

## **Preparing for Your Illuminated Quantum Healing Session – In Person & Remotely**

**While nothing is really needed to prepare for a session, here are some suggestions for you to prepare for having a session.**

- Meditation helps to balance the fluctuations of the mind so that you can prepare for entering the Quantum State. If traditional meditation is new to you, you can find other ways to calm the mind leading up to the time of your appointment. Try out our practice videos to help you get used to being in the meditative Quantum State.
- Intend to have an easy and successful session.
- Prepare your list of questions for the Higher Self. These can be covering anything you want. Often the Question List is a powerful healing tool for people. Don't limit yourself. Categorize your questions and list them in order of importance.
- Dress comfortably in clothes that feel good for you to be seated and lying down for the duration of the session.
- Eat a light meal before we meet. Go easy on caffeine or stimulants before the session.
- Do not bring anyone to your session. It is important that the session is private with only the Practitioner and Client present for the work.

### **During the Session:**

- Come to the session with an open and curious mind.
- Ask every question you may have. Leave nothing hidden.
- Share honestly and reveal the deepest parts of your life experience. This helps the practitioner understand what questions need to be asked of the Higher Self.

## **PREPARING FOR REMOTE SESSION**

### **What You Need for Remote Sessions:**

- Approximately 4-6 hours in a private, quiet space.
- A solid internet connection
- Computer, Tablet, or Smart Device that can be plugged into outlet to ensure power
- Corded Headphones with Mic (no Bluetooth)
- List of Questions for the Subconscious (email to me by the time of the session). You can list as many questions as you would like.
- Make sure you won't be distracted by pets or humans.