

YOUR SESSION WITH CHRISTEN

Your session will be over Zoom and will be Eastern Time. You will receive your invite via email the day before your appointment.

Please send Christen an email with your age as soon as possible before your session, even if you have already talked with her before. This information is essential for her to tell you about the cycle you are currently in.

Because Christen's schedule is booked far ahead, any change in your appointment time must be made 7 days before, or she will not be able to accommodate you. (Except in the case of an emergency.)

Your session will be recorded via Zoom by Christen and sent to you within 2 days. **It is very important that you download your session as soon as you receive it** because it will only be available for a few weeks or less. Then it's gone forever because Zoom will delete it!

PREPARING FOR YOUR MEDIUMSHIP SESSION

Before you make the call for your session, meditate or quiet yourself for ten minutes.

This session is an opportunity to reconnect with your loved ones who have passed over, and it is an opportunity for them as well. Although they don't miss us with the same amount of emotional intensity that we feel because they are no longer in a body, they do miss us and want us to be happy. It will be a very meaningful time for both of you.

If you speak to your loved one in your mind, they can hear you. All communication with the other side is telepathic. If you are thinking of them and missing them, they can feel it. Our connections extend far beyond this physical world. You can prepare for your session by telling them you are going to be contacting them through me, giving them my name. Talk to them regularly in the days leading up to our session.

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For the session itself, take 5-10 minutes to quiet yourself before we begin. This helps greatly with your receptivity and that makes a big difference in how much will come through for you. You can have a picture of your loved one with you. The combination of your conversing with them beforehand and having their picture with you gives them an anchor to ground with and strengthens them for the conversation they will have with you. It takes a great deal of focus and energy for them to communicate with us, we want to make it as easy on them as possible.

It doesn't happen often, but sometimes the person you want to communicate with isn't able or ready to come through yet. Just in case, Christen recommends that you have more than one person in mind that you'd like to connect with for your session.

FOLLOW-UP SESSIONS

Follow-up Mediumship Sessions, and the many other types of sessions described on Christen's website are available. Feel free to email her with any questions about these sessions.

Christen always appreciates referrals! Thank you.

REMINDERS:

- Your Session will be in Eastern Time
- Please email your age to Christen as soon as possible prior to your session
- Converse with your loved one in the days leading up to your session, and let them know that Christen will be contacting them during the session
- Meditate or quiet yourself for 10 minutes before your session starts
- If you need to change your appointment time, do so at least 7 days in advance
- Download the recording of your appointment as soon as you receive it

Thank You

CONTACT CHRISTEN: CHRISTENMCCORMACK@GMAIL.COM

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