



Temple of Truth — Reveal Your True Self to Yourself

Frequently Asked Questions

Who do you work with, and how are your sessions different?

I work directly with **SOURCE**—the unfiltered field of intelligence, clarity, and truth. My sessions are not traditional psychic readings, mediumship, therapy, or coaching. I do **not** work through spirit guides, ancestors, angels, or external entities. My work is rooted in the body, the energy field, and your own direct connection to Source.

Temple of Truth sessions use the proprietary **Mirror of Truth Method™**:

- Not talk therapy or predictive readings
- Not “fixing” or telling you what to do
- Not entertainment or fortune-telling

Instead, these sessions are containers for realignment, coherence, and embodied remembrance of who you truly are.

How is your work different from traditional psychic, mediumship, coaching, or therapy sessions?

- **Not psychic readings:** I don’t predict the future or deliver messages from outside sources.
- **Not mediumship:** I do not communicate with loved ones who have passed or act as an intermediary for spirits.
- **Not therapy or coaching:** I don’t diagnose, analyze, or offer step-by-step advice.
- **Not energy healing in the traditional sense:** I don’t “fix” you, clear you, or do the work **for** you.

Instead:

I hold a field of clarity and resonance, helping you access your own inner truth.

The work is body-based and field-calibrated, focusing on integration, self-remembrance, and returning to your center.

This is about you reclaiming your power and living from embodied alignment—not outsourcing your healing.



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What happens in a session? How does your session work?

Each session is tailored to where you are right now. We begin with your current concerns, intentions, or what's most alive for you.

From there, I attune to your words, your body, and your energy field to sense where you may have self-abandoned, disconnected, or left yourself behind.

What you can expect:

- A safe, non-judgmental space for truth to arise
- Deep energetic presence and direct, loving reflection
- Invitation to meet and integrate your shadow—not bypass it
- No script or formula; each session is guided by what your soul is ready to remember

Sessions may include periods of silent energetic work, spoken reflection, and integration guidance. You may feel emotional release, clarity, embodied shifts, or a deep sense of coming home to yourself.

Every session is unique, and nothing is forced.

What should I do to prepare for my session?

- Be in a quiet, private space where you won't be disturbed
- Have a notebook or journal if you'd like to take notes
- Avoid multitasking; be as present as possible
- Set a simple intention, or come with openness to whatever arises

What if I need to reschedule my session?

Life happens—I understand that plans can change unexpectedly.

If you need to reschedule, please use the rescheduling link provided in your confirmation email.

You may reschedule your session up to **48 hours before your original appointment** in accordance with the rescheduling policy on the booking page.

If something urgent arises within 48 hours, please contact me directly (by replying to your confirmation email using the contact information provided after booking), and I'll do my best to accommodate when possible.



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Thank you for honoring this policy, as it allows your time to be offered to others.

Will I need more than one session? Is this a quick fix?

One session can bring profound insight and energetic shift, but real change is a process. Some clients find what they need in a single session, while others return for deeper integration and ongoing support. There is no requirement or expectation—follow what feels right for you. This work is not about dependency; it's about empowering you to anchor your own clarity and alignment.

What results can I expect?

Everyone's journey is unique. You may experience:

- Greater clarity, self-connection, and confidence
- Relief from old patterns, emotional blocks, or anxiety
- A sense of calm, alignment, and coherence in your body and energy
- Renewed direction, self-trust, and empowerment

Transformation continues as you integrate what is revealed in session. Results unfold over time as you live your truth.

Who is this work for?

This work is for you if:

- You seek embodied change—not just information or reassurance
- You feel ready to move beyond performing, proving, or pretending
- You're willing (or open to learning) to take responsibility for your own growth and healing
- You're curious or open, even if you feel nervous or unsure

No prior experience or spiritual “perfection” is needed—only a longing for truth and integration.



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Who is this work not for?

This work may **not** be for you if:

- You want predictions, entertainment, or a “quick fix”
- You prefer to be told what to do, instead of discovering your own truth
- You want someone to “fix” you, or are not open to self-responsibility
- You are committed to blame, old stories, or are not yet ready for deeper change

That's perfectly okay - readiness is a journey. If you're unsure, you are always welcome to reach out for clarity before booking.

Is it normal to feel nervous or unsure if I'm ready?

Yes—this is completely normal.

It's common to feel nervous at the threshold of deep change. You don't have to be perfect, fearless, or fully “ready.”

What matters most is honesty and willingness.

If you feel resonance with this work—even if there's some hesitation—you are welcome.

How do I book a session?

Booking is easy:

- [Visit the booking page](#)