

# How to Give and Receive an Intuitive Reading

By Alana Kay

[www.alanakay.com](http://www.alanakay.com)

Copyright ©2021

Alana Kay

Violet Phoenix Publishing, Maui, Hawaii 96768

Smashwords Version

Other books by Alana Kay:

Heaven is Here: Our Ascent into the Fifth Dimension

144,000 Points of Light: The Resurrection of the Legions of Archangel Michael

Wishing on Your Own Star

Intuitive Development for the Soul Centered Life

Living in The Vortex

Ascension Through the 12 Aspects of Christ Consciousness

(Please Note: The author does not dispense medical advice or offer life decisions. This is a booklet about how to find your own center of power and knowledge. Nothing in this booklet should be construed as a directive. It is merely the sharing of experience and knowledge. The responsibility for use of any of the features contained herein is the reader's responsibility)

It is time!!

At this time, the old energy has completely lost its power and the new energy of the planet is pushing us to our highest function. We moved through the old energy by karmic connections and karmic resolution. We move through the new energy by intuition and alignment with the co-creative function.

Intuitive reading is a very dynamic science and is still in its fledgling stage. Throughout time, there have been legitimate intuitive channels as well as illegitimate intuitive channels. Don't let this discourage you from embracing your personal development of this life changing skill set. It can be misunderstood and misused as is true with anything else that we have in our arsenal.

Once we open to intuition, we open to both familiar and unfamiliar energies. The process we go through initially is learning the discernment of energies. This is why one must be patient and practice to learn how to navigate using intuition. We may use it to get answers at intervals, we may be aligned with it at all times (once practiced and polished) and we may use it to navigate every step of our lives in order to be in the flow of our soul and the higher realms.

We are designed to be intuitive beings, but we have been trained away from it for many reasons. I believe that one of our greatest stresses in life comes from our lack of connection to clear communication with Source/God/Soul. I am not talking about the old-fashioned gut instincts, which may or may not be based on past imprinting; I am talking about clear, concise and accurate information from the higher realms.

Wouldn't it be nice to know what your nutritional deficiencies are without going to a doctor? How about understanding why you can't stop arguing with your spouse about money? Wouldn't it make your life easier if you could make a solid decision

between being a lawyer or an artist? There is guidance available to help you. Your higher self knows best and until you are able to clearly listen and follow your soul, readers and oracle cards are available and actually do a pretty good job of helping people get unstuck.

Before you seek a professional intuitive, I would like to emphasize that the development of your own intuition should take priority over your desire to seek outside for answers. You can't be running to the neighborhood seer every time you feel uncomfortable, just as you would not want to go to the doctor for every bump and scratch. But when you have done all that you can (I will help you understand how to DO all you can) and need help with clarity, it may be time to seek a professional. Professionals will be around until others are able to return to their instinctual selves.

### Conducting your own reading:

In order to conduct your own reading, you will have to practice neutrality. You will need to connect with your breathing and you will need to still your mind. As soon as you ask the Universe a question, many things will come in to help. We must be in a state of asking in order to gain wisdom. The Universe loves this.

When we are in our heads, we are picking up the thinking of others we are close to or re-playing old tapes of our own creation. You must know this. Our brain only has the ability to know what it has accumulated throughout our current lifetime. It does not have intuitive answers, which are always going to be different from what is in our brain. The heart center is connected to the unified field. Intuition taps into the unmanifested. What comes from the unmanifested or the unified field is always for the highest and best outcome.

*We don't want our fears and negativity to become self-fulfilling prophecies.*

Always know with whom you are communicating. It is not wise to take dramatic action when you begin to follow guidance. Sometimes supposed guidance is coming from the astral planes. Your soul guides you through the process of developing intuition. It will begin with the small things in life.

If the ideas or answers come in the form of a 'knowing' or it sounds like your own voice – it is coming from your higher self. This is actually the most likely guidance you will hear. When Angels or Masters communicate with us, it feels like an infusion of highly charged energy and it comes in blips. If the presence gives you goose bumps, it is coming from the lower or astral realms and try to release it – don't let it come into your space. The answer may not come right away and may also come from a book opening or even a stranger. Spirit also communicates with us through symbols and numbers.

The tingling of the crown of the head or a spiritual rush is an opening to the higher realms and should not be confused with chicken skin. Chicken skin comes from an infusion of astral energies.

In the higher frequencies, we meet with Archangels and Ascended Masters. We will also meet with our guardians. Our higher self is always connected to this realm.

