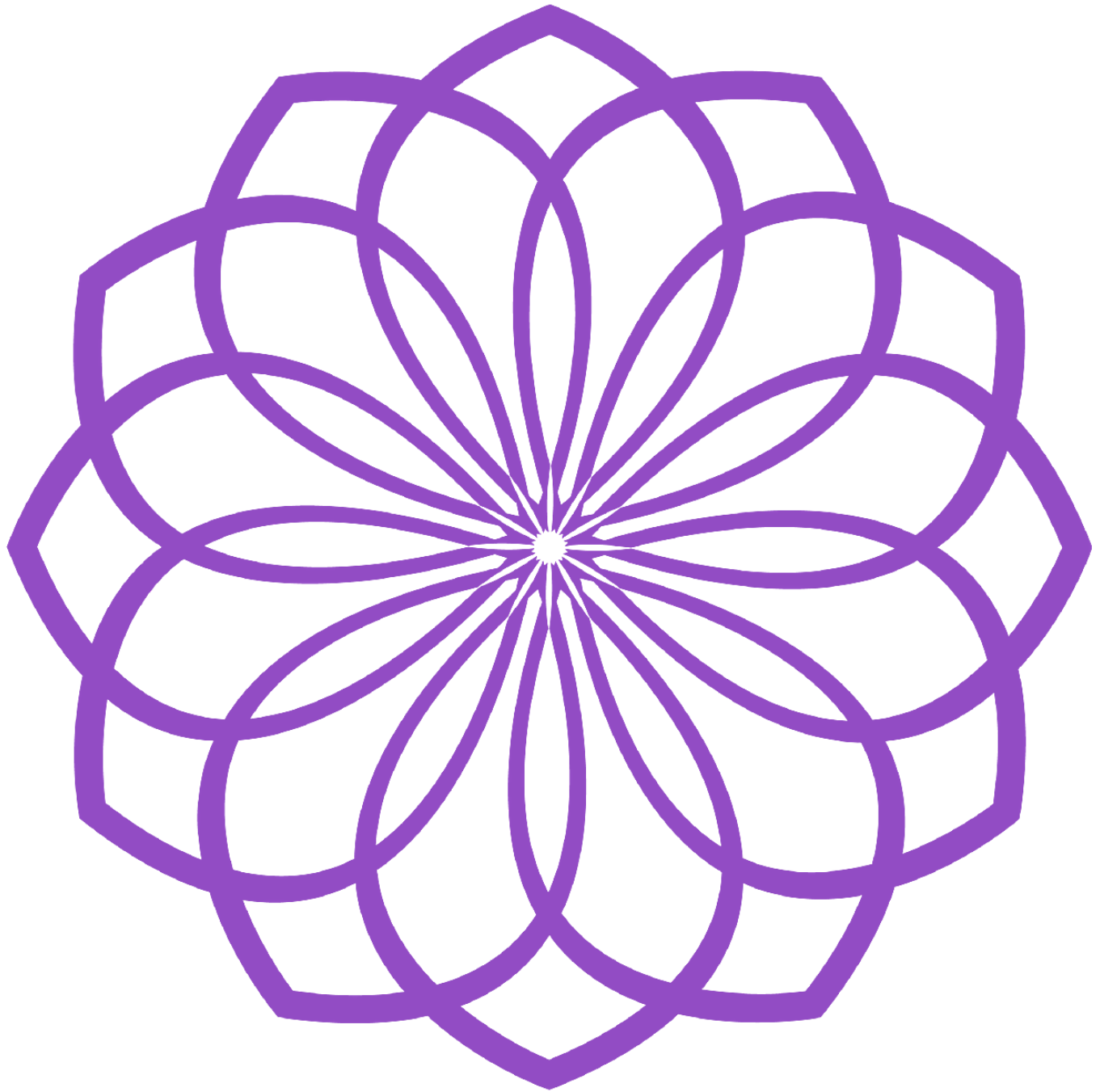


Are you ready to receive?

PREPARING FOR A PSYCHIC OR
MEDIUMSHIP SESSION



Amy Sabatino



A NOTE FROM YOUR PSYCHIC

WELCOME & MANY BLESSINGS!

Each of us is connected through divine energy.

Through divine guidance we are sometimes guided or "led" in certain directions. Connecting to this energy allows me to see paths and decisions you're being nudged towards and supported in. While life isn't always set in stone, there are key choices you make that do dictate the direction that your life and energy take you. When divine energy is focused on these key moments, I am able to see the most beneficial path for your growth as an individual.

With years of practice combined with my own divine guidance, I have been able to accurately predict many outcomes for my clients. I use my gifts to help guide you and show you possible decisions and paths to help you become your most authentic self. Many of my clients have noticed lasting positive shifts in their lives over the years.

I'm excited to share my gifts with you! There is a reason why you are reading this message. I don't believe in coincidences. I believe in love, light, and you.

If you feel like you're struggling right now, it's okay. You're not alone. Many of us feel the heaviness of the world. Many people try to hide their worries and struggles which can add to the feeling of isolation. This can lead to a skewed perspective of the world and a very distorted view of what's really going on in your life.

