



COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

Confident Phrasing

The more you trust the information coming through in a reading, the more accurate and relevant info you will get. One huge aspect to our approaching a reading and our abilities with trust, is the way in which we present the information coming through. We want to be true to the way the information comes through, and we want to present it truthfully and with power. What happens when we do this is that we go deeper into our connection and are able to bring through more information easily and also more details.

What does it mean to be true to the information coming through? Basically that we don't make it more vague in order to make it more likely to apply, and we also express how the information is coming through our senses. The information will come through in the way it's supposed to, and it's important that we trust that. For example, we might see the word Bell in our mind's eye, not to reference a bell, but to reference someone's name. When you explain to the sitter, be true to how it comes through.

Confident phrasing:

“I am seeing...”

“I am feeling...”

“I am hearing...”

“I know...”

“I am sensing...”

“There must be...”

“There is...”



COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

Less confident phrasing:

“I think...”

“It seems like...” “It looks like...”

“There might be...”

Phrasing statements as a question: “Your father is also passed?”

Questions are generally a no-no, except to check your evidence: You want to state your information first, and then ask if that makes sense to the client.

The phrasing “I know...” is really powerful to work with when doing readings, because it's something that those of us who aren't confident have rarely said. We rarely own the impressions we get in a reading. We want to push it away, we want to twist it, we want to make it more acceptable, and more gentle, less confrontational. When we say right out “I know..” and fill it in with what we're receiving, we claim it, and we show the ultimate trust to our abilities and the energy we are reading. When we do that, we go deeper into our connection, and we get more and more accurate impressions, and it's also much more impactful for the recipient of the reading.



COURAGE & CLAIRS

CONFIDENCE TRAINING FOR THE INTUITIVE READER

Confident practice

Does it get any easier to trust what is coming through in a reading? Yes, it does get easier. But you are always jumping in the deep end with every reading. Like we talked about, that is just a fact of doing readings. But you do get more used to jumping in the deep end. From practice and from shifting your perspective, you build confidence, and you get used to the feeling of not knowing what's going to happen. You get used to that discomfort and learn to embrace it.

The brain will also make up all kinds of excuses for why it must be worried about the reading coming up. Your brain might say “But I haven't done a reading in a while, how I can be sure I can still connect?” Or because the client is a different gender than you're used to reading for, or that it's raining today but it was sunny last time you did a successful reading. The brain's job is to keep us safe, and so it's completely natural for it to make up all kinds of reasons for why we should worry about the reading, but it doesn't mean we have to take its lead. The brain is just trying to keep us from doing something that's outside of our comfort zone. Our job as readers is to actively tell our brains “Thank you for your concern, but I am going to put you to the side right now, and I will go ahead with the reading anyway. I know that I am not going to die from doing this.” So with practice we learn to set our fear to the side, while we go ahead with the reading.