

Regression Session Prep Guide

Creating a Sacred, Comfortable, and Undisturbed Container

To ensure a deep, uninterrupted journey into your subconscious, please prepare your physical, technological, and mental space using this quick preparation checklist before we begin.

1. THE PHYSICAL SPACE

Find a quiet, private room where you can lie down completely flat (on a bed, a comfortable sofa, or a yoga mat with a supportive pillow). Ensure you can remain undisturbed for the full two hours. Let other members of your household know you are unavailable.

2. TECHNOLOGY & CAMERA SETUP

Use a laptop, tablet, or phone positioned so that your face is clearly visible to the camera while you are lying down flat. Make sure your device is fully charged, and ideally keep it plugged into a power source during the session.

3. AUDIO SETUP (CRUCIAL)

Wear comfortable, reliable headphones. ****Corded headphones or fully charged over-ear wireless headphones**** work best. Hearing my voice directly in your ears blocks out external noises, helping you drop into and stay in a relaxed state.

4. PHYSICAL COMFORT & CLOTHING

Wear loose, comfortable layers. Your body temperature will naturally drop as your nervous system shifts into a deeply relaxed theta state. Keep a warm blanket close by to pull over yourself when we begin.

5. SENSORY & SACRED ELEMENTS

Place a soft eye mask, sleep mask, or light scarf near you to easily block out any ambient light. Have your journal and a pen resting close to your bed or mat so you can capture immediate symbols, feelings, or insights the moment we close.

6. PRE-SESSION STATE

Please avoid caffeine or heavy stimulants for at least 3 hours prior to our start time. Empty your bladder right before logging into our secure Zoom room so you can remain completely comfortable throughout the journey.

"Your preparation lays the foundation for your subconscious to unfold safely." — Here & Now Coaching