My abilities allow me to bridge the gap of isolation, providing you with valuable insight into your life that can help to shift your perspective. Let's connect on a real level. An authentic space where healing, revelations, and validation await! I'm looking forward to speaking with you and guiding you on this path called life. Just know that I'm here for you, whether it's a smiling face, a psychic reading, or just positive energy sent your way.

Love and light!

Amy Sabatino
AmySabatino.com

TABLE OF CONTENTS

SEVEN SIMPLE SUGGESTED STEPS

Read this before your session. This guide is useful if you are planning on receiving a psychic reading (tarot, crystal ball, clairvoyant, etc.), mediumship session, or any services provided by Amy Sabatino at AmySabatino.com.

1. Introduction.....	4
2. Process.....	11
3. Focus.....	21
4. Relax.....	25
5. Experiences.....	28
6. FAQ's.....	33
7. Connect.....	37

Disclaimer:

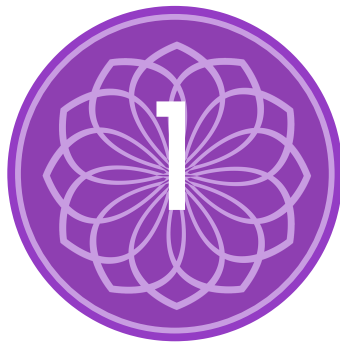
Readings are for entertainment purposes only.

They are not to be used over any medical, legal or financial advice.

Amy Sabatino is not a doctor, therapist, lawyer or financial accountant.

She is not to be held liable for any damages occurred, physically, mentally, emotionally, or financially before, during, or after your session with her.

When receiving any advice always use your best judgement.



Introduction

Are you ready to receive?



INTRODUCTION

WHAT IS A PSYCHIC SERVICE?

You're almost ready to book your session!

There are just a few steps to take so you can get the most out of your session. To make sure we are on the same page, let's go over some common definitions that may come up during your session. The first word I want to cover is something I connect with everyday, intuition!

Intuition is the ability to acquire knowledge without proof, evidence, or without understanding how the knowledge was acquired.

It's likely you are already connected to your own intuition. I use my intuition in each and every reading. It's a key component to what makes my services so awesome! **I believe we all have intuition and that it's a natural human instinct we can develop to achieve great things!**

All psychics and mediums have a great connection to their intuition. Many people assume psychics and mediums are the same thing. There are actually some key differences that should be noted. However, one of the most important similarities is that they both rely upon intuition to connect and receive messages.

You may not need to know the difference to get a reading but it does help when trying to understand the services that are available. Yes, we will get to what each service is, how it works, and the great benefits of each one in just a moment. For right now we will focus on some basic terminology. Let's look a little closer at what a psychic and medium is. Maybe then we can begin to understand how they are different from each other.

PSYCHIC

A psychic is someone who is sensitive to influences or forces of a nonphysical or supernatural nature.

They have a strong connection to their intuition.

MEDIUM

A Medium is a person
who communicates with the dead.

Mediumship is communication
between the living and the dead.



Tarot Readings

Tarot Readings can offer a big-picture view of upcoming events as well as shed light upon a specific situation, person, or topic.

Using 78 cards that reflect universal archetypes to help highlight patterns and possible outcomes.

Great for analytical and logical types.



Crystal Ball Readings

Crystal Ball Readings are a great choice for figuring out what you need to hold onto in your life and what you need to let go of.

Using a quartz crystal ball to bring focus to areas of your life that energetically need to shift. It also highlights our emotional connections.

Great for emotional and sensitive types.



Mediumship Sessions

Mediumship Sessions allow us to connect with a deceased loved one by allowing messages to come forth and be shared.

While spirit communication is not guaranteed, it is helpful to have someone specific in mind you'd like to connect with.

Please wait *one month before trying to contact a recently departed person.*



Process

Are you ready to receive?



PROCESS

HOW TO BOOK A READING

Now you're ready! So how does this whole thing work?

You've realized you wanted a reading, figured out what type of service you want, and are ready for the next step. All that's left is to book your appointment. So how does this whole booking process work?

Booking is made easy with 24/7 online accessibility. You can book an appointment any time by simply going to AmySabatino.com

Once you are connected online be sure to click our services tab to bring you to all the types of sessions available. Not sure if our schedules will line up? Click on any service and once you selected that service it will bring you to a scheduling page. Keep in mind services may not be available everyday of the week and very often you may need to book in advance. Don't wait until the last minute because availability today could be gone tomorrow. Once you have selected a date and time you will be brought to a payment page. All readings are processed securely through PayPal.