I need to clarify at this point that Archangels are omnipresent – meaning their energy permeates all of creation. They are not individualized beings who present themselves to you (unless your mind chooses to see them this way). Care must

be taken when communicating with angels because they could be trickster energies.

Exceptional care MUST be taken to be aware of vibrations and planes of consciousness for many reasons.

We all have different ways of understanding spirit communication. It may come to you in a picture or it may come as words. You may open a book or turn on the television and recognize the answer in some obscure way. Someone may initiate a conversation and say just the right thing. *The higher you are vibrating, the clearer and more healing the answer will be.* The more detached you are, the more profound the answer will be. The more attuned you are, the more you will recognize the highest truth because you will feel a resonance or increase in energy and clarity

### Reading for another person:

Regardless of your experience, if you have the right intentions, you can “hold space” for another person. This requires that you follow all of the above advice and focus particularly on being neutral. This is how you hold space for someone else. It is an interesting phenomenon where the energies of two individuals serve a higher purpose simply because they have the same intention.

### Consulting a professional:

As I mentioned, this science is in its fledgling stages. There are many different types of readers functioning at many different levels. You will likely gravitate to a reader who is in a similar frequency as yourself, so raise your vibration to the

highest level you are able. Breathe and clear your energy to the best of your ability and try to center in your heart center and ask to be guided to a reader that will help you in the best fashion.

Our ability to sense the subtle realms is the same as a radio tuner's capacity to log onto a station. If a person or reader is vibrating low, they will pick up energies in the denser fields. If the person or reader is vibrating high – meaning that they are aligned with higher consciousness, having developed a large heart chakra and a clear mind- they will be able to tune into the higher frequencies. A reader is only as proficient as the energy they are aligned with. Love is the highest frequency. If they seem angry and agitated, etc. I don't advise seeking a session with them.

It is a good idea to prepare by trying to calm your self down and center as best as possible by saying prayers and affirmations and practicing gentle breathing. Meditating on a candle or listening to meditative music helps. Our vibration will also affect the reading. Depending on how proficient your reader is, it is possible that he or she will be in his or her heart space and will be able to hold space for you and help you come back to center as well.

It is best to come to the table with at least an idea of what the answer to our query might be. That way, when we receive a well-qualified answer, it will resonate with our inner being.

*What to expect and why it works for the highest and best outcome:*

The Akashic records have the history of our lifetimes and our karmic relationships. These records are accessed via the higher realms and only certain readers have access. The reader has to have demonstrated a high level

responsibility in this lifetime and prior lifetimes in order to peer into them. One also has to be proven to be pure of heart and intention.

Most often, difficulties and karma are repeated throughout lifetimes. The issues can be very deep seated and elusive. For instance, there may be a child who is terribly defiant with the parent because the child has been a parent to his or her own parent in previous lifetimes. This is something that is so deep seated in the sub-conscious that it almost cannot be accessed with any method other than keen intuition.

A reader may also be able to identify energetic issues and deep seated subconscious triggers that have formed over their client's current lifetime. This includes patterning that came from another's misguided programming, expectations and projections. As we grow, we have a strong tendency to be imprinted, especially by those in authority. We carry the information from our past imprinting in our chakras and in our cell memory.

A good intuitive reader does not share his or her client's stories or look down on their clients. I suggest having some interaction with your prospective reader before you lay down your payment. Feel the individual out and check their vibe and their attitude toward you. If you feel comfortable with the reader, here are some tips for enhancing the reader's ability to provide accurate information for you:

Engage in some small talk when you first sit down. This will put both of you at ease and establish a communication style. Be still and try to focus on your breathing and allow yourself to be open to new information and guidance. The quality of your reading will have a great deal to do with how open you are.

Be aware that when you are getting a reading, very often you are in each other's aura or personal space. Sometimes we mesh with people when we are communicating. Unless the reader is trying to mesh with you, it is best to 'stand back' energetically and give the reader space. They do best when they are able to communicate with their guides. Don't try to influence or guess the outcome., because this may interfere with the accuracy of the reading. In the case that the reader is meshing a bit with you, that could be that their soul is trying to provide you with some healing energy. If you are open to receive it, you will receive it.

