with kindness, clarity, accuracy and compassion:

Step 1: Prepare Your Space

Choose a quiet and comfortable space where you won't be interrupted during the reading. Ensure the environment is calming and conducive to relaxation. Dim the lights, if possible.

Some people like to play soft, soothing background music. It is a personal choice, based on your knowledge of your intuitive strength, comfort level, and the time-tested accuracy of your intuitive skills.

Personally, I do not play music, when conducting a medical intuitive assessment (reading), and this is why.

The client's body will be speaking to you and you will be listening and speaking with it. Distractions, like music, may or may not support your ability to gather all the information supplied.

Any sounds, music, dryers, washing machines, radios, tV's etc., are all off when I'm in session. I keep the office space quiet.

For empaths, you'll need to feel subtle signals. Sounds can stimulate your nervous system and yours and mine instinct is to literally lean toward the direction of the sound. Not the best use of you time or skills to try and spit what you feel with external noise.

For those who are auditory, no need to have addition sounds. Your ears and nervous system will need to weed through to any noise to clearly hear your client's body.

Visionaries and those who are intuitive cognizant, you must assess through a straight of focus to not be distracted. Sounds can distort a vision, by adding a sound to the image, which is not part of its structure. The same is true for intuitive cognizants; you need to assess various structure from a knowing point of view. Clarity wins, every time.

Step 2: Center Yourself

Take a few deep breaths to center yourself and clear your mind. Let go of any distractions or personal concerns to create a focused and receptive mindset. You may want to practice some mindfulness or other meditation techniques beforehand.

Step 3: Connect with Empathy

Before you begin the reading, remind yourself to approach the individual seeking the reading with empathy and non-judgment. Imagine sending them a warm and comforting energy.

Step 4: Establish a Connection

If you're conducting an in-person reading, sit face-to-face with the person. If it's a remote session, use video chat or phone to communicate. Greet them warmly, using their name to personalize the experience.

Step 5: Ask for Permission

Request their consent to proceed with the medical intuitive reading. Respect their decision if they're not comfortable or decline. Ensure they understand that this is not a substitute for professional medical advice, and they should always consult a healthcare professional. (If you are a medical professional; follow your professional code of ethics.)

Step 6: Set the Intention

State your intention clearly. Let them know that you are using your intuitive abilities to provide insights into their well-being. Assure them that your intention is to support and empower them on their health journey.

Step 7: Grounding and Protection

Ground yourself and visualize a protective shield around both you and the person receiving the reading. This step can help maintain a clear and safe energy connection.

Step 8: Intuitive Observations and Reading

Begin the reading by gently tuning into the person's energy. Allow your intuition to provide insights into their physical, emotional, and spiritual state. Pay attention to any impressions, sensations, images, or feelings that come to you.

If you understand organ systems, or are drawn to them, make note of the information you receive.

Sometimes, people's skills are more suited to emotional contributions to a wellness issue.

At times, others are more attuned to a person's energy and energy systems or the spiritual components to a physical cause.

In other instances, some intuitives can accurately read — the body, emotions, energy and soul-level information.

Begin where your intuitive skills and gifts are the strongest.

NOTE: Medical intuitives, should use the term when they can use their intuition to accurately assess the structures of the human anatomy and physiology.

Step 9: Use Gentle Language

When communicating the information you receive, use gentle language and avoid making alarming or definitive statements.

Frame your observations with compassion and sensitivity.

For example, instead of saying, "You have a serious health issue," you could say, "I'm sensing there might be some areas of concern that may benefit from further attention from your. (Then name the appropriate health care provider for them to consider.)"

Step 10: Encourage Self-Care

While offering insights, emphasize the importance of self-care, stress reduction, and a healthy lifestyle. Encourage them to seek professional medical advice for any specific health concerns you mention.

Step 11: Answer Questions

Allow the person to ask questions or seek clarification on any information you've provided. Be open and honest in your responses, and remember to maintain the warm and caring tone throughout the conversation.

If you don't know or don't receive any intuitive information to answer their question, never make anything up. That's super high risk and unprofessional. Do not go out on a false spiritual limb and say a disincarnate spirit told you to say it.

I understand, guidance comes for all places; however, be clear and strong in your answers. It's okay if you don't know everything.

You are responsible for every word you say. Be mindful and kind.

Step 12: Offer Support and Follow-Up

Conclude the reading by expressing your support for their well-being journey. Offer any additional resources or tools that might help them further, such as books, articles, or mindfulness practices.

If they wish, you can schedule a follow-up session to check on their progress and provide continued support.

Note: When clients ask me when they should reschedule or what would be a good length of time to speak with me again. I always suggest to them, “You will know if and when. I will be here for you.”

Step 13: Ground and Disconnect

After the reading, take a moment to ground yourself and disconnect from their energy. Release any residual emotions or energy you might have absorbed during the session through meditation, gentle exercise, a shower, etc. You’ll intuitively know what to do.

Step 14: Reflect and Learn

Take time to reflect on the experience and any feedback you receive. Learn from each reading to enhance your intuitive abilities and compassionate approach for future sessions.

Remember, each person is unique, and your intuitive readings should always be delivered with kindness, understanding, and a genuine desire to help others on their healing journey.

You’ve got this!

With Love,

Laura