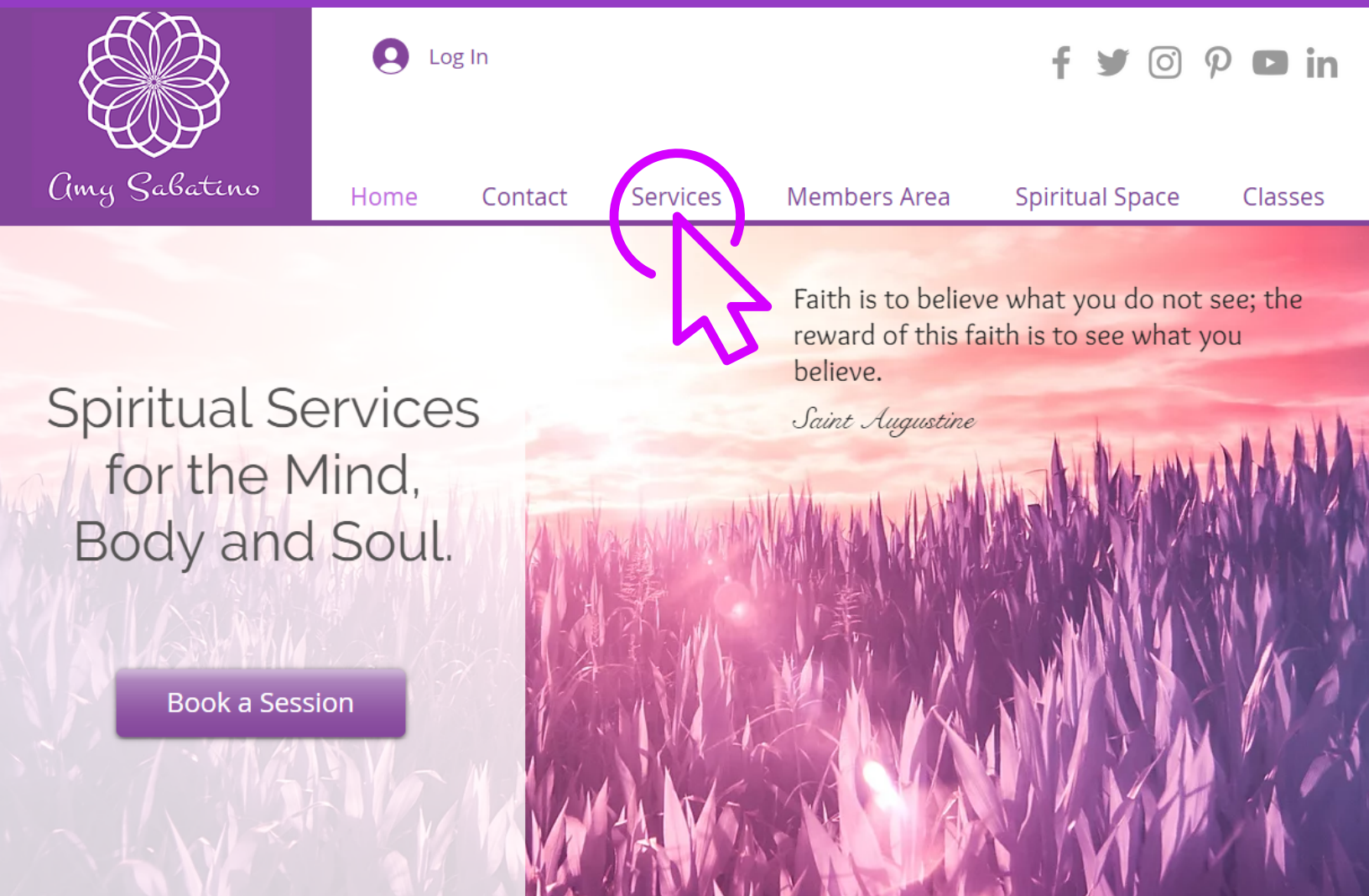
Once you have scheduled and paid for your appointment you will receive a confirmation email. This email contains all your appointment information so please keep this for your records.

On the date of your appointment you will receive a phone call within 10 minutes of your appointment time. This call will go to the number provided at the time of booking. If for some reason you are not contacted within 10 minutes of your appointment time, you need to cancel, reschedule, or any information is incorrect please email FlowingEssence@gmail.com. If the call is disconnected for any reason and cannot be resumed within 10 minutes the appointment can be rescheduled.

I will call you via the number you provided at your appointment time and I will prompt you through any further steps at that time.

