

How to Get a Kick-Ass Psychic Reading

By Lisa, The Punk Rock Psychic™

(1st Edition, eBook version)

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INTRODUCTION

Have you ever wondered how to find a good psychic reader?

Do you want some help in navigating the psychic world as a consumer?

If so, keep reading...

I'm Lisa, the Punk Rock Psychic™ Glad to meet you!



(Photo Credit: Kathleen Lane)

I'm a professional psychic. My website is <http://punkrockpsychic.com/>

I've been psychic all of my life, giving readings for many years. I've been "out there" giving readings professionally though since 2005, and I've been involved in the healing arts since 1998.

I've also received plenty of psychic readings as a consumer. Some were very good and some, not so good. So, I'm in a unique position to give you some sound advice on how to shop for a psychic and how to get a kick-ass psychic reading.

First off, notice that I didn't say "Ass-Kicking Psychic Reading." Chances are, you don't want someone to tell you how to live your life. You just probably need some guidance so that you're better equipped to make the best decisions for you. Ultimately, only you know what is best for you!

If you're going through a lot of changes or challenges right now, you probably don't need a psychic to be abrasive or insensitive towards you.

Most likely, you would like an honest psychic who will give you some practical, useful advice. Although I'm rather punk rock in philosophy and attitude, I'm a big believer in empowering you with **loving** guidance from the divine.

This mini eBook is about how to select an ethical, professional psychic reader, along with giving you some advice on how to make the most out of your psychic reading.

These are simple, practical, common sense tips. I share them in the spirit of helping you so that you get high value for your hard-earned money. Also, I am here to help you to save some time in shopping for a psychic.

(Note: Speaking of saving time, I have shared these tips in a list format for ease of reading so that you can get the information you need quickly because I know that you're busy.)

SO, HOW DO YOU SHOP FOR A PSYCHIC READER?

Some general guidelines

- On the Internet, there are literally millions of listings of psychics offering their services. It can be daunting to pick the best psychic reader for you. Take your time shopping around!
- Be sure to find a psychic who resonates with you. You have to be drawn to them for whatever reason it is for YOU.
- With so much technology today, there are all kinds of psychic readings available through various formats: phone, instant messaging, email, or the like. If you prefer an in-person reading, be sure to honor your needs, but do not necessarily feel like this is the only good way to get a kick-ass reading. A true psychic will be able to read energies, which can be done at a distance. So, it's not necessary for you to be in the same room as the psychic in order to get an effective, accurate reading.
- A note on expensive or famous psychics: When a psychic is super pricey or well-known, it does not necessarily mean you will receive a good reading from them. There are good psychics in every price range and level of popularity.
- Ask for referrals from family and friends. Ask the people that you know if they have had a good psychic reading. Get the psychic's contact information. But, still check it out to see if the psychic really resonates with you. Be wary of any grandiose claims or promises. Use the same common sense that you would use in shopping for any other service or product.
- Psychics usually are open about answering any questions that you might have about their work prior to you getting a reading. If a psychic is not willing to talk to you beforehand, he or she may not be the right psychic for you. In modern times, there is no reason to have a shroud of mystery around the psychic world. Look elsewhere for a psychic if he or she tells you about a world of mystery that only he or she understands.
- Check out your local metaphysical magazine for advertisements. Check out the psychic's websites or call them on the phone for more details on their style, pricing, availability, and methods. Read on-line reviews (if available) of several local or national psychics for comparison.

- Check out your local metaphysical stores for psychic readers. Sometimes, readers work at these stores. Or, the stores will have guest readers from time to time. Also, local psychics often put their business cards at the stores as a way to market themselves.
- Check out holistic or psychic festivals for a short, affordable reading. Or, pick up some of their business cards and check them out on-line, deciding later whether to receive a reading. Sometimes, festivals can be noisy or busy. Take this into consideration. So, you might wish to get a reading at a quieter time by making an appointment with a psychic for a later date.
- Check out psychics on-line who offer readings by the minute. You often can get shorter readings and it's less of an investment before committing to a longer session. Some psychics work for psychic phone hotlines. Others will sign up using a service that collects the funds and keeps both parties' phone numbers private. Psychic hotlines have received a bad rap in the past due to their unethical practices. Again, be careful in making your choice. Do not allow anyone to keep you on the phone longer than you desire. Also, be sure to only work with hotlines that are honest about their fees up front. There should not be any attempts to confuse, hassle, or take advantage of you financially.

