



# Intuitive Readings

with Kate Opashinov

## Read before Your Session

To prepare for your session:

- read through the questions below, pick out which feel right to you or make up some of your own
- go to the bathroom before we begin
- get yourself set up in a quiet, private location with a good internet connection
- try to connect a few minutes early to account for any technical difficulties
- tell Kate 5 minutes before which format you chose to connect so she can connect to you quickly
- put your cell phone in airplane mode before we begin if you are going to use it for recording, and just turn off the ringer if you're not recording with it
- you cannot record on your smart phone *and* do your session on it; you need 2 devices, one for recording, one for being on the session, if not possible, use a notepad and pen

How the reading works:

Once you and Kate get settled she will close her eyes and begin to “download” the information. It is highly compressed and layered like a zip file, so it takes all her concentration. This takes approx. 10 minutes and gives you a chance to focus on your intention for the reading, to relax, and get open. Then Kate will begin to speak and will continue speaking until she has relayed all the information she has received. This process is much like trying to recount a dream after waking up so requires her complete concentration and no interruptions. Once done, she will

turn the reading over to you for questions. Many of your questions of a deeper nature will be answered already. (Sample questions below.)

Kate tries to speak as much as possible in the language of each person's inner world but occasionally needs to re-phrase something so it makes sense to you or to clarify it further. Usually if something doesn't make sense to you, Kate will sense it and immediately explain it further. If she doesn't catch it though, you can squint at her or say you don't understand or that sounds off and she will re-phrase it for you so it is in "your" language. Sometimes, however, she is simply saying something accurate that has not yet come to pass but will make sense later to you. (That's why recording the session is a good idea).

Kate will only go as deep as your energy lets her go. She will not see something you don't want to be seen. She is not a prying detective. She is a mirror. She will only reflect wherever there is something in your life or energy that is out of alignment and then relay to you what can be done to come back into your state of flow. So there is no need to be nervous! This is a friendly, healing-focused reading, not an interview! You will only get the information that you can handle at this point in your life and no more- promise!

Many people report listening to their sessions many times and hearing something new every time since the readings are very dense with a lot of information you will not be able to take it all in at once the first time. Many also say they listen to their readings years after the fact to also see how far they have come, especially if they go to do personal growth work with Kate. So recording the reading is strongly recommended for you to be able to relax during the session without having to worry that you are missing anything. The recording will catch it. This way the reading becomes more of an energetic experience, like a healing with great information! The whole session is 75 minutes.

## Sample Questions for a Reading

You can either use some of these questions, or develop a few of your own. Examples of client-created questions are on the next page. We won't be able to get through all the questions in one session, so pick which are most important to you.

- What is my true nature? What are my gifts?
- What am I doing that blocks my gift's development?
- How can I cultivate my gifts? What way can I support my gifts?
- What am I doing that blocks love in my life?
- How can I cultivate love in my life?
- What are my options for my career?
- How can I use my gifts more in my present career?
- What energy in my life is effecting my health?
- How can I transform that energy to serve me positively?
- What role does \_\_\_\_\_ (person) play in my life?
- What energy is in my life that is having a negative impact that I haven't asked about?
- In what specific way can I achieve my goals?
- Should I continue with this path or start another? What options are available to me?
- How does the light work/live/love in my life? What form does it take? Where is darkness/unconsciousness leading my life?

- I am concerned about \_\_\_\_\_. What can I do to transform the energy to be more aligned with the light in my life?
- How has my family prepared me for my life? How have they played a sacred role in my life?
- What family lineage influences are there in my life now?
- What is the single largest energetic struggle/issue in my life right now?
- What resources physical and/or spiritual are available to me right now that I am not taking advantage of?

### **Examples of Questions You Can Develop**

*If you choose to develop your own questions, try to make them as specific as possible. The more specific the question, the more specific the answer.*

I have two choices at work. I can't decide. What do you see?

I am interested in someone. Is this person good for me?

I lost someone. Are they ok?

Something is going on with \_\_\_\_\_(person) and we have tried everything. What is it?

I can't decide if I want to live here or \_\_\_\_\_(someplace). What do you see?

I feel something in my home. What is it that I'm sensing?

I really don't want to do \_\_\_\_\_ but I feel like I have no choices. What do you see?

\_\_\_\_\_ at work is giving me a hard time. What can I do to change this dynamic?

I'd really like this \_\_\_\_\_ to happen. Is there a way I can make that happen? How?

I have taken a risk on \_\_\_\_\_. What do you see as the outcome?

Lately, I just don't feel good/like myself. What's going on?

I haven't seen \_\_\_\_\_ (person) in so long and yet I can't stop thinking about them/dreamed about them. What is that about?

Do you see any family watching over me?

Everything at work is really tense. What is going on there?

My husband/boyfriend/girlfriend/wife is \_\_\_\_\_. What is going on there? What can I do?

My child is \_\_\_\_\_. I don't know what to do.