

13 Ways To Prepare For An A.U.R.A. Hypnosis Session

13 Ways to prepare:

1. Preparation

This process can take about 4-5 hours. Ensure that you have a comfortable place to lay at and that you are alone for the best results. Do keep your dogs and cats around, for they are constantly transmuting energies. I recommend taking the day off (and if possible, the day after). Ensure to have a headset, or headphones, with a microphone. Having the proper technology with a microphone will ensure that the volume will be adequate on the recording. The session will be video recorded and sent to you on the same day.

Please download the ZOOM-application and test the camera and microphone settings prior. Make sure your device is fully charged.

Be aware of how you are feeling after the session and be mindful of the rest of your day. Do not drive for 3 hours after an A.U.R.A. session (and as long as you feel necessary). This is recommended while your body goes through its healing process. You may experience physical symptoms but not limited to diarrhoea, vomiting and tiredness.

If possible, try to get selenite and tourmaline for the session. These are important in grounding you during the session.

2. Intentions

Set your intent. Be clear about why you are seeking a session, be sure to download the intent form to fill out.

Examples:

- Health: Learning the root cause of a specific health problem
- Relationships: To understand lifelong patterns with an individual or multiple people
- Lifepath: Your purpose or what guidance is available to you
- Spiritual origins and goals: To discover your galactic history, what fractales exist in your soul, or what you have experienced

3. The Questions

Prepare a list of questions to ask during your session. No more than 11. Start by writing down as many questions as you have, then look to see how they relate to each other and then condense them. Some of the answers might come to you during these 13 days. E- Mail questions, once ready.

4. **Your Higher Self**

Practice connecting to your higher self, with the intent to balance your ego. Start by saying to yourself: «I have clear and direct communication with my higher self.» or «I speak my truth in balance with my heart and mind freely.» Knowing that you are one with your higher self.

5. **Your Ego**

Practice surrender and allowance when speaking to the higher self. Your ego mind might try to interfere. When this happens ask it with love and respect to step aside. Envision it as your younger self. Give it a hug and explain that you are doing this for your highest good. Your ego has protected you your whole life. However, at this moment you ask for it to step aside as you are trying to heal for your greatest good. Envision yourself as a leaf floating on a river. The water is your higher self who is one with source. The leaf allows for the river to be taken in which ever direction is needed by surrendering.

6. **Water**

Drink water. Water is consciousness. It is the conductor of higher energies. This is the fuel your body requires to operate. Do not worry about needing to use the restroom, as the higher self, if needed, will guide you to the restroom, still maintaining you in your hypnosis. With every glass of water, set the intent to release all that does not serve you for your highest good.

7. **Theta Waves**

Leave expectations at the door. Every session is as unique as the individual who has one. You may feel like you are fully conscious during the session since the theta brainwave will be very familiar to you as the human brain naturally goes in and out of this brainwave all day long. Such like when you are watching TV, showering, driving or reading.

8. **Addictive Substances**

Try not to drink coffee. As hard as it can be, coffee is a very processed and concentrated drink and can be hard on the organs. It also tends to dehydrate. And we would like the opposite effect. **If** you use recreational drugs, please do not use them 1 week prior. Otherwise, we can have a hard time in connecting you to your higher self.

9. **Snacks**

Eat a snack or light meal prior to your session. If your session is in person, bring water and a snack, which you will need after your session is complete.

10. Fashion

Dress very comfortably in light, loose-fitting clothes and minimal jewelry. Go easy on the makeup, as tears are very common. They are healing mechanisms and are most welcome.

11. Self-Healing

Self-healing: When you have a Session, your higher self begins the self-healing process that we all possess by connecting you to your auric field and energetic body, correcting deficiencies it identifies. If you do not believe in yourself, it will slow the process down. This is your part as a «self-healing» process. All answers are within as your higher self holds them within you.

12. Quieting The Mind

Practice meditating and quieting your mind as best as you can. Practice daydreaming and existing in the frequency of wonder in your imagination state «I wonder... if I look left, what will I see? I wonder... if I look right, what will I know?» Some people will see images. Some people hear information. Some people experience an inner knowing. Some people feel information emotionally. Your higher self uses your imagination as a language to speak to you.

13. Shielding

With this technique you are surrounded by a protective source lovelight Merkabah from the beginning to the end of the session. Practice imagining and sensing it all around you. Practice now surrounding yourself with lovelight as you wake and before sundown. Release fear, worry and mistrust during the session. These are the biggest obstacles in obtaining surrender for the healing to be able to come through your body, mind and soul. Your higher self is you. So, who to trust better than yourself? For a guide on how to shield check out our blog pos