

BEFORE EACH SESSION

- Set an intention for the session
 - Set the mood
 - Find a quiet, comfortable space where you can be undisturbed for about an hour
 - Light a candle
 - Put on some soft instrumental music if you'd like
 - Be open to receiving information, even if that information surprises you
 - Repeat any visualizations and tapping exercises that create a strong emotional response, ideally, until the emotional charge is gone; however, this may take several repetitions and can be repeated at a later time
- EACH

AFTER THE SESSION

- Drink lots of water after your session
- Journal about your experience
- Keep a notepad by your bed to jot any nighttime thoughts, ideas or dreams

GENERAL

- People experience these sessions in different ways. There is no right or wrong way. **Whatever you experience is just right for you.**
- Some people visualize, others hear, smell, sense or just know certain things (such as a time or place.) Be open to whatever comes. I'll use different language to help you access different senses.
- Be curious
- Be open
- **Have fun!**

Shannon K. Murphy

www.OpenHeartHypnosis.com