Select a loving, professional psychic reader

- Select a psychic reader who is optimistic and empowering. Talking to the psychic ideally should be an uplifting, positive experience for you. It should not be “doom and gloom” because that is so *old school*. New school or new generation psychics are about relaying **positive, loving** information to you that helps you on your path!
- Gone are the days of paying a psychic a large sum of money to remove a curse. (If you ever encounter this, report it to the proper authorities because it's just so unacceptable and unethical! And, if you just say a prayer/invocation, light a candle, or call on a divine helper that you resonate with, you can remove negativity from your life. It's easy, effortless, and free to do so!)
- When the psychic reading ends, you should feel good about yourself and your life direction, including feeling hopeful about the future.
- Blocks or challenges from your life come through in a reading, they should be framed in a positive light. There are very few challenges in life that cannot be overcome with the right tools or mindset. When you get a kick-ass reading, you will often be referred to things or practitioners that might help your situation. Of course, these have to resonate with you, but often, they get you started on the right path for YOU.
- Some general tips on psychic professionalism:
 - 1) The session about you and your needs, not the reader's life.
 - 2) Expect to be treated kindly and respectfully by the psychic.

- 3) If something does not feel right to you, it probably is not right.
- 4) All of your information should be held confidential, unless local laws say otherwise (some localities require crimes or abuse to be reported.)
- 5) A professional, ethical psychic will honor your free will.

Select an ethical psychic reader

•Ethical psychic readers do not tell you that you have to pay them to remove curses or bad luck or bad vibes. I know that I mentioned this previously, but it's very important to remember!

•Ethical psychic readers empower you to create your own life and make the best decisions for yourself. No one can make your decisions for you. A psychic reading is **just one step** in your information gathering or research process towards you gaining clarity in making your decisions.

•An ethical psychic reader does not give you unsolicited advice, telling you what to do. Again, your free will is honored.

•Keep in mind when you see advertising for psychics, whether it's the print or on-line variety:

- You can check out their credentials or certifications for validity.

- Watch the grandiose claims such as “internationally known” or “100 percent accurate” or “10th generation psychic.” These are just marketing gimmicks.

- Watch the name-droppers who have read for celebrities, using it to gain credibility. Honestly, who cares if the psychic has read for so-and-so-famous-person or so-and-so-famous-person's housekeeper--or dog? ☺

Be mindful of the future

•You have free will to make decisions that are best for you. The psychic should honor your free will. (Yes, I said this before repeatedly, but it is important, so this is why I'm reiterating it!)

•The future is not set in stone. (This is my belief anyway.) A wise teacher once said that the best way to know the future is to create it. Do not feel like you have no options in life. You have a multitude of options. Learn about how to use the universal laws like the law of attraction to create your own reality. Explore all of your options. Keep on seeking the answers you need. Do not stop seeking your higher truth or solutions that you require. You will get there!

•Just because a psychic tells you something will happen, it doesn't mean it will. If you adjust the way you think, feel, or act, you can shift your future. You're creating your future right now with your current ways of thinking, feeling, and living. An empowering

psychic will tell you about your possibilities given your current choices and energies. That is all a reading really is—a snapshot of your current energies and choices. It is really up to you to decide what you do with the information or situation. Just remember that your current situation is the result of your past thoughts and feelings. You can change your present and future by being more positive *right now!*