Don't give your reader so much information that you interfere with their ability to be neutral, and at the same time, don't hold back vital information. You are paying for your time, so you don't want to waste it by testing him or her and having them fish for things. It is best not to waste time by saying too much. As soon as you see that the reader is acknowledging that they understand what you are seeking – noticing that they are agreeing or nodding their head – pass the baton to them. Readers receive information very quickly and they need to grab onto the stream of information as it comes in to them. Too much talking may interfere with the process. They will be glad to give you all the info they are getting, so let it flow.

Finally, take the information you receive from the reader with a grain of salt if it does not resonate with you and your situation. They are not always perfect and sometimes the information they give you is something you can use in the future. Either way, it is best to assimilate the insights they give you when it resonates with what you have already worked out on your own. Sometimes your reader will tell you something you don't want to hear and that does not have anything to do with resonance – it may be a reflection of resistance.



In the end, intuitive guidance is much like a medical examination and the effectiveness lies in one's ability to communicate with the practitioner and implement what is needed for health and peace of mind.

In the end, the connection between the reader and the querent will greatly affect the accuracy and the outcome of the information derived and transmitted.

Finally, an intuitive reading is NOT intended to predict the future. It is a tool to handle the details of the present moment and help us move to the next step in our lives.

With Love,

Alana Kay

There are free meditations on my website. [www.alanakay.com](http://www.alanakay.com). There is also an embedded player for my shows on Blogtalk Radio.

Other books and booklets by Alana Kay:

(More information on [www.violetphoenixpublishing.com](http://www.violetphoenixpublishing.com))

Heaven is Here, Our Ascent into the Fifth Dimension

Available as softcover and as an eBook

This is a very uplifting compilation of necessary spiritual knowledge for implementation of a higher vibrating lifestyle.

## Ascension Through the Twelve Aspects of Christ Consciousness

This booklet is available as a soft cover and as an ebook.

## 144,000 Points of Light: The Resurrection of the Legions of Archangel Michael

Available as a softcover and as an ebook

A guidebook and tools specifically helpful to the oldest soul group on the planet.

## Wishing On Your Own Star: Your Soul is Calling

Available as a softcover and as an ebook

Integral concepts and steps to aligning with your higher identity.

## Living in the Vortex

Available as an ebook

How to stand in your present moment of co-creation.

## Intuitive Development for the Soul Centered Life

Available as an ebook

## Bonus Material

## Meditation Made Simple

Meditation is a state of mind where we have allowed the brain to slow down to the level of theta and we have also brought our consciousness awareness to our center. The Latin root medi means middle. The words meditate and medium come to mind as these are words we use to describe someone who is bridging the spiritual and the physical by being aware of both of them at the same time. They have achieved a state of being in the middle or in between. In time many

people will come to value this optimal positioning as a way of life. This disposition, when embraced by many will restore our planet to a state of Heaven on Earth because this is in essence what we are doing when we bridge the two planes. You have heard the expression, as above, so below. This is how we bring the heavenly state or the un-manifested into physical being.

The meditative state may also be called the hypnogogic state. This is not an altered state, nor is it an escape or out of body experience. Quite the contrary, we are designed to rest in the middle between higher and lower consciousness. This is the place that is often described as the vortex or the center and is the place where we bring higher intelligence into the physical world. This state may also be called the place of co-creation. Co-creation is the act of tapping into the vortex of creation and it is the place where all creative genius is born. It is also the place where we receive answers and divine guidance. In this space, we bring into physical form, that which is received in a state of cooperative synergy between the physical and the spiritual sides of life.

Because of the fast paced, highly demanding environment most of us live in, we have trained ourselves to become overly focused on the physical. As I mentioned, we are really designed to straddle both worlds, but we have not been taught how to do this. Because many of us have exhausted ourselves by trying to live unilaterally, we are feeling an undeniable pull to the spiritual because our being always seeks balance.

What happens when our brain cycles are moving too quickly is that it gets caught up in its own frenetic conversation or story. Too much activity and the brain just makes us shut down or even worse, it makes us want to lash out at someone or something. The brain becomes useless when it is rushing too quickly and is not

able to retrieve knowledge or stored information, including rational thought. Rapid brain activity also creates rushes of excitement and adrenalin, creating a form of addiction that has side effects and eventually fails to support us. Overuse on a continual basis will cause chronic mental fog and physical fatigue.

What we experience in the world then, is a clashing of agendas. Conflict is the result of people getting caught up in the mind, experiencing rapid-fire impulses of a non-descript nature, and the eventual collision with others in the same state.

