

Energetic Embrace™

Quantum Energy Healing

13 Ways to Prepare for an A.U.R.A. session

In preparation for your session, please read the items below thoroughly. Please email your questions no later than the night before your session date:

1. This process can take about 4-5 hours. Please ensure that you have a comfortable place to lay or recline and that you are alone for the best results, for you to be completely relaxed to go in, for deep answers of your soul! Do keep your dogs and cats around as they help energetically with your session. It is recommended to take the day of the session off and, if possible, the day after to allow the process of self-healing.

For an online session, ensure that you are in your home and **not** in a hotel room. Energetically, there are a vast number of negative energies within these public spaces because of how many people pass through. If your home is not possible, ensure that it is a private home such as an Airbnb.

If your session is online, please ensure you have wired earphones with a mic, like the Apple headphones or gaming headset. Do not use an over-the-head set of headphones, as this blocks your crown chakra. Having the proper technology with a mic will ensure that the volume will be adequate on the recording. Your phone will work just fine, and a wi-fi connection will ensure that Zoom will have a strong connection during the meeting. The session is video-recorded by Michelle and sent to you the same day. Please ensure you download the Zoom application prior, test the camera and mic settings, and make sure your device is fully charged.

Please be aware of how you are feeling after an A.U.R.A. Hypnosis Healing session, and be mindful of the rest of your day. Make arrangements for the day of your session to not drive for 3 hours after your A.U.R.A. session (and as long as you feel is necessary). This is recommended while your body integrates and processes your healing. You may experience physical symptoms including but not limited to diarrhea, vomiting, tiredness, and sleepiness. It is recommended that you take the day off. If this is an IN-PERSON session with Michelle, have someone drop you off/pick you up as a precaution to your energetics.

Click here for [Zoom help](#) page if you're having trouble.

Ensure you have these crystals, Selenite and Black Tourmaline or Black Obsidian or Shungite crystal, for your session. These are important in aiding through the session and to ground after. These are important in aiding through the session and to ground after.

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2. Set your intentions, and be clear about why you are seeking a session. There are several reasons one might seek a session, and being able to convey this will be most helpful to your practitioner. Some common reasons people have sessions are as follows:

- Health - To learn or understand the energetic root or cause of specific health challenges and to endeavor to resolve and heal them.
- Relationships - To understand lifelong patterns with multiple people or dynamics of specific individual relationships and to encourage peace and harmony.
- Life Path - Usually related to spirituality, work/employment, and creating abundance. What guidance is available to you?
- Spiritual Origins and Goals - To discover your galactic history, a.k .a. your star ancestry. What have you experienced, and how is your galactic history influencing your spiritual path? What fractals exist in your soul that are most beneficial in this current life?

3. Prepare a list of questions/concerns to ask during your session, no more than 10. Start by writing down as many questions as you have, and then look to see how they relate to each other and how you can condense them. Some of the answers may come to you before your session. In many cases, your guides can start preparing you for your session ahead of time! Email your questions no later than the night before your session to assist Michelle in preparing for your session.

4. Practice connecting to your Higher Self with the intent to balance your ego mind: start by saying to yourself, both out loud and inside your mind, “I have clear and direct communication with my Higher Self”. Understanding that this expanded presence is within you – and not external to you – will allow the communication to flow more freely in your session.

5. Practice surrendering and allowance when speaking to your Higher Self. Your ego mind may try to interfere when you are speaking to your Higher Self. When it tries to interfere, ask it with love and respect to step aside. Envision it as a “younger child” you, give it a hug, and explain to it that you are trying to do this for your highest good. You have needed your ego your whole life as it has been your protection to keep you safe; however, “At this moment, I ask my ego self to please step to the side, as I am trying to heal us for our highest good.”

Envision yourself as a leaf floating on a river. The large body of water is your Higher Self, who is one with the Source/Creator. The leaf allows for the river to be taken in whichever current/direction is needed by surrendering and allowance.

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6. Drink lots of water every day. Water equals consciousness, and it is the conductor of higher frequencies! You can think of your body as a vehicle that requires fuel to operate. The water is your fuel to facilitate a strong connection to and communication with other dimensions and realms. Start today! Continue to drink plenty of water up until the start of your session; don't worry about needing to use the restroom, as your Higher Self, if needed, will guide you to the restroom while still maintaining your hypnosis. With every glass of water, set the intent to release all that does not serve you for your highest good.

