



GODDESS SESSION PREPARATION TIPS

Beloved, please follow these tips to have the best possible session:

- Try to ensure you have a strong internet signal and use a laptop or computer instead of phone/iPad for the best possible Skype connection.
- Ensure you have complete privacy and that you will not be disturbed.
- Keep a notepad and pen handy to write notes, insights, intentions, and messages from the session and experiences after the session.
- Wear comfortable clothing so you can feel goddessy and relaxed.
- Create sacred space to honor this special time (clear clutter, dim the lights, light candles, burn incense, etc.).
- Try to have a comfortable place to relax and possibly lie down (for guided meditations and healings).
- Drink a lot of fresh water (perhaps with a lemon slice) throughout the day.
- Refrain from consuming any stimulants or depressants (alcohol, caffeine, sugar) and heavy junk food a few hours before and after your session.
- Eat light and nutritious food before and after.
- Create time after the session/at the end of your day for continuous grounding and sacred self-care, through meditation, prayer, time in nature, sea salt bath, journaling, herbal tea etc.
- Create a clear intention for your session, and then affirm:

“I open to the best and highest possibilities this experience holds for me, in alignment with Divine will and for my greatest good in all ways. So be it.”