

How to Get the Most Out of Your Reading

1. Be Prepared.

Before going, give thought to what you want to know, the questions you want to ask, and the purpose for your going. Take objects and/or pictures, if appropriate.

2. Listen Openly.

Do not question what you receive - except to clarify. Let the information come to you without putting doubts in the way that block the information.

3. Accept Symbols.

Never change symbols given to you. If you don't understand them now, they will mean something to you later.

4. Give Room to Assimilate.

Sometimes it takes years, sometimes months; sometimes you will know instantly what a reader is saying to you. You will recognize the intent and meaning of what you received only when you are ready to understand it.

5. Decide How to Use this Information to Overcome Obstacles.

Use the information from your reading to help you solve your problems. Accept what is shared with you, especially that which seems the easiest to understand now. Above all, be kind, loving and patient with yourself.

6. Meditate.

Learn how to meditate. Meditation opens our channels of understanding. Use the method appropriate to you. For example:

- Take several deep breaths and sit calmly away from distracting noises.
- Listen to music that soothes you.
- Listen to a meditation tape.
- Read passages that put you in a serene state of mind.
- Jog, rake the leaves, or other physical activity that does not require great mental forms.