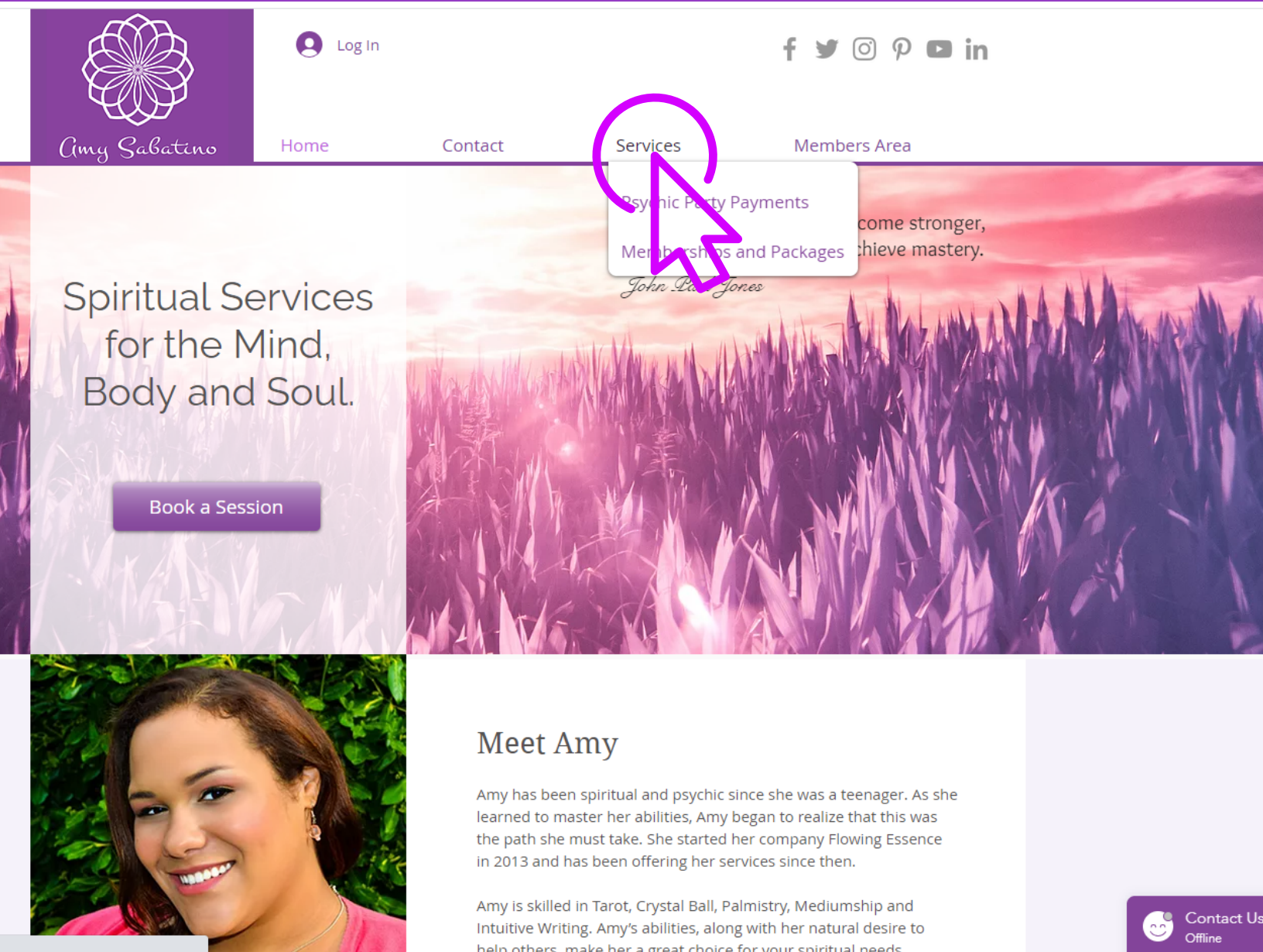
Booking Your Appointment Online:

- 1 Type AmySabatino.com into your web browser (Safari, Chrome, etc)
- 2 Click the "Services" tab on the menu bar



Booking Your Appointment Online:

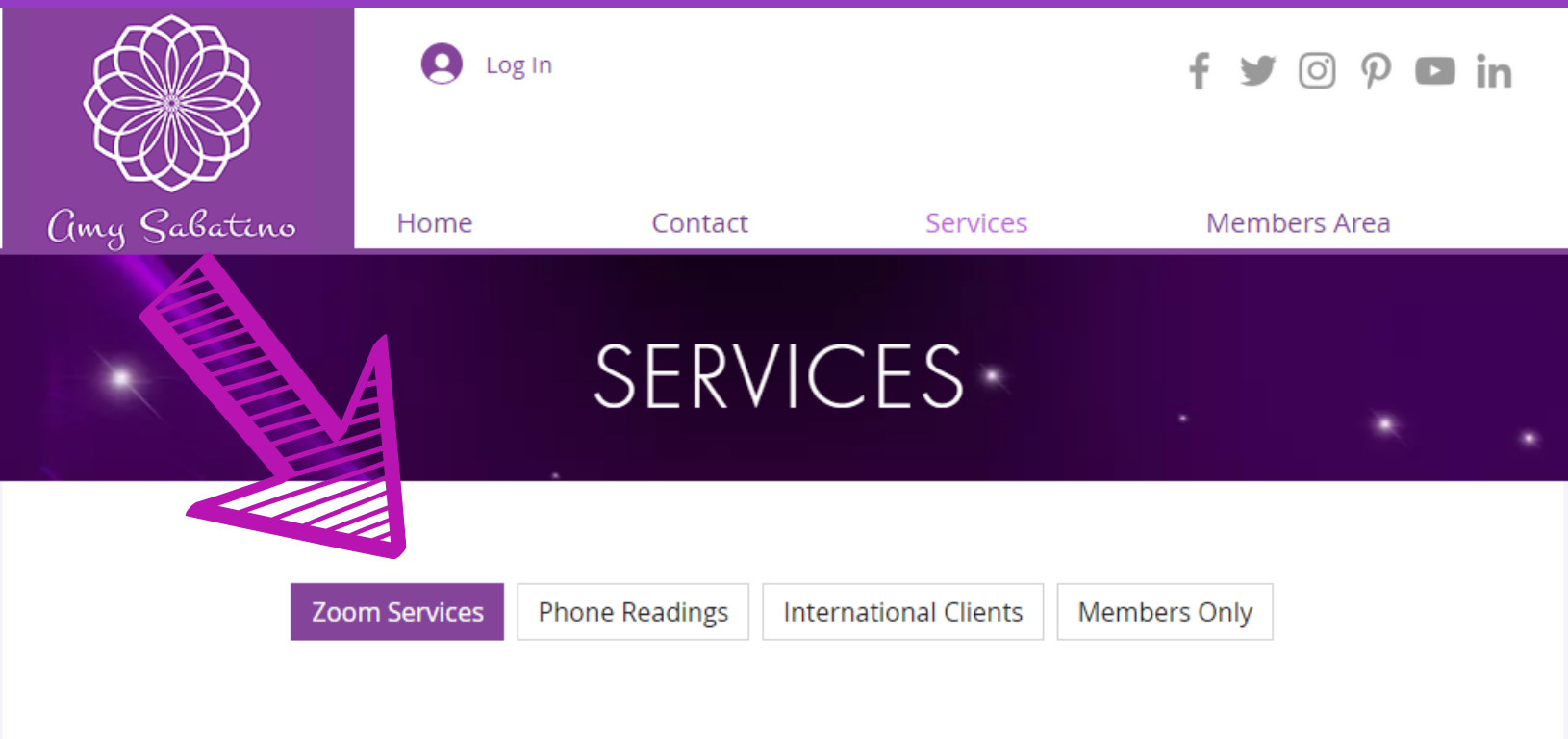
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Booking Your Appointment Online:

