**Art**

**How to Prepare for Your Hypnosis Session**

**E-Mail your Questions and Agreement Form Prior to Your Session**

**To: MagnusStarHealing@gmail.com**

**Prepare a list of questions you would like your Source (Higher Self) to answer.**

**Please try to keep a limit of 15-20 questions! The questions should be about you.**

**Examples of Questions:**

**Life/Spiritual questions (purpose in life, path, etc.)**

**What is my soul purpose in life? Am I on the right path? What can I do to help myself get on my spiritual path? What will the New Earth be like? What Star System did I originally come from?**

**What could I do to move in a more purposeful direction?**

**I had something happen in my life. (Experience, dream, knowing, etc.) What was it, and why did it happen?**

**Relationship questions**

**Is my spouse, or significant other my soul mate, or part of my soul group?**

**I have a difficult relationship with my spouse, child, sibling. Why is this, and how can it be healed?**

**Career questions**

**I don't like my job or what I'm studying in school - should I quit?**

**What should I be doing instead?**

**Health-related questions**

**Why do I have this pain, allergy or illness?**

**How can I help myself live a healthier life?**

**Why can't I lose weight?**

**Set Your Intention to have a Great Session**

**Your intention to having a great session is key! Once you've made the decision to have a hypnosis session, your Higher Self begins preparing you by opening up your energy ports to readily communicate with you. Thoughts and energy will automatically begin to flow to you to prepare you for this session. Your conscious mind, however, needs to be reminded that it will be taking a back seat in this experience. Affirmations will remind you that it's going to be successful. Repeat this affirmation several times a day: "I have clear and direct communication with my Higher Self."**

**Caffeine: Limit your use of caffeine for 2-3 days before your session. Limit your use of caffeine the day of your session. If you normally have 2 cups of coffee in the morning, just have one. The intention is to go into wonderful state of deep relaxation.**

**No recreational drugs or alcohol: The night before & the day of your session don't drink alcohol. A session will not be conducted if the client is under the influence of drugs, alcohol or any other substances that alter their state of awareness. Do not take any pills to relax you. This may jeopardize the success of the session.**

**Practice relaxing prior to the session: Just close your eyes and bring your awareness to any part of your body where there is tension. Breathe into that space until you feel the tension lessen or dissolve. Remain in that space for as long as you can, just locating any tensions until your entire body is easily and effortlessly relaxed. This practice can be useful on the day of your session, helping you to access a lovely state of relaxation.**

**Get a good night's sleep: If you meditate, do so the morning or day of your appointment to help clear your mind. If you don’t meditate, then do something that calms you like taking a nice relaxing walk, petting your pet or listening to some soothing music.**

**What to eat: Our session could go up to 3 or 4 hours so you should something light before you arrive for your session. You may want to pack a snack for after the session too.**

**What to wear: Since you may be lying down for a couple of hours, you should wear comfortable, light, loose-fitting clothes that won't constrict your circulation or over-heat you while you're lying under a blanket. If you typically wear socks to sleep, bring a pair with you so that your feet will feel good.**