



### TIPS FOR AN OPTIMAL ONLINE PAST LIFE REGRESSION (PLR)

**I wish all my clients could visit me in person, but that's not always possible for those who live too far away. Admittedly, I prefer in-person sessions because I can control the environment; however, I have done many online sessions without any issues. So, if you must schedule an online session, I have comprised this list of tips that if followed, will ensure that your PLR experience will go just as smoothly as if we were together in the same room. Please reach out via email if you have any further questions.**

- Be sure that you are in a quiet room by yourself where you won't be distracted by other people/family members, pets (they love this stuff), or outside noises for 2 full hours.
- Choose a comfortable place to sit, such as a couch or recliner, where your head can be fully supported. Use your favorite pillow for added comfort!
- For optimal sound quality, I highly recommend you wear plug-in ear/headphones that attach to your chosen device. (Wireless Bluetooth ear/headphones can be distracting if they fall out or the battery dies.) You can also use your device's built-in speakers if you prefer to not wear ear/headphones.
- Make sure your device (laptop/tablet/phone) is fully charged and can remain charged for the full two hours of the session.
- Place your chosen device in a secure position so that I can see your face clearly from wherever you are sitting. Your camera and Zoom video **MUST** be on during the entirety of the session.
- If you do not have [Zoom](#), please download the app (it's free) at least 24 hours prior to your appointment. This will ensure you know how to access Zoom as well as work out any technical difficulties ahead of time.
- Optional - Have a blanket and tissues within arm's reach. ♥