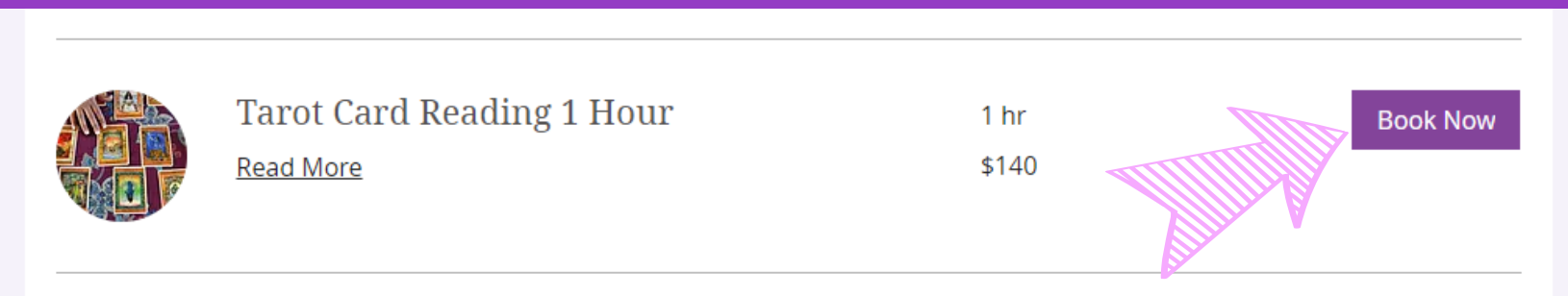
3

The "Zoom Services" button should be highlighted like this. If you prefer a phone reading, click on the "Phone Readings" button.




4

Scroll down then click the "Book Now" button for the service you want to schedule.










Booking Your Appointment Online:

5 The booking calendar is where you can select the date you want.



Amy Sabatino

 Log In



[Home](#)[Contact](#)[Services](#)[Members Area](#)

[< Back](#)

Schedule Online

Feb 2021

[<](#)[>](#)

Today

Tarot Card Reading
1 Hour

1 hr | \$140

Next

Cancellation Policy [v](#)

6 The darker dates are available for scheduling. Click a bold date to book your appointment.


Booking Your Appointment Online:

7

Select an available time you would like your appointment.
Click Next.



Amy Sabatino

 Log In



[Home](#)

[Contact](#)

[Services](#)

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[< Back](#)

Schedule Online

Feb. 14 - 20, 2021



Today

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
14	15	16	17	18	19	20

Monthly view ^

Morning

10:00 am

11:10 am

Afternoon

4:00 pm

Evening

No Available Hours

Tarot Card Reading 1 Hour

1 hr | \$140

February 17, 2021 4:00 pm

Amy Sabatino

Via Phone

Next

[Cancellation Policy](#) ^

Booking Your Appointment Online:

8

Fill out the requested information. The phone number requested is the number called for your appointment.

 Amy Sabatino

[Home](#)

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[← Back](#)

Add Your Info

Tell us a bit about yourself

Name *

Email *

Phone Number

Add Your Message



Tarot Card Reading 1 Hour

1 hr | \$140

February 17, 2021 4:00 pm

Amy Sabatino

Via Phone

 Enter a coupon code 

[Pay Now](#)


9

Click the "Pay Now" button.


Booking Your Appointment Online:

10







You will then see this screen. Click Pay Now again and PayPal will open in a new window.



