

# Quantum Healing Session Checklist

The SRQH Experience is such a special gift and opportunity to transform yourself. To help you feel at ease, open, ready and willing to expand, there are a few important things for you to be prepared.



## Requirements for everyone to read:

### IN ADVANCE TO THE HEALING SESSION:

- Start thinking about 10 significant questions you are wanting to ask your Soul. See pg \_\_\_\_
- This is a private, personal and individual experience. No other person can be in the session with you. You need to be free to speak and express your truth.
- Anna has a small white dog that sleeps during sessions. Notify Anna in advance if you have an allergy or believe you will be affected by a dogs presence.

### ON THE QUANTUM HEALING SESSION DAY:

- You will watch the final video on the morning to help you to be open, ready and excited.
- Limit consumption of caffeine, drugs and alcohol on the day.
- Drink heaps of water leading up to the day, but not much water on the morning of session. You can have an easy to drink, no spill, bottle of water next to you during the session.
- We will chat for an hour at the start, then we will take a quick break to prepare. This break can be used for: toilet, smoking, eating - You can have snacks ready
- Wear clothing you find comfortable.
- I recommend having a completely free day after the session with no appointments. This really supports the healing integration process afterwards by staying relaxed and clear minded.
- Have all your journal notes available to hand for the session as i will be asking you about it.
- It is perfectly safe to drive after having the session.

### WHAT HEALING RELEASE CAN LOOK LIKE:

- The Healing release process is unique to each person. Almost everybody cries (have tissues).
- Some people release energy through their system by peeing a lot. It is perfectly fine to go to the toilet during the session. You are in control of managing your allowance to relax - so just tell me.
- Some people release energy by purging vomit. Have a bucket or pot next to you just in case.
- It is so easy to break out of the natural state and re-enter or recreate the state quickly again.

### AFTER THE HEALING SESSION:

- You have your follow up session coming in a few weeks. Don't forget to book it in.
- It is vital that you continue your healing from the guidance given to you by your Soul by listening to the recording of your session regularly. It is a powerful to recreate your preferred state of being and continue to align with your belief that healing has occurred and changed something.

### Pay attention to:

- What experiences now come your way,
- Your Soul will continue to communicate with you long after the session. Be open and aware of signs and styles in ways you are being given information. Try not to negatively dismiss information.
- Synchronicities of events, people and divine timings,
- How your mind talks about your healing experience and measures it,
- Your continued ability and practice of your state of alignment and any challenges,

# Online Specific Requirements

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## Online Quantum Healing Session Set-up Requirements:



### IN ADVANCE TO THE HEALING SESSION:

- We must be able to hear each other clearly. I use a headset with microphone. **You will need a headset or earphones with a built-in mic** close to your mouth. Some are cheap to buy or you can borrow one in advance. This enhances the quality of your audio recording i give to you.
- You will need to download the Zoom app on your device. Test Zoom in advance.

### ON THE HEALING SESSION DAY:

- Find a quiet room where you can lay down comfortably for 2 hours.
- You will need to have a device that can remain on charge for the entire session.
- The device will need to be close to you facing your upper body during the healing. I need to see your chest and face. If it will become nighttime, have a dim lamp on so i can still see you.
- You will need stable Wi-Fi for the whole session. Minimise other household use.
- Consider pillows and blankets to feel warm and cozy. Have water in a bottle close by.
- Ensure you have close easy access to the bathroom during the altered state.
- Don't forget that going to the toilet during the session is perfectly normal. Just ask.
- Also have a bucket next to you as some people purge vomit during large healing release.
- No other person can be with you in the room during your session. It significantly restricts your ability to feel free, speak your truth and express yourself fully and honestly.
- Ensure you will not be disturbed by other members of your household. Let me know at the beginning of the session if other people are nearby so that we can discuss your comfort.

### ONLINE TECHNOLOGY CHALLENGES:

- If we lose connection it was meant to be. If you are in a deep state you will naturally fall asleep. I will get you to set an alarm just in case. If you are in a light state, you will know and reconnect the call when you are aware. It is very easy to recreate and re-enter the state quickly.
- If our session is significantly interrupted by technology, we will book another session.