Sift through the jargon

- There is a huge variety when it comes to what psychics call themselves and their work. If you're not familiar with their techniques or tools, be sure to ask for clarifications, so that you can get the type of reading you really want.
- Some psychics are born “psychic,” and some are made (via study or self-development). Neither is superior. They are just **different** paths.
- Some psychics have other modalities (methods of facilitating healing) that they have studied such as massage therapy, psychology, social work, hypnotherapy, aromatherapy, life coaching, etc. Some will combine the tools in your session. Other times, these tools are not brought into your session because the psychic keeps their scopes of practice separate due to ethical reasons. Be sure to ask about psychic's other scopes of practice if they are advertising themselves with so many credentials. You might not desire to have counseling or healing in your session. I myself consider psychic readings to be a method of healing (because I desire to help you), but each reader has a different philosophy. Be sure to pick a psychic that has a philosophy that resonates with you.
- In the psychic field, there are psychic tools, psychic sense, specialties, and spiritual teams. These are just part of the jargon in the field, but it helps to have a basic understanding of these when shopping for a psychic:
 - Examples of psychic tools: Tarot cards, oracles, angel cards, crystal ball, astrology, numerology, psychometry, channeling, palmistry, etc. These are just tools some psychics use to read energies. The tools hold no special powers alone. They are just a way for a psychic to access the divine and energies to relay messages for you. Not all psychics use all of these tools. If you resonate with a particular tool, be sure to ask if the psychic utilizes it before scheduling your appointment. This helps you to avoid disappointment.
 - Examples of psychic senses: Some psychic readers do not need the above physical tools to give a good reading, they use their psychic senses such as clairvoyance (“clear seeing”), claircognizance (“clear thoughts”), clairsentience (“clear feeling”), or clairaudience (“clear hearing”). Information will come through to the psychic through these senses as guidance for you in the reading.
 - Examples of psychic specialties: Past lives, life purpose, romance, pets, money, or reading auras (your energy field), and mediumship readings (connect you with your deceased loved ones). Not all psychics work in all areas. Be sure to ask if

the psychic has specialties. For example, not all psychics are mediums. And, not all mediums are psychics. Some are both psychic and a medium too (so, some psychics have more than one specialty.) Also, not all psychics do predictive readings. So, be sure to ask up front so that you know what to expect before booking your appointment.

•A note on spiritual teams: Psychic readers often each have their own spiritual team of guides, angels, power animals or helpers from the divine. These are all just different versions of the universal energies. The psychic's spiritual team is working with yours in a reading. The teams provide guidance and messages for you. The psychic is just the messenger.

WHEN YOU COME FOR YOUR SESSION

Be open

- Psychics read energies. If you shut down your energy, it can be difficult for you to be read by the psychic. Of course, you want to be sure that you don't spoon-feed information about your life to the psychic. But, please come to your appointment with an open mind and heart.
- Don't play "Test the Psychic" games. These games waste your time and the psychic's. Not all psychics work the same. Some know names, dates, and other details, whereas some provide guidance that is specific to your life and is **USEFUL** to you in some way.
- If a psychic is way off base, you have to speak up and tell them during your session. You can choose to continue the session or not. Sometimes, there is not a good connection between you and the reader. Do not feel badly about stopping your session. Most good psychics will truly understand and want to honor you as a person. They also might be able to refer you to a psychic who will resonate with you more.

Be clear about your intentions

- It's good to have specific questions to ask the psychic reader. Don't just sit there expecting the psychic to entertain you or enthrall you. The best readings are interactive. Of course, it's **up to you** as to how much of your life that you reveal to your psychic reader. Use discernment for your own particular situation.
- Remember that clear intentions lead to clear outcomes since energy follows intention. If you don't ask any questions, your reading might end up being pretty general in nature. You get what you ask for, so be sure to speak up! Communication is key.
- Please don't ask a psychic for the lottery numbers. Why not ask how you can create more wealth in your life? Besides, you possibly might limit yourself if you just rely on the lottery to amass wealth. What if you could create more abundance than the lottery winnings would provide? Just some food for thought for you.