Amy Sabatino



Log In




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[Back](#)

Payment Info

Pay with PayPal

Once you click to proceed, you will be redirected to PayPal



Tarot Card Reading
1 Hour

1 hr | \$140

February 17, 2021 4:00 pm

Amy Sabatino

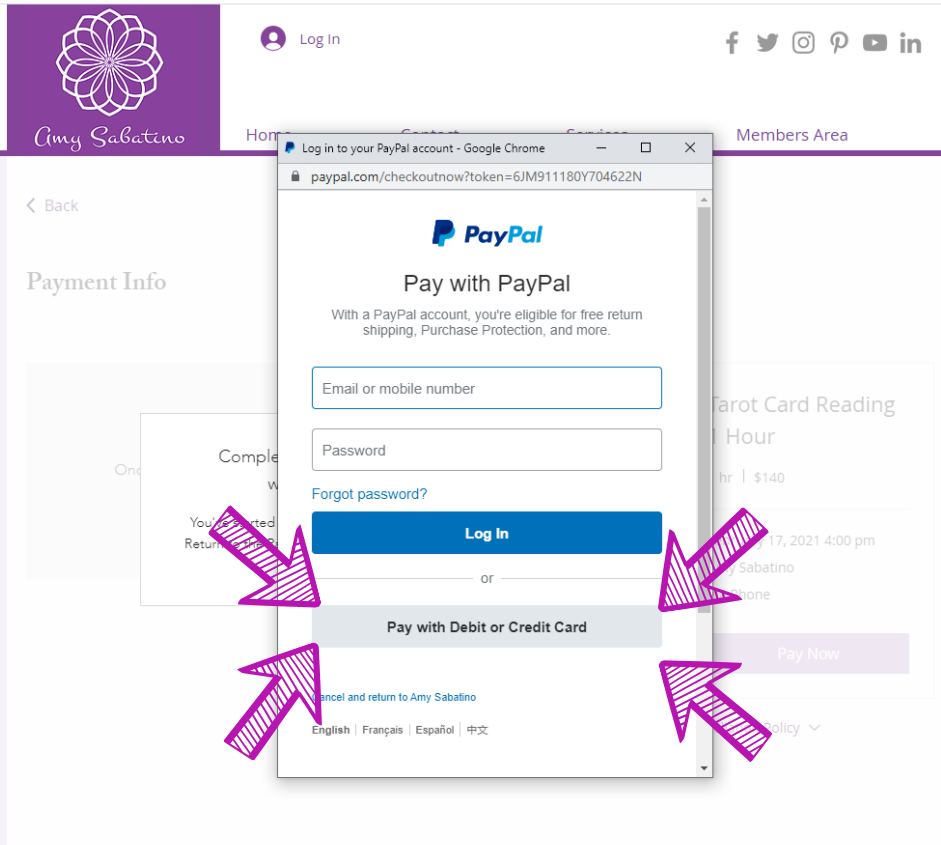
Phone

Pay Now

Booking Your Appointment Online:

11

You can either log in if you have a PayPal account or you can click on the "Pay with Debit or Credit Card" if you do not have a PayPal account.



12

Fill out the required information and click "Continue." And that's it! You've booked your appointment!



Focus

Are you ready to receive?



FOCUS

WHAT IS YOUR QUESTION?

Psychic services work best with a clear mind.

Now that your appointment is booked, you should begin to prepare for your session. One of the best ways to get the most from your session is by putting a few minutes of energy into what you want to ask. While you don't need a question to receive a reading, many people who seek readings already have a concept or situation of what they are looking for guidance on.

The best way to figure out what is most important to focus on is by clearing your mind. However, clearing your mind is a whole other process. While this part may take a few minutes it is well worth the results! **Clearing your mind is a vital step as it allows you to focus on what is important (or an actual priority) in your life.** It also gives you more "headspace" to receive information from your reading and your own intuition.

Clearing your mind is also be great before you have to focus on a project, give a presentation, or just be the parent of the year! Are you ready for a skill that is applicable anytime and anywhere? You may already do this! While it can be extremely difficult to **completely** clear your mind, creating more headspace and getting into a great mindset is easy! So easy that it can be done in 5-10 minutes (less if you are practiced).

CLEARING YOUR MIND

EXERCISE

This exercise works best in a quiet, secluded area. If you find your living situation to be on the noisier side try playing some white noise or soft background music. You could also light a candle, smudge some sage or put on your favorite oil. Follow what feels right for you.

Begin by getting into a comfortable position.

The first step to clearing your mind is actually breathing.

Breathing slowly and steadily.

1...2...3...Inhale 1...2...3...Exhale
(repeat 3x)

Continuing breathing slowly and steadily.

As you do this you may experience thoughts or images that cross your mind. Let them come and go.

Continue breathing for several minutes.

When you become aware that the thoughts and/or images are slowing down, this is when you have begun to clear your mind.

**Focus on what question(s) you wish to ask,
or relax and enjoy the moment.**



FOCUS QUESTIONS

QUESTIONS THAT YOU FEEL OR THINK ARE IMPORTANT.
WRITE 1-3 QUESTIONS AND KEEP THIS FOR YOUR SESSION.

QUESTION #1:

QUESTION #2:

QUESTION #3:

Struggling to come up with a question?

Be sure to look at the FAQ's for suggestions.

Remember you can ask for a general life reading without a question too!



Relax

Are you ready to receive?



RELAX

TAKE A DEEP BREATH AND LET IT GO

Now that we are focused, it's time to relax and get ready!

What I mean by relax is figure out where you will be during your reading. Are you going to be on your couch sipping tea or some other beverage? Do you plan to hang out on your bed away from your family? Or do you think you'll be leaving work and might need to squeeze in the reading on your commute? Wherever you plan to your phone session, make sure you are as comfortable as possible. It is also best to avoid any potential distractions.

