



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 in a comfortable environment which will help with achieving full relaxation to go within for uncensored answers.

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, Sage, Palo Santo and Bay Leaf

If you own selenite and a black tourmaline or shungite crystal have them on hand on the day of your session along with any crystal that resonates. You may also wish to sage or palo santo your space ahead of time. Bay leaf may be burned to aid in relaxation as it calms the nerves.

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. 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 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 your life

4. Questions

Prepare a list of questions/concerns to ask during your session and email them prior to your session. Often some of the answers come to you even before your session.

Questions to consider:

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

5. 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.

6. 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 and be sure to have water on hand.

7. 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.

8. Self-healing

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.

9. Practice

Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature or daydreaming. 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 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.

You will need to ground after the session, such as walking with bare feet on the grass or a 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 or any root chakra crystal you resonate with may assist in grounding after your session.

3. Replay

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 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