



PREPARING FOR QUANTUM REGRESSION

1. Length of Session & Recording

A session can take about 3-5 hours and for best results please ensure you are alone which will help with achieving full relaxation to go within for uncensored answers.

If your session is online, have a headset with a microphone; the headset that comes with your phone is perfect. 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. Be sure to download the Zoom application, test the camera and microphone settings, and that your device is plugged in and charged.

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

2. Crystals

If you own a selenite, black tourmaline or shungite crystal have it with you on the day of your session or any crystal that resonates. If attending in person, crystals will be provided for you.

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 helpful to your practitioner as well as yourself. Some common reasons people have sessions include:

- Health: To learn or understand the cause of specific health challenges
- Relationships: To understand lifelong patterns with people or dynamics of specific individual relationships and encourage more peace, harmony and resolution
- Life Path: Usually related to work, creating abundance and the path forward
- Spiritual Origins: To discover galactic history and how it might be influencing you in this lifetime

4. Allow

Practice connecting to your Higher Self. Start by saying to yourself "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. Allow and surrender to what if...

5. Hydrate

Water equals consciousness; it is the conductor to higher frequencies and lost knowledge within. Visualize love and high intentions for yourself while drinking the water you consume. A sound bath is included with each session and as sound is frequency and the body is made mostly of water the sound resonance touches every single part of you.

6. 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.

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:

- Life or Spiritual type questions such as those related to life purpose, 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

7. Expectations

Let go of expectations; every session is completely unique. 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 will fade similar to awaking from a vivid dream.

8. Caffeine or stimulants

If you are a coffee or tea drinker, 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.

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.

Take your prescription medications that you normally take but avoid anything additional.

9. Nourishment

Eat a light meal prior to your session. Avoid starting 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 or take advantage of the great variety of food places in close proximity to the healing suite and stick to grounding foods.

10. 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 help 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.

11. Self-healing

When you have a session, your Higher Self initiates the self-healing process that we all possess. If you do not believe it is working, it will not. Truly all answers are within, as your Higher Self holds them within you and is not separate from you. This is an empowering idea, but one that is difficult to grasp at times, especially since most of us have been programmed to look for guidance and answers from outside ourselves.

12. Practice

Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature. Avoid looking at your phone or focusing on work or other obligations while attempting to quiet the mind. Practice daydreaming, existing within the frequency of wonder. 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

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 the reconnect button on your device. Your higher self is you, so who to trust better than yourself with yourself.

Looking forward to our session!



WHAT TO EXPECT AFTER YOUR SESSION

1. Being Alert

You will likely feel deeply relaxed and may find yourself in a blissful 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.

It is helpful to eat something after the session to help ground. Bringing a snack can be helpful and there are a variety of food places close to the healing suite if doing an in-person session.

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

2. Crystals

Crystals such as black tourmaline, onyx or shungite may assist in grounding after your session. If attending in person, a grounding crystal will be provided for immediate use after your session.

3. Once Home

Download your recorded session and listen to it but please **NEVER listen while driving!** 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 between the Ego-mind and the voice of your Higher Self.

4. Weeks or Months Later

It can take time to process everything that happened during the session. Important information may come through to when you least expect it. Since the vibration of your session is also captured in your recording, you will continue to receive insight and self-healing any time you listen.

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 from your inner higher self is the best guidance for you and give it time to take full effect.

Thank You