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## Recommended Guidelines for Seekers from Lena

Over the years, people have come to me with horror stories about their experiences when getting psychic/medium readings. This guideline is intended to help you avoid any negative experiences and connect with the reader who is right for you.

1. When searching for a reader, shop around and get a feel for the reader you intend to use. Avoid using psychic lines that randomly expose you to a variety of readers.
2. Check the credentials of a reader. There are charlatans in all industries, and the psychic world is no different. Just because someone proclaims to be a good reader, doesn't mean he or she has the training and expertise you're looking for. Ask around, check his or her education and background as well as the clientele referrals. Have they been regulars on live radio shows where their accuracy (or inaccuracy) can easily be tracked? Do they offer access to notarized testimonies of clients?
3. If the reader brags to you about being the best, question why. He or she may very well be just that and is simply sporting an oversized ego, but more often than not, there is a need to overcast the flaws in their abilities with a convincing sales pitch.
4. Get quiet and "feel" the connection. If you are hesitant at all about the information you may receive from a reader, walk away! Listen to your inner voice on that one and save yourself some anguish and money.
5. Don't overdose on readers. When you allow someone to tune into your psychic field, you are giving away a piece of yourself and making yourself temporarily vulnerable. Getting many readings from different readers is not only wasteful, but potentially harmful. Select one or two advisors who you find accurate and stick with them.
6. You get what you pay for. If a reader has a low fee it is for one of two reasons. Either he or she is not adept in giving readings or he or she is insecure or living in fear of charging his or her true worth. Do you really want someone who is not adept or someone who is being ruled by fear, guiding you?

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