



Preparing for Your Session

WITH CHRISTEN McCORMACK

ChristenMcCormack.com • ChristenMcCormack@gmail.com

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 SESSION

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

In an Intuitive Guidance session, Christen uses her intuitive abilities to convey information and guidance to you directly from your soul. (Your soul is the highest level of wisdom available to you.) In your first session, Christen will tell you about your soul purposes, which indicate your potential and what your soul set out to accomplish and learn in this life. When we align ourselves with our soul's intentions for us, life becomes smoother and easier.

During your session you will be provided with insights and solutions to any questions and challenges you may be experiencing. The information that your soul presents to you through Christen will support your growth and give you a true sense of your soul's path in every arena of your life. Any questions you have about your life are appropriate for discussion in your session.

[Read More on Page 2 >>](#)

Subsequent sessions will provide you with an even more in-depth understanding of your life and answers to any further questions you may have.

FORMING YOUR QUESTIONS AND TOPICS

The process of opening to your soul begins before your appointment, as you define your questions or topics. Forming a relationship with your soul is one of the most important things you can do in your life, and your session with Christen is a great beginning for the experience of living your life in alignment with your soul.

To ensure the fullest benefit from your session, **have five to seven questions or topics** prepared. As you take the time to compile your questions, you will be creating receptivity to the guidance and wisdom that will be presented to you. Much will be said during your time with Christen. You will be given a wealth of information.

You may ask about anything that is important to you. Some possible topics include:

- Your spiritual path
- Your career, or professional goals
- Intimate relationships
- Memories or dreams
- Moral dilemmas
- Loved ones that have passed over

FOLLOW-UP SESSIONS

Follow-up Intuitive Guidance 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
- Prepare 5-7 questions or topics for your 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](mailto:CHRISTENMCCORMACK@GMAIL.COM)