7. Leave expectations at the door. Every session is as unique as the individual who has one. Your session will unfold in your own consciousness in your own way and will more beautifully do so if you don't expect certain things to happen or not happen.

You will likely be aware of your experience as it is happening and may remember much (if not all) of it when it is over. With vibrations on Earth rising higher daily and us becoming more at one with our Higher Selves, you may feel like you are fully conscious – or you may not. Know and trust that regardless, you are in a deep trance. The Theta brainwave of hypnosis will be very familiar to you, as the human brain/consciousness naturally goes in and out of these relaxed hypnosis brainwaves all day long. As when you are driving, watching TV, showering, reading, painting...

8. Are you a coffee or tea drinker? Don't have too many caffeine drinks before your session. Preferable none. You want to be relaxed but do not want to be nursing a caffeine withdrawal headache by going cold turkey.

If you use recreational drugs, please do not use them 1 week prior. Otherwise, we can have a hard time connecting you to your Higher Self, who is all-knowing, in receiving the healing and answers you desire.

9. Eat a snack or light meal prior to your session. Please don't start our session by being hungry. If conducting in person, bring water and a snack, which you will need after your session is complete.

10. Dress very comfortably in white or light, loose-fitting clothing and minimal jewelry – and go easy on the mascara. Tears are very common as they are “release healing mechanisms” and are most welcome.

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11. Self-healing: When you have a session, your Higher Self initiates the self-healing process that we all possess by connecting you to your auric field and energy body, correcting deficiencies it identifies. If you do not believe it is working, this slows the process down. You must also do your part as this is a 'Self-healing' process. Ensure to put forth the effort to self-heal by meditation and connecting yourself to this infinite power within you.

Truly, all answers are within, as your Higher Self holds them within you. Or, more accurately, you – your conscious mind – exists within that Higher Aspect. So, your Higher Self is not at all separate from you. This is a wonderful and empowering idea, but one that is difficult to grasp at times, especially since most of us have been programmed from birth to look for guidance and answers from others.

12. Practice quieting your mind as best as you can with meditation or perhaps even some quiet time out in nature. You mustn't be looking at your phone or focusing on work or other obligations. Practice daydreaming, existing with the Frequency of Wonder: In your imagination, state, "I wonder if I look left, what will I see? I wonder if I look right, what will I know?" Exist within wonder as you go in your mind's eye, meditation, or visualization practice.

- Some people will see still images or even movie-like images.
- Some people hear information – it may seem to be in your own voice or someone else's.
- Some people experience a strong sense of knowing.
- Some people feel information emotionally or in their physical body.

Information can come in any of these ways! You will be ahead of the game if you practice this before your appointment. Your Higher Self uses your imagination as a language to speak to you. Absorbing that idea and doing a bit of preparation to stimulate your imagination is a good way to prepare. Click here for the ["Into the Cave of Creation, Divine Mothers Womb"](#) video. This guided meditation has been created by the collective consciousness of Angels and The Divine Mother of Creation! It has been created to release what no longer serves you for your highest good in order to empower you and bring you forth into the sovereignty and love/light you are! Enjoy!

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13. With this A.U.R.A. Regression Hypnosis technique, you are surrounded by a protective Source Love-Light pyramid/Merkabah from the beginning to the end of the session. Know this and feel it so that you may further surrender to the infinite quantum healing energies. Click here for an [Ancient Sacred Meditation](#).

Very important to start intently surrounding yourself with your infinite Love-Light Source now as you wake and before bed. Start practicing the minute you book your session to ensure the least amount of infringement prior to your session. This will aid in preparing you to be the highest vibration you can be for your A.U.R.A. Follow these links to practice now surrounding yourself with love light. [How to Maintain Your Vibrations High](#) & [Jesus on How He Performed Miracles](#)

Your Higher Self guides and protects you all along the way, from start to finish. If you have to use the bathroom, your Higher Self will let me know. If we are conducting your session online and you get disconnected, your Higher Self will maintain you in hypnosis but alert you enough to hit reconnect on your device. Your Higher Self is you, so who do you trust better than yourself?

Release fear, worry, and mistrust during the session. These are the biggest obstacles/walls in obtaining surrender for the quantum healing to be able to come through your mind/body/soul.

SEE YOU IN OUR SESSION! MY INFINITE LOVE.     