



Judi Ceynowa QHHT Level 2 Practitioner  
916-295-9258 | Email: JudiCeynowa@gmail.com

Session Date: \_\_\_\_\_  
Time: \_\_\_\_\_

Session Fee: \$500.00

### **Session Instructions:** (Always know your intention for desiring a session)

Bring a pair of socks to wear during the session if you're not wearing some already.

A list of questions to include any life challenges, physical ailments/medical conditions, goals, and desires that you would like addressed during the session.

The whole appointment will take between 3-6 hours. Yes, this is a time for you to give yourself a gift of love. Therefore, please do not schedule anything after your session. It will be time for you to go home and reflect on this beautiful and amazing experience.

***Be open and have no expectations.*** When you create an expectation, you give the Ego permission to take over. This will limit your experience and can also sabotage you by creating disappointment and feelings of failure because things did not go a certain way. Remember, the possibilities are endless when you allow that childlike wonder and excitement to be present instead of "The Controller" who is afraid. The practitioner/Guide can only do so much at that time because you've allowed the Ego to believe that you've failed.... So, I encourage you to have an open mind, open heart, and be free of judgment or expectations. Simply trust and the rest will flow like magic. What you are meant to experience from that higher part of yourself will be what it is meant to be and what you are ready for.

The interview is a very important part of this process. This allows the practitioner/ regression hypnotist to get to know you and you her. This is a key component to a successful and amazing session. Everything connects to the full context of your experience. It is a very beautiful powerful experience.

We will debrief after the session is complete and this will give you some time to remember and integrate. **(All sessions are audio recorded)**

### **After Session Instructions:**

The practitioner/regression hypnotist will make sure that you are grounded and in a good place before leaving.

Drink lots of water and eat some protein throughout the day.

Listen to your session only in the comfort of your own home and listen often. Each time that you do, it will bring more healing, shifts, and changes. Enjoy the blessings that came from you. **(Do Not listen to your session in the car!)**