Checklist for a Session (BQH/SCHH)

48 Hours Before

Client Questionnaire Paperwork filled in saved and resent as an attachment to me.

24 Hours Before

- Good night's sleep
- Minimize toxin intake

On The Day

1. No Caffeine, drugs or alcohol.
2. Have your computer or laptop as close to your Router as possible to ensure that we have a clear connection for the session.
3. During the session, you should be laying down on a sofa or bed. You should be able to find a position to ensure that your camera shows your face and upper body during the session. (You may need an extra table or a piece of furniture to place it on.)
4. You have a headset with a microphone that goes in front of your mouth just like in the picture below. This is essential. The session will not be conducted without it. I need to be able to hear everything that you are saying including when you whisper. Don't forget I am not in the room with you!

5. You have a safe space to conduct the session, with no interruptions. If family members are in the house at the same time, please ensure that they understand that you are not to be disturbed.
6. Any cats/dogs are placed in another room for the session. (They will sit on you otherwise.)

6. You understand that hypnotherapy is not anesthesia. You will be 'aware' of yourself lying on the bed the whole time. You are not 'going' anywhere physically. However we are choosing to focus on what is in the mind and let the mind and higher self lead us to where we need to go and what we need to see.

7. You understand that your Conscious mind will give you 'doubts.' For example 'It's not working/You are just making it up.' But that you can choose to ignore that part of your

mind and allow yourself to focus on what is unfolding in the mind, no matter how silly or strange it may seem. The Conscious minds job is to keep you safe and it will do this at all costs. If you allow your mind to drift and float you will arrive at your soul's expression. The session will be guided by your higher self and you will see what you need to see.

8. Meditation beforehand is highly recommended!

I am looking forward to guiding you through a positive and enlightening session! If you have more questions, please let me know.

Thank you,

Sam ❤️ (Selam Yemane)