

BEFORE THE SESSION

- Set an intention for the session
 - Are you curious?
 - Are you hoping to connect with a certain time, place, person?
- Set the mood
 - Find a quiet, comfortable space where you can be undisturbed for about two hours
 - Light a candle
 - Put on some soft instrumental music if you'd like
- Set the intention to receive messages in the best way for you

AFTER THE SESSION

- Drink lots of water after your session
- Journal about your experience
- Keep a notepad by your bed to jot any nighttime thoughts, ideas or dreams

GENERAL

- People experience these sessions in different ways. There is no right or wrong way. **Whatever you experience is just right for you.**
- Some people visualize, others hear, smell, sense or just know certain things (such as a time or place.) Be open to whatever comes. I'll use different language to help you access different senses. If you know that you have a strong way of receiving, please let me know before our session
- Be curious
- Be open
- **Have fun!**