In preparation for our session, please ensure the following:

* You will not be disturbed
* Your cell phone be on silent mode or turned off
* You will need a comfortable place to sit
* Your camera is positioned so I can see you from the waist up
* Lights are on if it is dark or will become darker (I need to see to clearly your face)
* Plan to be good to you after your session. You will continue to shift and change for possibly up to two weeks
* Request access to enter the Whereby meeting

Thank you

Barbara

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