

BEFORE SESSION PREPARATION



ALL IS WELL IN ALL OF CREATION
Petra Webstein

To ensure our session is as efficient & effective as possible, please do the following practical things before our sessions

1. Switch off or put all of your devices/applications onto silent.
2. Switch the Wifi off on the other devices which can give a stronger signal on the device you are using for the session.
3. As you are going to be sitting or lying down, please recheck the position of the camera - you might be moving your body in the session so laptop etc. cannot be on your lap or on the couch where you are lying down. The best thing is to put it on the table/chair in front of you or a side table next to your bed. It's ok for me to see you just from the side, as long as I can see your face during the session.
4. In the session you might get cold or hot depending on the emotions you are going to release (e.g. diving deep into fear/phobia usually feels very cold) so please have a blanket available.
5. Have a box of tissues and a pillow next to you.
6. Ensure the place where you are going through the session feels safe and comfortable for you so that you can dive into negative emotions easier & you can feel safe to release them.
7. Make sure there is enough light in the room for me to see you (your face) clearly. It is best is to check it ahead of the session on your own with your device camera. If it's too bright for you, it might bother you during the session - bright side lamps are usually the best option but it's ok if you haven't got one.
8. Please eat, drink and go to the bathroom before the session as this can help your body have the energy to deal with what comes up.