

Preparing for a Session

It is up to you to decide how much you want to do to prepare for our session. In truth you need do nothing at all but trust the process and show up! But, many of you benefit greatly by reading some helpful articles, and also by doing some practical things *like practicing*.

In this document you will find:

- My classic Basic instruction article on how to prepare.
- Links to more articles which include visualization information about hypnosis
- A sample/practice regression video
- Contact and Payment information recap

How to prepare for a Quantum Healing Session

The most important way to prepare for a session is to intend, from the very moment you have decided to schedule an appointment, to have clear and direct communication with that part of you that is able to provide healing and information. Let's call that part of you, your Higher Self.

"I have clear and direct communication with my Higher Self"

Note the tense of this sentence. It's not "I will have," its "*I have.*"

You can then repeat this intention either silently or out loud throughout your day and most importantly, right before you go to sleep at night. Put a "post it note" on your bathroom mirror to remind you and you can focus upon your intention as you brush your teeth and prepare for bed.

You will want to prepare a list of questions and concerns. As your facilitator I ask that you actually write this list down on paper and hand it to me at our appointment. Please neatly hand write the list or print it out on the computer so that I might easily read your questions during the session.

Also put these questions and concerns in order of importance to you as we may not be able to address them all. A common number of concerns and questions might be 10 to 12.

What kind of questions? The general rule of thumb is to ask personal questions or keep topics related to your own personal life. Here are a few examples.

I have had asthma since birth. Why? Can it be healed?

I am in a new love relationship. Is this person the right one for me?

I really dislike my job and would like to quit and find a new one. Should I?

I have a difficult relationship with my sister. Why is this so and can it be resolved?

Many years ago I had something strange happen to me. (This could be a dream, vision, feeling, or experience) What exactly happened, and why?

I have a lifelong interest in (name ANY subject) can we explore this in depth?

Am I on my right spiritual path?

Can I meet my spirit guide or guardian angel?

Can I improve my intuitive or psychic skills? How?

How can I create more peace or balance or abundance in my life?

You can also ask “cosmic” type questions if you desire, but do start with the personal concerns.

Don't drink alcoholic or caffeinated beverages before the session, or even, the evening before, if possible. If you are a regular morning coffee drinker, please don't skip your coffee, but go easy and keep it to a minimum before your session.

Light exercise prior to your appointment, like a long walk, is an excellent way to prepare for a successful session. This is another good time to repeat your intention. We want your body relaxed, but your mind quiet and alert and engaged.

As much as possible, clear your day for the session. We begin by talking, going over the process and your questions. Then you get comfortable and relaxed and we begin the actual session. Afterwards, we briefly go over what was experienced and I make sure you are awake and grounded. This entire process can take anywhere from 2 to 4 hours total.

It is generally not a good idea to have additional appointments after your regression, or plan a long drive ahead of you (unless you are in the passenger seat). Having a regression is very much like participating in a long, very detailed and involved daydream. You really will feel as if you have just returned from an amazing journey, having visited other worlds and lifetimes, and in fact, you will have done just exactly that. It is best to have some time to process your experience and give yourself an opportunity to fully return to your regular conscious day-to-day reality before attempting any complex mental tasks or strenuous physical activity.

After your leave I will review your digital recording and email you the recording of your session.

Listening to your session in the days and weeks and even months ahead can be an important part of the experience. Even if your conscious mind remembers the session immediately afterwards, it can, just as some dreams can, begin to fade from your memory, even if you had an “unforgettable” experience! Also any healing or life improvement suggestions can and will be reinforced by listening repeatedly to the audio. The goal is to have your conscious mind “get on board” and align with your Higher Self and its goals, and accept any changes or healing you intend to occur.

Finally, remember that I am always interested in hearing from you in the future and encourage you to drop me a note or give me a call and let me know how the regression has affected your life.

More Links Below

Here is a great [article](#) about how to prepare for the session.

Click the link below for a story about and a chance to briefly practice "visualization" in a regression featuring practitioners [Candace Crow-Goldman](#) and [Alex Mixer](#).

[Click here for video.](#)

Here is an [article](#) that might help to understand common hypnosis myths.

And another [article](#) that talks about the whole idea of "making it up."

Payment information:

Sessions are prepaid via [PayPal](#), [Venmo](#) or [Cash App](#)

Cancellation fees may be charged if 24 notice is not given or if session is repeatedly cancelled/rescheduled.