



PREPARING FOR YOUR QUANTUM REGRESSION SESSION

1. Length of Session & Recording

This process can take about 3-5 hours and for best results please ensure you are alone. This will help ensure that you are completely relaxed to go in, for deep answers of your soul!

If your session is online, please ensure to have a headset with a microphone; the headset that comes with your phone or a gaming headset would be perfect. This will ensure that the volume will be adequate for your recording. Your phone will work just fine, but a computer with a strong Wi-Fi connection will ensure that Zoom will have a strong connection during the session. The regression portion of the session will be video recorded and sent to you following the session. Please ensure you download the Zoom application prior, test the camera and microphone settings, and make sure your device is fully charged.

Zoom application can be found here: <https://zoom.us/>

2. Crystals

If you own a selenite as well as a black tourmaline, black obsidian, black onyx or shungite crystal please ensure to have it with you on the day of your session as they will aid throughout the session and help grounding after the session. If attending in person, these crystals will be provided for you. If you wish to have a set sent to you please ensure adequate time for shipping and contact Soul Healing Essentials for a Quantum Kit which includes both of these palm crystals along with a palo santo stick and essential oils. The kit can also be found in the SoulHealingEssentials.com shop.

3. Intent

Set your intent and be clear about why you are seeking a session. There are several reasons one might seek a session, and being able to convey this will be most helpful to your practitioner as well as yourself. Some common reasons people have sessions include:

- Health: To learn or understand the energetic root or cause of specific health challenges and endeavor to resolve them
- Relationships: To understand lifelong patterns with multiple people or dynamics of specific individual relationships and encourage more peace, harmony and resolution
- Life Path: Usually related to work, employment and the idea of creating abundance and what guidance is available to you regarding the future

- **Spiritual Origins and Goals:** To discover your galactic history or star ancestry and what you have experienced as well as how your galactic history might be influencing your spiritual path; what fractals exist within your soul that are most beneficial in this current life

4. Connecting

Practice connecting to your Higher Self with an intention to balance the ego mind. Start by saying to yourself, both out loud and inside your mind, "I have a clear and direct communication with my Higher Self". Understanding that this expanded presence is within you, not external to you will allow the communication to flow more freely within your session.

5. Allow

Practice the art of surrendering and allowing when communicating to the higher self. Your ego mind might try to interfere however when it tries to get in the way, ask it with love and respect to step aside. Envision it as a child, give it a hug, and explain to it that you are trying to do this for your highest good. You have needed your ego your whole life as it has been your protection to keep you safe, however when trying to contact the higher self you may need to ask "please step to the side and witness this connection with me, as I am trying to heal us for our highest good".

Envision yourself as a leaf floating on a river. The large body of water is your higher self who is one with Source/Creator. The leaf allows for the river to be taken in whichever current/direction is needed by surrendering and allowing.

6. Hydrate

Drink water. Water equals consciousness; it is the conductor to higher frequencies and the knowledge within! You can think of your body as a vehicle that requires fuel to operate. The water is your fuel to facilitate a strong connection to, and communication with, other realms and states of consciousness. Start today and continue to drink plenty of water up until the start of your session. With every glass of water, set the intent to release all that does not serve you for your highest good and send your water love and healing before drinking that love and healing.

During the session there is no need to worry about needing to use the restroom as the higher self will guide you to the restroom while still maintaining you in your hypnosis.

7. Questions

Prepare a list of questions/concerns to ask during your session. Start by writing down as many questions as you have, and then look to see how they relate to each other, and how you can condense them. Often some of the answers come to you before your session. In many cases, your guides start preparing you for the session ahead of time.

If your session is online email your questions prior to the session, if your session is in person bring them with you that day.

Keep in mind that questions should be about you and no one else and avoid filling in gaps or providing detail as we will discuss your list prior to your session. Questions to consider might include:

- Life or Spiritual type questions such as those related to life purpose, path, or mission for this lifetime
- Relationship questions including romantic, familial or those with friends or coworkers

- Career related questions
- Health related questions including ailments that are unexplained or subtle or what type of foods you should be eating or avoiding for optimum health
- Out of this world questions such as strange dreams, occurrences or any seemingly special powers you might possess or wish to possess

8. Expectations

Leave expectations at the door. Every session is as unique as the individual. Your session will unfold in your own consciousness in your own way, and will be more beautiful if you don't have expectations about what should or should not happen.

You will likely be aware of your experience as it is happening and may even remember most of it when it is over however the nuances of the experiences as well as details will fade similar to awaking from a vivid dream. Over a course of a few hours certain information will be forgotten. With vibrations on Earth raising daily, and humanity becoming more at one with our higher selves, you may feel like you are fully conscious. Know and trust that regardless of this feeling, you are in a deep trance and your visions are as real as you are ready to allow them to be.

9. Caffeine or stimulants

Are you a coffee or tea drinker? If so, keeping the dose to a minimum on the day of your session will ensure that you are relaxed however, you do not want to be nursing a caffeine withdrawal headache by going cold turkey so a smaller dose is advisable. Perhaps have one cup of coffee or tea instead of three.

If you are a recreational drugs user, please do not use at least one week prior your session. The effects may cause difficulty in connecting to the higher self and the all knowing aspect of you in order to receive the guidance and answers you are seeking.

