

# PREPARING FOR YOUR REGRESSION VIA ZOOM

Regression is a sacred, beautiful experience in which you are guided into a non-ordinary state of consciousness. Regression by Zoom can work as well as in-person, if not better, because you are in the comfort of your own space. It is important that you properly prepare yourself, so that the experience is as insightful and comfortable for you as possible.

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## PLAN AHEAD

- **It is essential that you buy earbuds with a microphone,** if you don't already have a pair. Using the microphone from your computer or laptop will not suffice, regardless of the quality or your success using that microphone for other Zoom meetings. I need your mic to be very close to your mouth while you are regressed, because you are likely to speak very softly, or even to mumble, neither of which will be picked up by a computer microphone. Wired earbuds are sold on Amazon for \$15.
  - Plan on the full four hours for the regression, because sometimes the whole experience lasts that long. Induction to hypnosis can take up to 40 minutes; the regression journey itself can last for two hours; and we'll need at least a half hour afterward to debrief and discuss what you experienced.
  - Do your best to ensure that your environment will be quiet and undisturbed.
  - You will need to dedicate your 3-4 hours to the regression only. Do not try to do anything else during your regression, such as care for a child, change a load of laundry, or receive a service person at your house.
  - Plan not to drive your car right after your appointment. Wait at least a half hour afterward.
  - On the day of your regression, make sure your phone is fully charged.
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## DURING YOUR APPOINTMENT

- For your regression, you will need to be lying down on a bed or couch, or in a chair on which you can sit back and rest your head comfortably.
- You will need to position your computer camera such that I will be able to see your face.
- If you are using a laptop, make sure it is plugged in or charged enough to last 4 hours.
- Turn off all your devices and anything else that could distract you.
- Be sure to eat before your appointment so that hunger won't distract you.
- Have a glass of water and a box of tissues next to you during the regression.
- Keep your phone next to you, but have it completely off.

- If we lose our internet connection, we will try to relaunch and reconnect through Zoom. If that doesn't work, turn on your phone. I will call you. You will remain in a regressed state, and we can complete the regression by phone.
- I'll ask you to use the bathroom one more time before we begin. But you will be able to get up and use the bathroom during the regression, if you need to, and you will still maintain your hypnotic state.
- It is important that you not be under the influence of alcohol, marijuana, or any other substance during your regression.
- You will remain in control of yourself during your regression. It is you who decides and determines how deep you want to go into your journey. I serve as an experienced guide and witness. Any time during the regression, you will have the option of opening your eyes, looking around, attending to an itch, etc.