**How to Prepare**

**for a**

**Past Life Regression**

**The most important way to prepare for a session is to have a clear and direct communication with the part of you that is able to provide healing and information. That part of you is your Higher Self. So say to yourself, “I have a clear and direct communication with my Higher Self.” You can then repeat this intention silently or out loud throughout your day and most importantly, right before you go to sleep at night.**

**You will want to prepare a list of questions and concerns as well. Write your questions on paper and provide them by email or at your appointment. Of course, they can be modified when it's 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 love relationship. Is this person the right one for me?**
* **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 improve my intuitive or psychic skills? How?**
* **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 or the evening before, if possible. If you are a regular morning coffee drinker, please don’t skip your coffee, but keep it to a minimum before your session.  
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* **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, alert and engaged.  
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* **Clear your day for the session if possible. We begin by talking, 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 awake and grounded. This entire process can take anywhere from 2 to 3 hours total, and occasionally even a little bit longer.**
* **Cleanse your environment spiritually with sage, incense, or with the burning of a 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 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. You should take it easy.  
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**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, you will need to record it if you so choose.**

**Following the days after your regression, it is important to listen and review your experience. Even if your conscious mind remembers the session immediately afterwards, similar to dreams, they begin to fade from your memory. Any healing or life improvement suggestions can and will be reinforced by listening 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.**

**Located below is a special MP3 file that can help you prepare.  This is a special guided meditation that will bring you into a peaceful and relaxed state and let you practice visualizing or otherwise experiencing your own lovely and personal garden of healing. Your Higher Self is also able then to make a special connection to my Higher Self while listening to my voice in this exercise. Many clients report significant shifts in healing and more just by completing this first step, and making that connection! The recording is yours free of obligation; in any case, you need not make an appointment to listen or benefit.**