Imagine a world where everybody is in a much more relaxed, co-operative state of mind, centered in their divine instincts, taking advantage of co-creation and divine timing to move through their lives. When you meditate, not only do you benefit your mind and your body, you add to the good in the world by living in energetic integrity. When we are in this space, we bring a high level of wisdom and peace to all situations.

The spiritual side of creation is life giving and always flowing. If we stay tapped into the vortex of creation, we can enjoy a much more fruitful and healthy life. I believe that once we learn how to be in a meditative state, we may also learn how to live our lives fully anchored in both spheres of consciousness. The theta brain wave state is optimal for synching our instincts and actions and can be maintained throughout all of our waking hours, but this takes practice. When the brain cycles are slowed down, they move efficiently through the mass of information that is stored in our brain and operate in the proper mode for the co-creative state.

In the meantime, I suggest that you set aside one half hour, two times a day to become accustomed to this perspective. Once you become comfortable with it,

you may start to integrate it into your daily life, all the while being careful to make sure that you have your feet solidly planted on the ground. If properly aligned, you will experience a perspective shift. The things of life will initially seem like a beautiful dream and in time, you will not be able to live any other way.

Until you are able to return to a more peaceful state of mind with great ease, I suggest that you prepare your self for meditation. Start by putting on some peaceful music. You definitely want to set aside everything you think you may need to worry about. You could write all of the things that you are toiling over on a piece of paper. This gives the mind the feeling that it is still keeping track of everything, while letting go of it for a period of time. If you have other ways of letting go of issues, please go ahead and use them. Either way, I suggest you prepare yourself by winding down and letting go gradually. When you feel like you are ready, it is time to let go of the outer world and join with your inner world, which has always been there and always will be. While you are focusing on your center, you will still hear the outer world, but it will not take your full attention off of your inner space.

When we meditate or move into a state of balance between the outer and inner worlds, we have to intentionally slow down our brain cycles. This begins to happen as soon as we focus on our center. At the same time, Then we have to intentionally let go of mental distractions, such as problems, plans, the past and the future, and conversations with others. We also make sure that our teeth are not touching and we must release tension in our jaw. Mental engagement, heightened brain activity and physical tension work together to keep us distracted.

If you are not able to slow down your brain cycles with practice, you may want to use sound equipment that is designed for this purpose.

Our center is literally in the center of our physical body. Our center of being is accessed through focusing on the breath. Our breath is the physical manifestation of our soul and it rests in our feeling center, which lies between the solar plexus chakra around our belly and goes up to our throat chakra. It is desirable to feel your breath fill this whole area as though it is a big vessel.

If you find yourself wanting to go to sleep when you slow down, I suggest that you trust yourself and allow yourself to go to sleep for a bit. Hopefully, you will only take a brief power nap, after which you may resume your work on balancing the spheres. Perhaps your brain was over-worked and needed a rest first. It may also be that you are not accustomed to this state and need to allow yourself to get used to it over a period of time.

Otherwise, simply focus on your gentle breathing and feel the life-giving nature of the vortex. With each gentle cleansing breath, you are filling up your feeling center and clearing out the clutter. By doing this, you are literally becoming more aligned with your soul. I don't feel that there is a specific way to sit or a specific way to breath. Just make it comfortable and make it gentle. As you move deeper into your meditative state, you should feel the heaviness and cacophony of your head diminishing while you are simultaneously beginning to feel the glow and warmth of your inner space.

It is important that you don't expect anything to happen while you do this. If you feel nothing but inner peace, you have achieved an important step. As soon as you expect something, you have interfered with the process of alignment. In the

early stages of learning to slow down, you should expect nothing but to feel bathed in the energy of your inner light. As a matter of fact, until you are practiced at this you will probably not have any big epiphanies. This is perfectly OK. You will, however, benefit from the rest you are giving your brain as well as the receiving of high vibrating energy through your feeling center. This is your source.

When you first begin to slow down your mental processing, your brain is able to re-arrange itself and reprogram the way it functions. It is programmed to organize and de-clutter, so as long as we don't interfere by over-using it, the new normal will set in over time. In time you will develop a genius brain that is very well organized and has great retrieval and storage function.

Not only is the practice of meditation life-changing, it is a great way to recharge during the day.

Be patient with yourself and Love your soul.

Contact Alana Kay: [Alana@alanakay.com](mailto:Alana@alanakay.com)

Website: [www.alanakay.com](http://www.alanakay.com)

Violet Phoenix Publishing, Maui, Hawaii

Alana Kay is available for classes and workshops.