**Preparing for a BQH Session**

The information contained in this document will assist you in having the best possible quantum healing consciousness exploration possible! 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.

**Technical Information and 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.

Online sessions are held using ZOOM, an easy web-based video meeting system. You must have Zoom installed on your device. Having a headset or ear buds with microphone attached available is important. I will send you a personalized LINK for our session appointment.

**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.**