

# AFROMAJICK READINGS



## Getting Ready for a Reading

### MAKING THE MOST OF OUR CONNECTION

*In the days and hours before we connect, there are a few ways you can maximize the energy.*

- If possible, rest. Have moments of stillness, quiet and take note of how you feel inside your body. Listen to any messages you 'hear' or feel.
- Take some time to think about the questions you want to address to the cards and Guides. Even journal a bit and ruminate about where your head/heart is at. Good question types are open - "What do I need to know about \_\_\_\_" or "does \_\_\_\_ serve my highest good?" "What am I not seeing that I need to?" "What are blocks I need to address?" "Are there any cycles I'm stuck in?" "How do I move forward?" Any of these questions can be applied to almost any situation/issue/person you are concerned with.
- Spend some time in sacred space -- could be at your altar (white or blue candles), sitting/laying in fragrant water (florida water, Kananga water or Jasmine drops for instance) and meditating, chanting, dancing, singing --- positive ways of raising your vibration.
- Some crystals for the preparation time are Black Kyanite, Blue Kyanite, White Opal, Black Tourmaline, Snowflake Obsidian, Amethyst, Rose Quartz, Clear Quartz, Tiger Eye, Labradorite, Lapis Lazuli, Sodalite.
- Some Herbs and Oils -- Lavender, Rosemary (instead of white sage or Palo Santo), Sage, Mugwort, Rose, Orange Blossom,

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#### Grounding Centering Exercise

- Sit comfortably. Feet must touch the floor/ground. Legs apart at their natural fall. Rest your arms on your thighs, palm up, hands relaxed. (If that is not physically possible that's ok).
- Set the intention that you want to connect with the Wisdom of your Higher Self and your Guides/Ancestors
- Pay attention to any tension in your body. Relax your face, shoulders, arms, legs and feet. Once you feel the relaxation all over your body then move to the next step.
- Close your eyes and stay in the stillness for a moment. Breathe in for a count of 4, and out for a count of 4. Repeat 4 times.
- Imagine a ball of white light above your head. Hold it for a moment
- Now see the light enter through your Crown and hold for a moment. Move it down to your Brow, Hold. Throat, Hold. Heart, Hold. Stomach, Hold. Lower Abdomen, Hold. Mid-Thigh, Hold. Below your Feet, Hold and then send the light down into the earth.
- Feel the connection to the ground beneath you and how it holds you steady to it. Supporting you each day. Sit in gratitude for a few moments.