Sample of an Email Reading with Lucy

NB: Names, locations and personal details have been removed to protect my client's privacy.

I feel that you are naturally quite a quiet person. When you were younger you seemed to be at the back of the crowd, rather than pushing forwards. You do have a melancholy about you which suggests to me that life is not quite as you would like it. I do feel that as a child you felt like you were left out a bit, as if you were not joining in with everyone else. You definitely stood back from the crowd.

Quiet is a word that keeps coming up when I look at you. I feel that you sit and smile but don't say what you are really thinking; it's as if you hold back. You are comfortable with your own family and with your friends, but in a crowd of unknowns, I feel that you would be quiet.

However I feel that you have been accused of being moody in the past when you weren't, you were just not in the mood to talk. There has definitely been a time in your life when you were misunderstood and I do feel that you are sometimes misunderstood even now.

I see a young man sitting next to you; he is quite quiet and not hugely outgoing. He is taller than you and quite slim build and he is wearing a t-shirt, jeans and trainers, like converse style.

I wanted to say that this was a partner as you are very close and have a real love for each other but he seems far too young and actually so like you in his temperament that he feels more like a son. He is a really lovely soul and he loves his Mum!

He seems to take your lead quite a lot and you two feel like you are like two peas in a pod in many ways. I also see a dark haired boy who looks very much like you. He has a really lovely and charming personality, more outgoing than your older boy and quite cheeky, he has his Father's temperament. I feel that his Father has a quite immature nature in some ways and that he again has not conformed to society as such, in the way that he has a quite blasé attitude to life. He can be difficult though and I do feel that he can be selfish at times and certainly knows what he likes and what he doesn't.

I do feel that you have never made the commitment to get married. You don't seem to do things the 'traditional' way, in fact nothing you do is expected, there is a real independent streak to you. This is not something that has always been with you, as I said you started off being very quiet and in the background and I feel as a result this has made you strive to be a little different and to express yourself in ways other than being vocal, you did this through your appearance, your likes, your style. You are quite different from your sister in this sense who seems far more traditional.

I do feel that you would have got married if you had been asked but that this is not something that your XXX wants to do. If anyone asks you however I feel that you would now say marriage wasn't for you either. Perhaps it is too far down the road now but I don't feel that it is necessary now. There is a romantic side to you, but I feel that this side has been lost a little with the girl you used to be. Something has changed and hardened inside you as you have grown older and that romantic side has been hit with a bit of reality, by life.

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I just got images of horses, you were interested in horses when you were younger and I do see you enjoyed being outside. I have images of you enjoying being outdoors; the setting is a cold and wild outdoors.

You also went through a music loving stage where I see you being into independent bands and being quite individual in your look and tastes. Kind of grungy. Even now I don't see you as a girly girl, I feel that you have been quite experimental and come to the conclusion that you are happy just being quirky you, rather than following trends or trying to fit in. You don't give a lot away and I do feel that you can be perceived as mysterious.

I do feel that you are quite like your XXX in many ways, your quietness and the way you stand back from a situation certainly comes from her. However it was your XXX who really understood you. I do feel that you had a real soft spot for your XXX and you understood each other.

You definitely cover up your feelings and I do feel that you put on a bit of a front to cover up how you really feel. You haven't fully grown up in some ways and I feel that you still feel like you are 20! This is good and I know that you stay young with your attitude but in another way, I feel like you are hiding how hard it has been for you. It's as if you've had a bit of a tough ride and so you are giving a two fingered salute and being who you want, no matter what anyone thinks. I can see you having a good laugh when you go out and this is the time you let your hair down and relax, let go and feel that you are the real you for a short time.

You are a very loving and caring person and you have a huge heart for your close friends and family and they have supported you no matter what. I do feel this melancholy behind your eyes though, and I feel as if it has come from being hurt in a relationship, feeling let down. I feel like it is your current relationship. Your XXX feels to be quite controlling and not necessarily what you need, he is set in his ways though and I don't feel that you will change him. Time may mellow him but I feel that you are the best person to handle him and you are so used to him now that it isn't as much of a problem as it used to be. I can see some quite full on arguments and almost rages and I know that you have had to keep your mouth shut quite a few times in the past. You and your XXX are his world though and part of me feels that his anger has been fuelled by alcohol in the past and also a pretty tough upbringing. You manage and you adapt and you compromise and you love him, which has been what has kept you together this long and will continue to do so.

Your self-esteem has taken a battering in the past and I do feel that you have had to put on a protective coat of armour and get out there and fight a bit. I do feel that you have had to go out and earn money and make a living doing something that isn't really your passion but that this is carved out of necessity. There is a side to you that would love to have been more free than you have been, to do things a different way round. I also feel that the other side of you would actually love to live on a wild farm and raise animals, work outdoors and get dirty and tired from hard labour, mess around with your children and have a good laugh then eat homemade meals by the fireside.

You are making the most of life and what it throws at you but there is a point at which I would like you to consider this for me. It is ok to show your feelings and to be honest about how you feel about things. I know that you are honest with people closest to you, but are you as honest with yourself as you could be about your life?

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I feel that you are not doing enough things for yourself. The interesting thing about you is that you seem to be living this independent, fun loving and crazy life but actually I feel that you have had to conform to what is needed – money, stability, security and raising your sons from an early age, which has actually stopped you from being you for a long time. You have been what others have needed you to be. The sadness in your eyes is I believe a result of being hurt but also not living truthfully to yourself and I feel that the time is now to start doing this. People rely on you less now and before it becomes an issue I feel it is time to start looking after number one.

I'm not talking about going out partying, this is not the solution, it's more about doing things that you love. I see you are also interested in art, but I see this as being more like graphic art than what your sister can do. Yours is more like tattoo-style art (sorry I don't know what it's called!). I feel you have a strong creative streak which is again quite alternative, experimental and different. However I also feel that you have this interest in the outdoors. It's time to start looking at what you would like to do for you, what can get your creative juices and interests flowing again. I do think this may come up against a little difficulty with your XXX but that he will get used to the idea once you start. Stand up for yourself a little and go for it. Life is too short, and you know that time has flown so far.

However you also know that you have an awful lot going for you and that your life is pretty good, you are not a negative person, quite the opposite. I would like you to really have a think about getting back to the real you. It feels like you have snatched a bit of time for yourself here and there and gone a bit wild when given a chance, but this is more than that.

I do wish you all the very best and hope that this has been helpful. Please feel free to ask any questions about any elements of this reading if you require further clarification and thank you once again for allowing me to read for you, it has been my pleasure.

With warm wishes and hopes for a bright future, Lucy

L.A. Readings 2013.

**Unfortunately, in accordance with recent legislation I am legally required to point out that my statements and opinions are offered for personal entertainment and reflection. In all cases you, as an individual, need to exercise your own judgment in terms of personal actions.

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