

# Your Reading with Cate

*What to Expect, How to Prepare & Our Sacred Space Together*

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**Welcome, darling — I am so glad you are here.** Booking a reading is an act of courage, trust, and self-love, and I honour you for it. Before we sit together, I want to share a little about how I work, what our time will look like, and how you can prepare to get the very most from your reading.

## How I Work

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I am a Psychic Oracle, Spiritual Coach, and Spell Weaver. My readings blend intuitive tarot and oracle card guidance with psychic insight, channelled messages, and practical wisdom — drawing from whatever wants to come through for you in the moment.

I work with the energy you bring, the cards as a sacred mirror, and guidance from the unseen. No two readings are the same, and no two clients receive the same experience — this is deeply personal, intentional work.

I do not claim to predict the future with certainty. What I offer is clarity, reflection, and guidance on the energies and possibilities around you — and, very often, the things you already know in your soul but needed someone to confirm.

Spirit often comes through during a reading with messages — and when they do, I will always share everything I receive with love and care. However, please know that spirit communication is not guaranteed, and I am unable to call in any one particular spirit. Who comes forward is their choice, not ours. I ask that you remain open to whoever wishes to be heard, trusting that the right presence will make themselves known if it is meant to be.

## Before Your Reading

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A little preparation helps you arrive open and ready to receive. Here are some things I invite you to do:

- ✦ Take a few quiet moments before we connect — even five minutes away from screens and noise.
- ✦ Hold an intention or a question, even loosely. It doesn't need to be perfectly formed; your energy will guide the reading.
- ✦ Have a pen and paper nearby — insights can come quickly and you'll want to capture them.
- ✦ Come as you are. You do not need to have it all figured out. That's what the reading is for.

## What to Expect During Your Reading

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We will begin with a brief grounding and opening — a moment to set the space and invite in what is meant for you.

I will then draw cards and share what comes through intuitively, including any messages, imagery, or feelings that arise. I read holistically, so I may move between different threads as the session calls for it.

I read energy — yours, the energy around your situation, and whatever comes through intuitively in the moment. This means I may pick up on things you haven't mentioned, or take the reading in a direction you didn't expect. Trust the process; it is always going where it needs to go.

This is an open conversation, not a test. There are no right or wrong answers, nothing you need to perform or prove. You do not need to feed me information, but equally, if something resonates or doesn't land — please say so. The more we can dialogue, the richer and more meaningful your reading will be.

You are warmly encouraged to ask questions, share what resonates (or doesn't), and redirect if there is something specific you'd like to explore more deeply.

Readings typically flow naturally and I will let you know when we are drawing to a close.

## Our Sacred Space — Boundaries & Policies

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I hold our reading space with love, integrity, and care. In service of that, I ask you to hold the following:

- ✦ Respect is everything. I ask that you approach our session with an open heart and kind energy — I give you my very best and ask the same in return.
- ✦ Please arrive on time. Our session begins at the time booked, so do make sure you are settled and ready.
- ✦ Lateness of more than 10 minutes will be considered a missed appointment. I am unable to run over into other clients' time, so unfortunately the session will be forfeited.
- ✦ Full payment is required before your reading. No payment, no booking — this holds your space and confirms our commitment to the work.
- ✦ Cancellations must be made at least 48 hours before your appointment. Cancellations made within 48 hours are non-refundable.
- ✦ I do not make medical, legal, or financial decisions for you. My readings offer spiritual insight and perspective, not professional advice in these areas.
- ✦ I do not give readings on third parties without their consent — the session is always focused on you and your own journey.
- ✦ I do not predict death, and I approach questions around health with sensitivity and care.
- ✦ Everything shared in our session is held in complete confidentiality.

## After Your Reading

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Give yourself a little time and space after our session — readings can bring up a lot and you deserve the chance to integrate what came through.

I recommend re-reading any notes you made a day or two later. Often, things that felt unclear in the moment will begin to make perfect sense.

If you have any follow-up questions about your reading in the days that follow, please feel free to get in touch. I am here.

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*I cannot wait to sit with you. Until then, be gentle with yourself.*

**Kisses, Cate x**

[catemcmurray.co.uk](http://catemcmurray.co.uk)

