

How to prepare for your Hypnosis session

Housekeeping notes

Because of the duration of the session I find that lying down is the most comfortable. I will need to see you from your head to your torso.

A laptop with headphones that cover your ears works best.

Corded headphones can work well with a couple of modifications.

Make sure Zoom is downloaded on your device.

Please make sure your device is plugged in, Zoom can drain a battery quickly.

Although we may have previously discussed, please come to the session with 2-3 things that you would like to work with.

Your higher self will have the ultimate say and will only take you to what is most aligned with your souls evolution.

Before your session

If you meditate, do so in the morning or day of your appointment to help clear your mind. If you do not meditate, then do something that puts you in a calm place like taking a walk or listening to some soothing music.

The night before your session & the day of, don't drink alcohol. If you can, eliminate the use of caffeine the morning of the session. **You will have an easier time quieting your mind.**

If you'd like, eat something light beforehand. Our session will vary from 1.5-3 hours.

Your session will be video-recorded. You may remember some, all or nothing of the session so a recording is important to your process afterwards. The more you hear yourself, the more sustainable you change.

Your session is a private session. Even though spouses/partners/friends want to be with you to witness this amazing event it is a place where you need to feel completely safe that your confidentiality in all matters is observed. Because of this, no one else is allowed in your session. You may share your recording or any memories or thoughts at your discretion.

The key to this experience is to have an open mind and allow thoughts or memories to come to you. While under hypnosis, you will see, know or sense things in your mind much like you do on a movie screen. As those images come up, don't judge or rationalize them just say them as they appear, even if they don't make sense.

The power of this experience is that it is YOU telling YOU what the root causes and issues are and how the healing is occurring. I am only the facilitator and your assistant in this process.

I have personally witnessed physical and emotional healing and watched as past struggles were relieved. This has allowed people to live more confident happier and healthier lives.

If you have questions about how a session works please feel free to contact me. If for any reason you need to cancel or reschedule, please let me know as soon as possible. In most cases I book out most of our day for one appointment.

I look forward to working with you!