Take a few minutes alone before your reading to just breathe. Now is the perfect time to focus on your question. I'd suggest going through the focusing and relaxing steps 5-10 minutes before your appointment. It will really assist the reading process for myself and make the experience that much more enjoyable for you!

During this time right before your session try to isolate yourself so you can really (and ACTUALLY) focus on you. Many of my clients view their sessions as self care time. They use it to reconnect with themselves. Why wait right up until the appointment to slow down and really connect with yourself?

Meditation is a great way to connect with yourself and to relax. For other people certain smells can relax them, even just by lighting a candle. Whatever way you choose to prepare for your session just remember to breathe and relax.

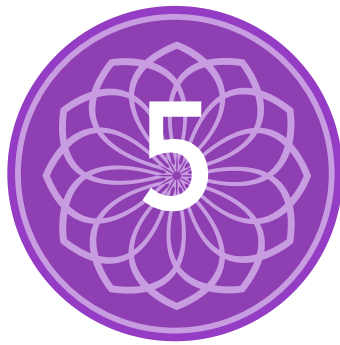
Make sure you take care of any personal needs before the reading starts. A phone almost dying during the middle of a session can add stress so don't forget to charge your phone! Check in with yourself and make sure you have what you need.

Getting Ready!

A few suggestions to keep in mind.



- Meditate 10 mins before your session.
- Focus on your question(s).
- Sit in a comfortable position.
- Take care of any personal needs.
- Charge your phone!
- Be in a undisturbed and quiet location.
- Do something relaxing (light a candle).
- Have a notebook and pen ready
- If you want to record just ask before :)
- Take time for you after your session!



Experiences

Are you ready to receive?



EXPERIENCES

REVIEWS AND REACTIONS

See what others are saying about the services!

I know sometimes it can be nerve racking to ask for help or to do something new. We've all been there where our anxiety is starting to go through the roof with all the "ifs," "ands," and "buts" floating alongside our woulda, shoulda, couldas. It's enough to make anyone's heart pound out of their chest.

Don't even get me started about "what will she think if she sees _____" or "will she think I'm a mean person because I yelled at so and so". These fears and statements are ego driven. The beauty of the kind of services that I offer is they provide an opportunity for both of us (myself included) to escape from the ego. The ego is where judgment, fears, and resentment reside. This is what makes you feel insecure, nervous or anxious at times too. Don't let it stop you from having the clarity you need to make the best choices for yourself. The worst thing to do is spend one's energy trapped in the shoulda woulda coulda. It's a cycle that has no end unless you stop the ride. So get out there and if you haven't booked your appointment yet, now is your chance.

Still unsure? Let's look to see what others say about the services. Two of the three reviews are based off of phone readings. Want to see more of what others think about her abilities. Visit us on Facebook and never miss an update! Find us on Facebook at [Facebook.com/AmyPsychicSabatino/](https://www.facebook.com/AmyPsychicSabatino/)

“

I have gotten my tarot cards read at several places in the past, and Amy's has always been the most accurate. The other tarot card readings I've had seem to just tell me what I want to hear.

I would definitely recommend Amy as reading your tarot cards, and she is very friendly and personable and will make anyone feel comfortable.

EMILY A.
MASSACHUSETTS, USA



”

“

You are so good with dates! The last session you said that I needed to take a spiritual retreat on April 7th. I put that into my calendar and forgot about it. My friend reached out and said she is going to be in Seattle this Sunday and did I want to spend the day with her. I said yep! Went to put it in my calendar and it is April 7th. Spot on! No work. All retreat.

BEAU M.
OREGON, USA



”

“

I love Amy's readings and spiritual services. She always hits the nail on the head and all of the readings she's done for me have been accurate, wonderful, and have helped me on my path.

Thank you Amy!

KELLY M.
N. CAROLINA, USA



”



FAQ's

Are you ready to receive?



FAQ'S

QUESTIONS, ANSWERS, AND SUGGESTIONS

Still have questions? Look here for answers!

Maybe you've never had a reading before and you have a few more questions about the process. We've all been there when our anxiety is starting to go through the roof. Sometimes it's the little questions or doubts that make us pause or even "freeze," unsure of our next step.

Checking in with yourself and trusting your own intuition can do amazing things for your anxiety. Meditation and journaling are also great exercises for helping you feel more centered. It's important that you do what feels right for you.

If you've found yourself questioning the process or if you're just feeling lost about the next step, readings are a great way to gain insight and direction. Sometimes we have questions about the process as we need more information before we can make a decision. I've compiled this list of FAQs to help you with that process.

These are some of the most popular questions that people have before receiving a reading.

Readings are such a positive experience. They bring clarity and guidance to any situation. This can really help in letting go of anxiety and doubt as they often give you validation as well. However, they can also be very emotional. Let's be honest, life isn't all sunshine and rainbows. Don't let fear or anxiety stop you from having the clarity you need to make the best choices for yourself.

The FAQs may have answers for you, be sure to check them out.

Frequently Asked Questions

QUESTION #1: HOW OFTEN SHOULD I RECEIVE A READING?

