The most important way to prepare for a session, is to set your intent to have an open and clear communication with your Higher Self . You can repeat this intent to yourself throughout the day or before you go to sleep at night.

You will want to prepare a list of questions and concerns and provide them by email to me, of course they can be modified when it is time for your session.

If you are unsure of what type of questions to 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 am in a new relationship, Is this person the right one for me?
* I have a difficult relationship with my (Sister, Mother, Father or Husband) Why is this so and can it be resolved?
* I have had some strange dreams, experiences or visions and would like to know what they mean?
* Am I on my right spiritual path?
* How can I create more peace or balance or abundance in my life?

There are a few things that you can additionally do to further improve your experience.

Such as:

* Don’t drink alcoholic and caffeinated beverages before the session. If you are a regular morning coffee drinker, please don’t skip it, but 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 mind quiet, alert and engaged.
* Clear your day for the session if possible. We begin by talking and going over the process, and your questions. Then you get comfortable, relaxed and we begin the actual hypnotic regression. Afterwards, we go over what was experienced and make sure you are wide awake and grounded. This entire process can take anywhere from 2 to 3 hours total.
* Cleanse your environment spiritually with Sage, Incense or with a burning white candle. Taking an Epsom salt bath can also cleanse your energy field and relax you into a meditative state .
* Having an eye mask and a place that’s quiet and comfortable to lay down will deepen your experience.
* It is generally not a good idea to have additional appointments after your regression, or activities that require a great deal of concentration.

Having a regression is very much like participating in a long, detailed and involved daydream. You 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. If you are doing a skype session, I encourage you to record it so that you can review your session. This will reinforce any healing or life improvement suggestions, the goal is to have your conscious mind “get on board” with your higher self and its goals, and accept any changes or healing.