**Preparing for your regression: Please read carefully!**

The most important way to prepare for a session is to intend, from the very moment you decide to schedule an appointment, to have clear and direct communication with that part of you that is able to provide healing and information: let’s call that part of you your Subconscious Mind, or SC.

As an affirmation, please begin to say to yourself: “I have clear and direct communication with my Subconscious Mind.”  (*Note the tense of this sentence. It’s not “I will have, it is “I have”).*

You can repeat this intention either out loud throughout your day and most importantly, right before you go to sleep at night. Put a “post-it note” on your bathroom mirror to remind you and you can focus upon your intention as you brush your teeth and prepare for bed.

In addition, I ask you to practice using your “visualization” skills ahead of time. At night before you go to sleep, or in the morning when you first wake up are good times to do this. Simply close your eyes and imagine/visualize yourself having an extended daydream. A good way to do this is to imagine yourself entering the front door of your house or apartment and walking through the rooms of your living quarters pausing and observing the areas. You may also play with your imagination, saying to yourself “See a purple dinosaur” or “See a pink house,” etc. Anything fun and non-straining. You will be using visualization in your regression.

You will want to prepare a list of questions and concerns. As your facilitator I ask that you actually write this list down on paper and hand it to me at our appointment. Please neatly handwrite the list or print it out on the computer so that I might easily read your questions during the session. Also put these questions and concerns in order of importance to you. I have had many clients bring a single question or issue of concern to the session, and some who bring dozens. It really does not matter how many you come up with, only that you put them in order of importance.  We will be discussing them in our interview and I will have a chance to speak with you about these questions before we begin.

What kind of questions should you ask? The general rule is to ask personal questions or keep topics related to your personal life. Here are a few examples.

    \* I have had asthma since birth. Why? Can it be healed?

    \* I really dislike my job and would like to quit and find a new one. Should I?

    \* I have a difficult relationship with my sister. Why is this so and can it be resolved?

    \* Many years ago, I had something strange happen to me. (This could be a dream, vision, feeling, or experience) What exactly happened, and why?

    \* I have a lifelong interest in (name ANY subject) can we explore this in depth?

    \* Am I on my right spiritual path?

    \* Can I meet my spirit guide or guardian angel?

    \* Can I improve my intuitive or psychic skills? How?

    \* How can I create more peace or balance or abundance in my life?

As your facilitator I have my own prepared list of “standard” questions I can ask if you are focused upon only one or two issues, so don’t worry if you have a short list. Also know that I keep your written list for my files, so please bring an extra copy.

Don’t drink alcoholic or caffeinated beverages before the session. If you are a regular morning coffee drinker, please don’t skip your coffee, but go easy and keep it to a minimum before your session.

Light exercise prior to your appointment, like a long walk, is an excellent way to prepare for a successful session. This is another good time to repeat your intention. We want your body relaxed, but your mind quiet and alert, and engaged.

As much as possible, clear your day for the session. We begin by talking, going over the process and your questions. Then you get comfortable and relaxed and we begin the actual hypnotic regression. Afterwards, we go over what was experienced, and I make sure you are awake and grounded. This entire process can take anywhere from 3 to 5 hours total, and occasionally even a little bit longer.

It is generally not a good idea to have additional appointments after your regression or plan a long drive ahead of you (unless you are in the passenger seat).  Having a regression is very much like participating in a long, very detailed and involved daydream. You really will feel as if you have just returned from an amazing journey, having visited other worlds and lifetimes, and in fact, you will have done just exactly that. It is best to have some time to process your experience and give yourself an opportunity to fully return to your regular conscious day-to-day reality before attempting any complex mental tasks or strenuous physical activity.

I will be making a recording of the session, which I will email to you after the session. Please listen to this recording at least once in the three days following your regression.

Listening to your session in the days and weeks and even months ahead is an important part of the experience of QHHT. Even if your conscious mind remembers the session immediately afterwards, it can, just as some dreams can, begin to fade from your memory, even if you had an “unforgettable” experience! Also, any healing or life improvement suggestions can and will be reinforced by listening repeatedly to the audio. The goal is to have your conscious mind “get on board” and align with your Higher Self and its goals and accept any changes or healing you intend to occur. **As we believe that all time is simultaneous, listening to your tape in the days, months and years following the session brings the same healing you experienced the first time and anchors it into your mind, body and spirit.**

Please remember that I am always interested in hearing from you in the future and encourage you to drop me a note or give me a call and let me know how the regression has affected your life.

In the three to five days following your regression, please pay particular attention to your night dreams and your daydreams.  Note coincidences and flashes of insight.  The opening to your higher self and to your guides remains very much open and alive for this period.  Listen and watch!

Finally, let go of any sense of expectation for your session both before and after.  The universe unfolds perfectly, and EVERY session is of value!