I suggest most clients receive readings once a month. Exceptions include business owners or those dealing with a specific situation who might get readings bi-weekly:
1 reading on personal life and 1 on business or specific situation.

QUESTION #2: WHAT HAPPENS IF I NEED TO RESCHEDULE?

Send an email before your appointment time requesting to be rescheduled. You will receive an email back within a few days asking when you would like to reschedule your appointment.

QUESTION #3: DO I CALL YOU OR DO YOU CALL ME?

You will be contacted at the number you provided. If for any reason the number provided is incorrect please email us the correct number before your appointment.

QUESTION #4: IT'S FIVE MINUTES PAST MY APPOINTMENT! WHAT DO I DO?

Occasionally appointments run late. If this occurs you will be contacted within 10 minutes past your appointment time. If you're not contacted by then be sure to check your email and appointment time.

QUESTION #5: WHAT IF I DON'T WANT TO KNOW WHEN I'M GOING TO DIE?

If you don't want to discuss death or specifically your own death the biggest thing is not to think about it. You can also speak with me before your reading as well.

QUESTION #6: WHAT IS YOUR SCHEDULE? HOW WILL I KNOW WHEN TO BOOK?

The schedule changes periodically throughout the year. The best way to see availability for appointments is to begin the booking process. The booking calendar is updated with the current scheduling availability.




QUESTION #7: CAN I RECORD THE SESSION?

Please always ask before starting to record. Be respectful by not recording without consent. Thank you!




COMMON QUESTIONS

FOR PSYCHIC READINGS




General Life Questions

-  1. Where will I be in five years?
-  2. What's coming up in the next 6 months?
-  3. What do I need to focus on for this year?




Love Questions

-  1. Where is my relationship headed?
-  2. How does this person feel about me?
-  3. What does this year look like for love?




Career Questions

-  1. Am I going to stay in this field?
-  2. What skills should I focus on building?
-  3. Will I get a promotion/raise this year?

Health Questions

-  1. How can I improve my health?
-  2. What is unhealthy for me in my life?
-  3. Will I be successful in my health goal?

Spiritual Questions

-  1. What is my life's purpose?
-  2. How do I find faith in my life?
-  3. How can I connect to my intuition more?



Connect

Are you ready to receive?



CONNECT

WITH ENERGY, SPIRIT AND YOURSELF

You are ready to receive your reading!

You booked your appointment (or are doing it now), you wrote out your questions, and are waiting for us to connect. Now that you're ready for your session, there are still ways to optimize your experience. In the next few pages you will find a checklist along with a few other things to help you get the most of your reading.

The checklist includes simple things such as, having a pen and paper, or finding a quiet location for your session. Some of the other items require a little more energy on your part. I strongly recommend if you can that you take ten minutes before to relax you and help you focus on your question. This allows for a clearer reading as your mind is less cluttered by other thoughts and feelings. I also recommend that you take ten minutes after so you can reflect upon your reading. It's so important to take a few moments to yourself.

Remember before your reading to try to let go of any assumptions you may have and try to keep an open mind. No matter how difficult the topic we discuss is you can still have a positive experience that gives you clarity and guidance.

The last few pages are for you to help you keep track of your session. They are placed at the end for easy printing! They are perfect for notes from your session. I definitely recommend remembering what you focused on at the time of your appointment. After your session take a few moments to write down your own thoughts. There is a page for reflecting that's great to journal (or for the more artistic types, sketch) any thoughts or feelings you have.

**Now that you are ready to receive, I hope you enjoy your session.
May it bring the clarity, guidance, and validation you are looking for.**

MEET THE AUTHOR



AMY SABATINO

CLAIRVOYANT PSYCHIC MEDIUM

Amy Sabatino has been working with her psychic abilities since the early 2000s. Amy started offering professional psychic services in hopes of helping as many people as possible. Always working in the client's highest and best interest, her clientele has been growing ever since!

Amy's keen insight can help shed light on the future, past, or present. Often times her intuition is used to provide guidance with difficult decisions. Questions are addressed by completing clear, accurate readings that will stimulate peace of mind. Amy's abilities, along with her natural desire to help others, makes her a great choice for your spiritual needs.



[IG.COM/FLOWINGESSENCE](https://www.instagram.com/flowingessence)



[FB.COM/AMYPsychicsSABATINO](https://www.facebook.com/AMYPsychicsSabatino)



[AMYSABATINO.COM](https://www.amysabatino.com)



I'M READY!

SEVEN SIMPLE SUGGESTED STEPS

Before your session try to complete all seven steps.

These are not mandatory for your session. These steps are suggestions and guidelines to help you make the most of your appointment.

☐

BOOK YOUR APPOINTMENT

☐

READ PACKAGE
(BEFORE SESSION)

☐

COMPLETE CLEARING MIND EXERCISE
AND FOCUS QUESTIONS
(BEFORE SESSION)

☐

5-MINUTE RELAXATION
(BEFORE SESSION)

☐

PAPER & PEN FOR NOTES AND REFLECTIONS
(FOR SESSION)

☐

QUIET, SECLUDED AREA
(FOR SESSION)

☐

PHONE IS CHARGED
(FOR SESSION)

SESSION NOTES

DATE:

SUBJECT OR QUESTION:



REFLECTION

AFTER THE SESSION

DATE: