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# PRIVATE INTUITIVE SESSION PREP KIT

Everything you need to  
know and do to get out of  
your own way and get the  
answers you need!



Congrats on booking your 1:1 Intuitive Session!  
I'm excited to work with you to bring about the  
transformation you're seeking.

Before we get started, I'd like to take a moment to thank you and honor you for investing in yourself and giving yourself what you need, desire, and deserve. Not everyone is willing to do what it takes to get where they want to go, and I want you to know that I totally respect your leap of faith and willingness to act on your own behalf. Thank you for taking care of yourself and for allowing me to serve you on your journey!

### In this PDF we will cover:

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*So, let's dive in!*

# HOW MY INTUITIVE ABILITIES WORK

## My Abilities

I am an intuitive empath. As an empath, I have the ability to feel what you feel (your deeply-held emotions) and feel what you are like (your Soul personality.) I can usually tell what's at the heart of your concerns, even when you aren't able to clearly articulate it yourself or to me. My ability lies in finding the right words that speak to or for you, and to see images that make sense when I describe them to you. These images and words flow to me, and I share them with you, allowing us to dive deeply into your questions during the session.

How do I do this? All of your emotional energetic information is found in your heart's electromagnetic field. (Watch this [1.5-minute video](#) to hear a science-based explanation of this!) When I connect with you, even over the phone or through the internet, I tap into your field of resonance and you tap into mine. I am particularly skilled at feeling where emotions and old beliefs that aren't serving you any longer have gotten "stuck" or "stamped" into your field, and these are what we work to loosen and release in session.

Intense emotions that aren't fully expressed get stuck in your energetic field. You can think of them like tiny knots or pearls that take up energetic space here and there. When they aren't serving you, they can cause disruption to your energy flow and even eventually cause physical pain and/or disease. It helps to keep in mind that energy is timeless. It doesn't obey the clock and unlike

your thinking mind, it doesn't rationalize your pain away or get self-deceptive to make you feel better. It simply stays with you until you find a way to fully resolve and release it.

My gifts allow me to locate these patterns and disruptions, and help you really feel into them in a safe and supportive space. I serve as your guide to help you glean answers and insights into any questions you would like to ask, on the topic you would like to explore. I help you to gently and lovingly release what is no longer serving you if you so choose, and to reintegrate your energy into a more harmonious shape that serves you even better.

It's up to you to use my gifts properly, and I cannot guarantee the results that you gain. The power of the session truly depends on your ability to engage, listen to your own heart, and take the advice that your own spirit brings forth. And this will come from you, although you may hear your spirit's thoughts and words coming out of my mouth.

On the intuitive side, I communicate with your Higher Self and Spiritual Guides, as well as my own. Your energy will show me what wants to be seen and moved or released, and I will translate for you so that you are able to connect the "etheric spiritual stuff" with the physical, here-and-now practical stuff.

No matter the topic, the main goal is the same: to help you return to your own divine knowing and unlock your inner ability to move your life in the direction you desire. In session, I'll use my clairvoyant (seeing), clairaudient (hearing), clairsentient (feeling), and

claircognizant (knowing) pathways describe to you exactly what I'm sensing. You'll have a front row seat to precisely what your energy, Guides, and Higher Self are saying, and you will often be able to powerfully feel the energy of all this support and love as you "upgrade to your new reality!"

## Who I Work With on the "Other Side"

When working with energy/spirit it is important to know with whom you are speaking. It's a lot like deciding who you let into your house. You don't open your front door for just anybody, do you? Of course not! For this reason, I only work with and through my Higher Self and Guides as well as yours, who then directly work with other intelligences (if any) to bring information forward. That way, we are always protected and know exactly what we're dealing with. In other words, it's a closed system.

Mainly, though, I work with you and your Higher Self, or what I call your more expanded self. When we expand our awareness and presence out far enough, we find it super easy to handle whatever has been bothering us in our day-to-day lives. It just shows itself as smaller and more manageable when we allow our energy to get HUGE. And then, we gently address the stuff that needs to go.

When or if I see your Guides or they want to let you know that they are around for you, I let you know what they have to say, what they show me, and how you can continue to connect with them in the future. This doesn't always happen, but when it does it is usually quite lovely and brings a real sense of delight and support along with it.

## SESSION RUNDOWN

Intuitive sessions have the potential to get spacey and confusing pretty quickly. While it is fun to just grab every impression that comes along and talk about it, I recognize that you are here because you have a purpose and it is my role to keep things centered, effective and practical for you.

In order to make shifts that last (and bring your conscious mind along with you) it helps to give the session some structure. Therefore, this session has four parts: Initial Intuitive Impressions, Questions & Conversation, Meditation and Journeywork, and a Return to Center which allows us to put some actionables into play and anchor all the goodness that came through. I'll cover each quickly below.

### PART 1: INITIAL INTUITIVE IMPRESSIONS

I begin each session with a strong intention that this session serves your highest good. I ask that you also state your intention for the session, so that we are clear on the purpose of our time together and have a direction for our journey. I will communicate everything I sense intuitively based on your stated intention and the energy that is present.

## PART 2: QUESTIONS & CONVERSATION

Once we get rolling, I will ask a few questions to help clarify what and where the energy is that needs to be addressed. At this point I will start to see images or hear what I am led to ask about - which will help us get to the heart of the energetic situation very quickly. I will frequently check in with you as I “download” the information, and once we are on the same page, and you feel that the information that is coming through is not only theoretically relevant but accurate and timely for you, I will ask if there is anything else that has come up that you want to address as we go.

I often take notes that help me in the next stage of the session, when I will serve as your guide as you expand your awareness outward and together we eliminate the beliefs and release the old emotions that are no longer serving you or causing this issue in your life.

## PART 3: MEDITATION & JOURNEYWORK

At this stage, I lead you into a state of deep meditation that brings your awareness to a state that is quite expanded and makes it very easy for me to see/talk with your energy field, and for you to see and hear me as I guide you in releasing the blocked energy.

This part of the session is often quite emotional, and it is completely normal to laugh, cry, shout, sigh, or shift around as the energy moves. When I am moving a lot of energy along with you, I also

sometimes cry, but it is completely normal for this to happen, so do not feel worried or embarrassed at all by this.

I also frequently have my eyes closed when I am “looking” for information or visualizing what is going on in your universal energy. Most people don’t notice because they usually have their eyes closed, too. But no matter if our eyes are open or shut, or if we are laughing or crying – know that the hard work is being done by Spirit, and we only ever have to do our 10% of the effort, which is just showing up and being willing to let it all move!

## PART 4: RETURN TO CENTER

After our journey into the spirit realm, and after releasing and anchoring in positive new intentions, I lead you gently back to the here and now, allowing you to regain equilibrium before going back to your everyday life. Often the effects of a session are immediate and palpable – the stuff that seemed incredibly heavy, like it was there to last forever – has simply disappeared! This can be disconcerting for some people, but also very pleasant to realize that you are liberated and free to move on now.

The energy work we do will shift a ton of stuff in and of its own power, but lasting change and momentum comes through action. It is now that we’ll craft soul-guided goals that turn the insights you received in session into an actionable and clear plan forward.



I will ask if you have any further questions for me or if you would like more information related to your initial intention for the session. Once we have unblocked an area of your life, we can sometimes see other areas that have a few snags here and there, and this is completely normal because once you remove the biggest boulder in your way, you then have a clear field of vision to see any other roadblocks on your path.

I will deliver any guidance your Higher Self or Guides have on this or other situations that are now arising, and you will leave the session knowing what your next steps can be that will help you out the most.

And that's it! Welcome to a brighter and  
lighter life, filled with heart-centered  
awesomeness!

## HOW TO PREP

1. Complete all the prep work in your “Insights to Actionables” Workbook, in the “What to Do Before” section. (Reviewing this beforehand will help your Intuitive session make a lot more sense, and help you get the most out of your session.)
2. Print out your “Insights to Actionables” Workbook so you can formulate your questions, capture your thoughts during the session, and create your action plan moving forward while we are on the call. You could also use a notebook of your own if this feels better to you.

Other than that, there is nothing major you need to do to prepare for your session. I'd say the most important thing is to just relax and allow yourself to feel a sense of comfort and ease. Know you're about to have an extraordinary experience that will truly uplift your life. And if you find yourself feeling nervous, know that you're in good company. It's totally normal!

Having nerves is a sign that your subconscious mind knows that something big is about to happen. Your conscious mind doesn't yet know exactly what the change will be, so it makes you feel a little on edge. So, feeling a little excited or nervous is a sign that you are out of your comfort zone, which is exactly where you need to be to have an effective session and make awesome changes in your life!

