

## How to prepare for your session

- The best advice is to come with an open mind. We will have an interview and review the list of things you want to talk about during the session. Your subconscious will navigate the session; it's your subconscious that really knows what you need to work on.
- Prepare a list of issues or questions. 5 to 7 questions maximum. We will initially use your list of questions. This will be our GPS to start navigating the session, but your subconscious will make you visit events that he feels you need to review. You think you have a hypnosis session for a reason, but your subconscious will show you what you really need during the session and who is not on your list.
- Print, sign and send me the document that will be sent to you when making an appointment.
- If you are already meditating and / or already visualizing easily during the visualization exercise, you will have no trouble getting into hypnosis. Do about twenty times the meditation and visualization exercises that you will find here. This will make you familiar with the sound of my voice and facilitate your ability to enter a state of hypnosis. If you cannot get any visual auditory or kinesthetic sensation after several exercises, it is possible for your session to be conducted with someone who can enter hypnosis for you. Either a person of your entourage in whom you trust, or by a telepath that I can propose to you.
- If you meditate, do so on the morning of the day of your appointment to help clear your mind. If you do not meditate, do something that relaxes you, such as taking a walk, engaging in a creative activity, or listening to listening to some soothing music.
- The day before and the day of your session, do not drink alcohol. Eliminate or limit your caffeine intake on the day of your session. If you normally have 3 cups of coffee in the morning, try to get one or maybe even just a deca.
- Drink more water than usual a few days before the session and especially after the session.
- Eat, but eat light before your session as it can last 2 hours or more.  
I advise you to avoid the meat, gravy's or dairy products during the 48h precede the session and invites you to privilege the healthy and organic food
- You will be lying down for about 1h30 to 2h. Wear loose and comfortable clothes in which you are comfortable.
- As during your sleep, during a hypnosis session the temperature of your body drops slightly. Be sure to cover your body, at least up to the pelvis, with a blanket adapted to your climate.
- Your session will be recorded in video. You may remember all or only part of your session. As for a dream, after your session, by resuming your daily activities, memories of part of your session may fade away from your memory. That's why listening to your session later is important to your process after our meeting. The more you hear yourself, the easier the changes are to apply.

- Your session is a private session. Even if the spouses / family / friends want to be with you to attend this special moment, this is a place where you must feel completely safe and be sure that your privacy is respected in all areas. As a result, no one else is allowed in your session. You can share your recording or any memory or thought at your discretion later if you wish.

All hypnosis is self-hypnosis. You decide alone to enter hypnotic trance and the result depends on your intention. If you do not want to enter hypnotic trance no practitioner can force the process. The success of the session depends on you. My role is to guide you in this experience so that you find the reasons for your blockages and the answers to your questions.

Hypnosis is not recommended for people with epilepsy or psychiatric conditions.

I do not have any medical training. I am neither a doctor nor a health professional. Only a doctor is authorized to diagnose and prescribe or modify a medical treatment. Although Introspective Hypnosis can help you relieve pain or understand a holistic approach to the cause of certain ailments or diseases, it cannot be a substitute for a doctor's advice.

In most cases, I reserve most of the day for an appointment. If for any reason you need to cancel or postpone your reservation, let me know as soon as possible

If you have questions about a session, do not hesitate to contact me.