- If you don't have specific questions, you can set the intention that loving, positive information that is for your best good is relayed in the reading. You might get information that is about how to improve your life. Just so that you have fair warning, I'd like to mention that your guides, angels, and divine helpers are just waiting to give you some good advice about limiting the unhealthy activities, habits, and behaviors that you are engaged in right now 😊

Communicate during your reading

- It is your session.**

- You can politely interrupt the psychic if you have question(s). The psychic should be able to switch gears too if you do not like the direction that the reading is heading.
- If something doesn't resonate in your psychic reading, be sure to tell the psychic. (Of course, allow the information to come through completely before dismissing it outright.)
- If the past comes up and you're uncomfortable about it or don't want to rehash it, speak up and tell the psychic to stop the session.

Consider getting a recording or taking notes

- Getting a recording of the reading helps you to relax, so that you don't have to worry about remembering everything. Just be sure to ask the psychic to record it or permission to record it yourself. There are many cellular phones that have applications that allow you to record. Or, you can use a digital recorder. (Note: Very few people seem to own cassette tape players today, so I myself do not use them in my own practice to record readings.) The psychic should be okay with you recording the reading. If not, they probably are not the best psychic for you.
- Or, take some notes on your reading with some key words to jog your memory. You can fill in the details later. You might take a few minutes after your session to write down some notes while the reading is fresh in your mind.
- It's good to save the notes or the recording for later reference. Sometimes, information will come through that may make sense to you later. At times, parts of the reading may not make sense until later or after you've given some it some thought or have taken an action step or two to move forward in your life.

Respect the psychic

- It's good to be on time for your appointment. For example, you wouldn't be late for your dentist, doctor, or hair stylist, would you?

- Respect the time limit of your appointment. Pay attention to your watch or clock or the psychic's timer so that you are aware of how much time you have in the session. The time will seem to fly by quickly in your session.

- Psychics cannot necessarily confirm details from or continue on from a prior reading you had with them or another psychic.

- Be realistic! Psychics are not God. We're human and can't know *everything*. If there's something that happens to you that wasn't revealed to us in a session, chances are, it was about lessons you needed to learn. Yes, it can sort of suck at times when this happens, but it's sometimes very necessary. Even in my own life, for instance, I have not been told when certain loved ones would pass away. This frustrated me at first (especially as a psychic!), but in hindsight, I see that there were some major things that I needed to learn as a person. If I had known these things ahead of time, I would not be who I am today!

AFTER YOUR PSYCHIC READING

Do not become dependent on the psychic

- In the following days, don't barrage the psychic with questions, continuing the reading that already has ended. One question might be acceptable just for clarity, but more than that, you're just outright taking advantage of the psychic.

- It can be tempting to want to get readings all the time. Don't go to someone who tells you that you have to come back frequently to them. This does not honor or empower you. I'll also add that it doesn't give you much time to live on your own, taking the **action steps** necessary to move you forward on your path.

- There is no set rule of how often to get readings. You will know the frequency that works for you. Some people get a reading once per year. Some get one twice per year. Some people do once per season. If you have a lot going on, you might need more often in a short time frame, but this will not continue on most likely. You'll get to a better place in life and only need an occasional reading. Sometimes, when you desire to really move forward on your path, getting a brief reading once per month for a while can propel you forward, but only if...you get off the couch, which brings me to my next point...

You need to get off the couch! Take ACTION!

- Sometimes, guidance that you received will not change until you take **action**. (If you get readings back to back, you might receive the similar information whether it's from the same psychic you saw previously or a new session with a different psychic.)

- So, you need to get off the couch and do something. Don't just sit there! I once heard a spiritual teacher say to keep a note in a prominent place that you will see each day that

says something like this: “What one thing can I do today that will make the biggest impact in my life?” The rubber has to hit the road.

- Life will be boring if you stay on the couch. Do **something** that will help you to become more of the real you. Take even a small step towards living more of your purpose, passions, and vision. Life is short, so don't delay. By the way, sometimes, your human mind will tell you that you can't change your life. This is just the ego. You can rebel against it by taking charge of your life in a positive direction. Even one small action step daily contributes to projects completed.

