



## Preparing for Your LBL Session

I want you to have the best session possible. Because the sessions are lengthy and require a deep state of relaxation, it is important that you feel comfortable with me as your facilitator. I want to make sure that you feel safe, secure and can relax into the process. If there is anything you need from me to assist you in this, please call.

### Preparation

Relaxation and a calm, focused mind is essential for a rewarding regression or Life Between Lives session. Letting go of preconceptions, expectations and previous experiences or knowledge will allow you to have a genuine experience. In fact, the ability to let go and simply be with and in the experience is a hallmark of a significant LBL or regression session.

Your analytical, logical, "left-brain" mind does an amazing job of serving you but will only slow down your experience during a session. In more extreme cases, it can actually prevent you from having a regression or LBL experience. If you are an analytical individual or are currently experiencing much stress in your life I recommend a daily practice of relaxation, visualization and stress reduction.

### Before Your Session

Please try to avoid caffeine (though don't go into withdrawal) as it can inhibit your ability to relax and go into trance. Don't drink too much water (again, don't get dehydrated) and have a healthy meal or snack about an hour or so before your session.

### Bring With You

#### **Cast of Characters**

Create a list of people in your current life from your past and present. This "cast of characters" should be the people who are important to you -- family members, friends, co-workers, teachers, mentors, lovers, spouses and children. Include anyone who has helped to shape your life, positively or negatively, in a significant manner. List their name, their relationship to you, some information about how you feel about that person, and a few brief words that describe their character. This entire sheet should be brief and consist of people who have had the most impact on your life.

#### **List of Questions**

Create a list of questions that you would like to have answered during the Life Between Lives session. Any question is appropriate and the list should be as long as needed.