## WHERE TO SET UP – THE RIGHT KIND OF SPACE

There is one other major thing you need to do to have an amazing session. And that is to make sure that you are in a physical space and location that is quiet, distraction-free, comfortable, and above all, feels very safe to you.

In order to allow the information and experience to seep deep into your being, you'll need to be able to open up and receive. You can't do that if you're in a space that makes you want to keep your mental and emotional guard up.

So, turn off your ringer, let the kids, your partner, or your dog go to their friend's house, pull up a nice chair or recliner, and relax. This

session is all about YOU, and you definitely deserve to make this session as comfortable and private as you like!

## BEFORE THE SESSION, MAKE SURE TO...

- Eat something. Years of tattooing have taught me that we all do better with a little grounding before intense physical, emotional, and spiritual sessions. Having a light meal or a snack an hour to half-hour before your session will do you wonders.
- Use the bathroom before your session begins. When energy starts to flow and we are deep in session, you won't want to interrupt things for a bathroom break..
- Grab your “Insights into Actionables” PDF or a notebook, so you can take notes during the session, and remember to address anything that came up in the prep work with me at the beginning of the call.
- Have some tissues handy, just in case.
- Lastly, make sure you have a glass of water or tea, in case you get parched in the middle of things. Hydration also really helps support energetic work and helps move things out, so this will also be important post-session for you!

Anything that makes you feel more comfortable and secure in the moment is a great idea, and having all these items nearby and taking care of your hunger and bathroom situations beforehand really helps support your session.

## HOW TO SET YOUR INTENTION

I strongly recommend setting an intention before your session. It doesn't have to be anything fancy, complicated, or even deep. But it does help for you to come with a clear idea of what you'd like to receive.

Your intention could be as simple as, "I want to feel greater peace" or something more concrete like, "I would like to leave this session understanding what I can do that will facilitate a more productive and joyful creative process."

The point is to come to the table with some idea of how you would like the Universe and our time together to serve you.

So sit quietly for a moment and from your heart, ask yourself, "What do I most need and want right now in my life? What do I need help with? What do I truly wish I could let go of? What do I need to start or stop doing to feel the way I want to feel?"

## HOW TO ASK GREAT QUESTIONS

After doing intuitive sessions with people all over the world, I have found that my clients get the best results when they come prepared with a handful of specific questions or topics they would like to explore. In other words, you'll feel better about getting a reading and the results of if you ask a lot of questions.

While I can conduct the session "cold", with little or no input from you, and tap into your energy and spirit without your direction – this leads to a lot of random impressions that may or may not make any sense and probably won't lead to the transformation you were hoping for. In other words, without some idea of what you want to know, the results might not be on the topics or areas you'd most like to tackle.

Therefore, the best way to get specific answers is to ask specific questions. But if you are having a hard time coming up with the concrete question or reason you wanted to connect with me, trust that we will have a productive and emotional session even without your words. Your energy and Guides will take us to exactly what you need to address in the initial intuitive impressions.

So, don't stress, and know that we will tap into exactly what needs to be addressed during our time together.



## THE BUSINESS NUTS & BOLTS

- Blaze is located in the Eastern Standard Time Zone. You can choose your time zone in the dropdown menu when booking your appointment to find the time conversion that applies to you. Your appointment reminder will be in the time zone you picked at checkout.
- All sessions are promptly and virtually held in Blaze's Zoom Room. The link for your private session will be emailed to you when you book, and two reminders will be sent at 24 hours before your session, and one hour before your session.
- All cancellations must occur 24 hours prior to your scheduled appointment time or you forfeit your appointment without a refund.
- All reschedules must occur within 24 hours prior to your scheduled appointment time. Blaze understands that things come up, so if you need to reschedule, please let her know ASAP and she'll work with you to find another appointment time.
- Business correspondence hours are Monday-Friday between 10:00am-3:00 PM EST. Please expect all correspondence to occur during these business hours.

Thank you!

It is a blessing to serve you in this way, and I deeply thank you for your bravery in openly sharing your life experiences with me. Your life is a work of art, and you are taking a conscious role today in adapting it to your needs and desires. This opportunity to step into your world and help you on your journey is a gift, and I look forward to giving you my very best.

With love and joy,

*Blaze*

**“The question is not what  
you look at, but what  
you see.**

**It is only necessary to  
behold the least fact or  
phenomenon, however  
familiar, from a point a  
hair's breadth aside from  
our habitual path or  
routine, to be overcome,  
enchanted by its beauty  
and significance.”**

**— Henry David Thoreau**

