**Preparing for a Session**

The information contained in this document will assist you in having the best possible session! If you have any additional questions or concerns, please let me know.

**Preparing for a Quantum Healing Session**

It is up to you to decide how much you want to do to prepare for our session. In truth the most important and only requirement is to trust the process, and yourself and show up! But many of you benefit greatly by learning to quiet the mind, reading some helpful articles to debunk myths and provide relevant information, and also by doing some practical things like *practicing.*

**Learn to Quiet your Mind**

If you are not a regular meditator now is the time to begin. A quiet mind that is not filled with racing or looping thoughts is your best asset in a session.

This is an excellent YouTube video that explains exactly what meditation is and why it is important.

<https://youtu.be/ZpCjZEikUGs>

Meditate in silence a minimum of 10-20 minutes per day or use the following YouTube nature sounds with headphones to help reduce outside noise interference.

Forest Birds

<https://youtu.be/XxP8kxUn5bc>

Waterfall Sounds

<https://youtu.be/02NQkhbjALg>

Ocean Waves

<https://youtu.be/f77SKdyn-1Y>

Binaural Beats with music

<https://youtu.be/-OkCwjpeiBc>

**Leave Expectations Behind**

Intentions and expectations are completely different things. Specific *expectations* about what you are about to experience are not at all helpful.

Here is a video created by Dolores Cannon many years ago about expectations in any Quantum Healing session

<https://youtu.be/qcwI6411AY4>

**Practice by listening to Prerecorded Regressions**

Listen to my practice/group regression audio files in my FAQ section. These are light trance regression inductions meant to be fun and get you used to the sound of my voice and also to visualization techniques.

**ZOOM SESSION EXTRA PREP**

**Bathroom Access**

Bathroom Access: Please make sure that you have close access to a bathroom and that the path to the bathroom is free of obstacles that might trip you.

**Technical Information for Zoom**

Online sessions are held using ZOOM, an easy web-based video meeting system. I will send you a personalized LINK for our session appointment.

Here are some important things you must do **BEFORE** the session:

#1 You will need a COMPUTER with the Zoom app installed.

#2 You will need a HEADSET with MICROPHONE. This is because sometime people move around and I may not be able to hear you if you turn away from the computer, so the headset with a mic is imperative. Below I’ve included a Picture of a headset from Amazon that is only $17.

#3 It is VERY IMPORTANT to have a FULLY CONTINUOUS charge for your computer.

 AND a GOOD WIFI Connection.

#4 You need to be in a comfortable and SAFE position for the regression. We suggest you lie down on something that is comfortable for you. I don’t suggest sitting up in a chair because you will become very relaxed and I don’t want you to fall out.

#5 You will need to position the computer so that I can see you from about mid-abdomen up to your head.

#6 If we are disconnected for ANY reason, you must make sure that you answer the phone when I call or you call me. We will go over this in the session.

#7 Please practice using Zoom and test out all of your equipment and your internet connection with a friend BEFORE our session! You will not want to spend our valuable session time focusing on your equipment. To check the speed of your internet connection, go to [www.speedtest.net](http://www.speedtest.net). You can find the Zoom connectivity requirements online.

All of these things are very important to a successful session so take some time before the session to make sure you have everything set up and ready to go.

Headset with Microphone Under $18 on Amazon

Syndesmos CM7002 Gaming Headset