Please note that anyone under the influence of drugs or alcohol will not be seen on the day of their scheduled session. Do **take your prescription medications that you normally take** but avoid any additional pills that help relax you. Make sure to get a good night's sleep and otherwise trust that your Higher Self will prepare you for your session as needed.

10. Nourishment

Eat a snack or light meal prior to your session. Please don't start your session by being hungry but at the same time do not overindulge on the day of the session. If doing an in person session, bring water and a snack for after your session as it will also help ground you or take advantage of the great variety of food places and supermarkets in close proximity to the healing suite. Stick to grounding foods like root vegetables.

11. Clothing

Dress comfortably in white or light colored, loose clothing with minimal jewelry, light fragrance and light makeup; especially mascara. Tears are very common, and are a releasing mechanism which helps in releasing any past pain or overwhelming emotions. Some sessions are very sensory for clients and smells can alter the session so, avoid heavy or synthetic perfumes and note that essential oils are included as part of the in-person session and will be discussed with you prior to use.

12. Self-healing

When you have a session, your Higher Self initiates the self-healing process that we all possess by connecting you to your auric sphere and correcting deficiencies it identifies. If you do not believe it is working, it will not. You must also put forth the effort to self-heal by meditation and connecting yourself to the healing process.

Truly all answers are within, as your Higher Self holds them within you. Or more accurately your conscious mind exists within that higher aspect. So, your Higher Self is not at all separate from you. This is a wonderful and empowering idea, but one that is difficult to grasp at times, especially since most of us have been programmed, from birth, to look for guidance and answers from others in lieu of the voice within.

13. Practice

Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature. You should avoid looking at your phone or focusing on work or other obligations you might have while attempting to quiet the mind. Practice daydreaming, existing within the frequency of wonder. Exist within wonder as you go in your mind's eye, meditation or visualization practice. Accept whatever pops into your mind and explore possibilities.

- You might see still images or movie-like images
- You might hear information which could come in your own voice or someone else's
- You might experience a strong sense of knowing
- You might feel information emotionally or in the physical body

Information can come in many of these ways! You will be ahead of the game if you practice this before your appointment. Your Higher Self uses your imagination as a language to speak to you. Absorbing that idea and doing a bit of preparation to stimulate your imagination is a good way to prepare.

Keep in mind that your Higher Self guides and protects you all along the way, from start to finish of each session. If you have to use the bathroom for example, it lets us know. If you are too tired to continue, it lets us know. If conducting the session online and we get disconnected, your higher self will keep you in hypnosis but alert you enough to hit reconnect button on your device. Your higher self is you, so who to trust better than yourself with yourself.

Release fear, worry, and mistrust during the session. These are the biggest obstacles in obtaining surrender for the quantum healing to be able to come through your mind, body and soul.

Looking forward to our session!



WHAT TO EXPECT AFTER YOUR QUANTUM REGRESSION SESSION

1. Being Alert

You will likely feel fully alert but deeply relaxed and may find yourself in a blissful state. Once you come out of your hypnotized state it is often at that time that clients confirm within themselves that they were in fact in an altered state. It is common to feel fully present during the session but details of the session will begin to fade like a dream. In rare circumstances the details of the session are a complete blank upon waking.

Sometimes, clients feel like their body is buzzing with energy. It is very important to eat something after the session to help ground in the current reality. Bringing a snack can be helpful and there are a variety of food places and supermarkets in close proximity to the healing suite if doing an in-person session.

You will need to ground yourself after the session, such as walking with bare feet on the grass or the nearby sandy beach. It is further recommended that you clear your schedule so that the rest of your day after the session won't be filled with activities that will require a lot of concentration or physically demanding work.

2. Crystals

If you own grounding crystals such as black tourmaline, black obsidian, black onyx or shungite crystal they may assist in grounding you on the day of your session. If attending in person, a grounding crystal will be provided for you for immediate use after your session. If you wish to have a set sent to you please ensure adequate time for shipping and contact Soul Healing Essentials for a Quantum Kit which includes both of these palm crystals along with a palo santo stick and essential oils. The kit can also be found in the SoulHealingEssentials.com shop.

3. Once Home

When you get home, download your recorded session and listen to it. It is recommended that you listen to the material at least three times but please **NEVER listen while driving** your car! In rare cases the recording may put you in a hypnotic state.

Your connection to your Higher Self will remain open so pay attention to your thoughts, dreams and intuition. You will begin to discern the difference between your Ego-mind and recognize that voiceless voice of your Higher Self. Keeping a journal can help connect you further and also help to discern the guidance and messages you receive in your waking and sleeping state on a regular basis. Remember just like a dream your session fades from memory so treat your dreams with just as much importance. Your Higher Self is always communicating with you and a dream journal might be helpful in connecting the dots when it comes to your guidance.

4. Weeks or Months Later

Sometimes it can take time to process everything that has happened during a session, especially when many meaningful things happen in a short period of time. Important information may be coming through to you when you least expect it so it is important to pay attention as you don't want to miss it. Since the vibration of your session will also be recorded, you will continue to receive insight and self-healing any time you listen to the recording of your session.

5. Allow

As with any type of spiritual guidance, it is important to allow and surrender. Allow for the possibility that the guidance you received in your session is the best guidance for you and give it time to take full effect.