Endnotes

- Be sure to enjoy your reading because it makes it easier for psychics to give you a reading when you're relaxed. (Of course, it's also good if the psychic is relaxed too!)

- A psychic reading is **just one part** of your process to gain clarity. You might need to meditate or tap into your own guidance or even think about decisions for a while. One reading doesn't always bring 100 percent clarity to you, but it often can set you on the right path towards that clarity.

- Don't expect the psychic to wave a magic wand that will make your life better faster than a Ramones' song. You are responsible for creating your own life and making your own decisions! (This idea of self-responsibility has been mentioned before here, but I believe it is worth repeating.)

- Seek appropriate professional help for your situation (counselor, accountant, doctor, lawyer, or other expert). For example, questions such as “Am I pregnant?” can be easily answered by using a test kit or going to your physician. On some occasions, I may find that you really don't need a psychic reading, rather, you need another professional more versed in your area of concern. I do not judge you in these instances, but rather, refer you to the appropriate person for your situation.

- Psychics do not have a monopoly on the Truth. We are just helpers or messengers of the divine. We are human and not infallible. Remember that it is healthy to question anything that does not resonate with your own inner guidance. It is your life, so choose wisely when it comes to decisions.

- Above all, please only take only what resonates with you in any given reading from any psychic. Always defer to your own inner guidance and intuition **first** and honor that the **most!**

Thanks for reading and many blessings on your path!

For more information on my work as the Punk Rock Psychic™, continue reading...

ABOUT LISA, the Punk Rock Psychic™



(Photo Credit: Kathleen Lane)

Lisa is a psychic reader with a down-earth, honest, practical, and at times, edgy style. She's given professional readings for several years, attracting unconventional clients. Realizing that she had to walk her talk about being authentic and real, Lisa created her website <http://punkrockpsychic.com/> to more authentically represent herself and her offerings. (If you want a kick ass psychic reading, please contact Lisa at her website!) She is not a flowy skirt wearing, crystal ball-toting type of psychic! Lisa considers herself a new generation psychic, meaning her work with others is about truly helping others. In her eyes, it is not about dazzling others or using parlor game type of tricks to entertain others. She has decided to take back the term "psychic" and reclaim it from those who have abused or misused the term or poorly misrepresented the industry and profession.

Lisa comes from a long line of psychic women from her maternal side of the family. Lisa has been psychic all of her life, being mentored by her now deceased grandma. Lisa continued her studies, formally studying the healing arts, Reiki, and massage since 1998. She has studied metaphysics and psychic development since very young, continuing her education whenever possible.

Lisa has resonated with punk rock ideology since very young. She has always questioned everything, especially authority. Feeling challenged from years of programming in her upbringing from attending parochial school, Lisa decided to carve her own spiritual path. She has learned and studied from a variety of authentic teachers along the way. Lisa's punk rock life philosophy consists of the following: 1) Show up in life as the real you 2) Work to make the world a better place for everyone.

When it came to her life purpose, Lisa felt especially challenged. After years of working hard, putting herself through college, she found that working at a traditional day job did not resonate with her. Instead of her original plan of attending law school after some experience in the working world, Lisa went to massage therapy school because of her genuine desire to help people, making the world a better place, one person at a time. Eventually, she shifted into giving psychic readings, remembering her gifts from childhood.

One of Lisa's passions is music, especially genres that are liberating to the soul, helping free one from emotional and spiritual stagnation. Besides being inspired by Eastern philosophy and metaphysics, Lisa finds equal inspiration from punk rock music. One of her favorite hobbies is playing electric guitar. Besides being a psychic, Lisa is a writer. She enjoys yoga, meditation, along with physical exercise to process emotions and reduce stress. Lisa feels blessed to have a spiritually minded, punk husband who rocks her world.

Lisa's mission in life is to help others to liberate their true selves and live their true purposes. Lisa considers herself an agent for positive change, working to make the world a better place one person at a time.

Lisa is available for private readings and events. She can be contacted at her website: <http://punkrockpsychic.com/>

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