

SET UP YOUR SPACE
FOR YOUR

Space Between Lives

SESSION

Hi there!

In this booklet, you'll find out how to create the physical and mental space needed to make the most of our time together.

Take the time to read through and prep your space. You will get out of this what you put into it!

A vital part of this process is your ability to relax and allow your unique experience to unfold in your hypnosis session. Dedicating a space that is free from distractions, disturbances, or unnecessary noises is incredibly important.

That's why I created this booklet for you. Please take a few minutes to read through the information to get the most out of our session together.

I look forward to working with you!

A handwritten signature in a cursive script that reads "jina".





Jina Seer

Email: jina@pastlivesandthedivine.com

Preparing for your session.

Virtual hypnosis sessions can be just as impactful as in-person sessions. The client's mindset has the most influence on the success of any session. Do everything you can to ease your mind during our time together.

Complete or make a plan for the items below so we are not delayed or interrupted during our session.

-  Schedule 3 hours of uninterrupted time for this session.
-  Decide on a place where you can relax with your eyes closed focusing only on the content of the session.
-  You can not be watching, responsible for, or in charge of any pets, children, or anything else during your session.
-  You can not take phone calls, interact with other people, or any activity that does not involve listening to my voice, engaging with the session, answering the questions I've asked, relaxing in a reclined position with your eyes closed.

PRIME YOUR MIND

Because we've already had a session together, your mind is primed for the journey. If you want more practice accessing the hypnotic state before we meet, follow this link: <https://www.pastlivesandthedivine.com/plr-prep> to the audio recording that will get your mind accustomed to relaxing deeply to my voice. This will help with stress relief in general and will help you get more out of the session when we're together.

THE TECHNOLOGY PIECE

Meeting Virtually

We will be using Zoom for your session. This way we can see each other, I can observe your body language while you're under hypnosis, and it makes recording the session really slick.

Never used Zoom? Click here (<https://support.zoom.us/hc/en-us/articles/201362193-How-Do-I-Join-A-Meeting->) for a quick introduction.

Once you schedule your appointment, you will receive an email within minutes confirming your time and date for the session. Along with the Zoom link for our appointment. Haven't received this email? Remember to check your junk or spam folder.

When it comes time for us to meet for your session, you'll simply click on the Zoom link to access our session together.

Internet Connection

Make sure you have a reliable internet connection. Test the Zoom link for our meeting (found in the confirmation email) before our meeting time. It will take you to a page that says the meeting has not started yet which means the connection works and will be ready for your session.

Use a Smart Phone, Laptop or Tablet

To access your session via the Zoom link when it's time for your session, use a laptop, tablet, or phone with camera/video capabilities. Test this setup before we meet to check the angle so I can see you during our session. Place your phone, laptop, or tablet in a position where I will be able to view your face and ideally most of your physical body when you will be in trance.

PREP YOUR INTENTION + QUESTIONS

To explore the Life Between Lives, here are some categories that you can use to encourage you to think of more questions and information to search for as you and I go exploring in your session. We will discuss this list when we meet so if you have questions or get stuck - have no fear! We'll get through it together. For now, just brainstorm questions you have or things you want to know based on this list:

Realms + Question Ideas

3D Earth Plane:

- Earth suit (body/personality): options, how to bloom into full potential
- Parents
- Partners
- Kids
- Career / Gifts/ Life Path
- Family

Spirit Team (who, roles, history):

- Guides
- Ancestors
- Soul Groups
- Key soul pairings or relationships to know between anyone in the earth realm or from soul group

Past Future:

- Knowing more of eternal soul (evolution, characteristics)
- Other Past Life Qs
- Going forward, what to know or embody (in general or a specific situation)

TIPS FOR THE DAY OF THE SESSION

Caffeine

The critical piece in the success of this session is your ability to get into a deeply relaxed state in the session. Too much caffeine can inhibit the relaxation process.

If you need your caffeine to function (I understand that!), drink just enough to feel human. It's essential you don't feel edgy or wired during the session, so aim to drink as little caffeine as possible if at all.

Intention

Come to the session with an intention or goal statement. This intention can be a question you'd like insights or wisdom for, finding a path to get unstuck or in a pattern or block you'd like to release.

Practice Relaxation

I've created a recording that you can use to practice relaxing to the sound of my voice. That way, during your session, your mind will be able to release and relax quicker and deeper than you would otherwise. Click the link under the 'Prime Your Mind' section of this booklet.

SET UP YOUR SPACE

Body Position

Your body should be in a relaxed position either reclined or lie down flat. You want all areas of your body to be supported so you can fully relax. This can be done with cushions, pillows, and blankets on the floor, recliner chair, bed, or couch.

Get Comfy

Make sure the space is comfortable and have an extra blanket nearby since body temperature can drop during relaxation. Most clients choose to have the session in their bedroom so they can use their bed and have extra blankets near. Also, since our bedrooms are usually already set up to be relatively calm and peaceful, it's a natural fit!

Visual Setup

You will not be able to hold your phone during the session. Set up your phone, laptop, or tablet so the camera captures your upper body (at the least your head). Test this out before we meet in case you need to use other items (books, a box, etc) to help prop up your phone, tablet or laptop so when we meet on Zoom I can see you.

Sound

If you plan on using a headset, earphones, or earbuds rather than using the speaker from your phone, laptop, or tablet, make sure your batteries are fully charged and ready to go for the length of the session

The Environment

What distractions could pop up during this session based on the environment you're in and the time of day? Prevent anything you can in advance to help keep your peace of mind during the session.

Silence your phone(s) by turning off notification noises or put it on the "Do Not Disturb" mode to avoid any surprise beeps or rings.

Know that if there are interruptions or noises, this does not ruin the session as long as you do not engage with the distraction and you stay reclined, relaxed, and keep your thoughts focused on the content of the session, the words I'm saying, or the questions I've asked.

Place "DO NOT DISTURB" signs on any doors that could allow in any distractions; this could be the door to the room you are in or any doors to the outside of your office or home that could have any potential visitors, deliveries, or other distractions.

Frequently Asked Questions

To read more about hypnosis and this process, click [here](#).