



Telephone Sessions FAQ

1. Does hypnosis really work on the telephone?

- a. When you are in my office under hypnosis your eyes are closed, you are in my recliner and relaxing. On the phone with me you can achieve the same results, especially if you set up your space at home to be able to close your eyes, recline or lay down so that you can fully relax, make sure that you can hear me and I can hear you and that you won't be disturbed.

2. Will my results on the phone be the same as in person?

- a. Many of you already know that I am an intuitive and can tap into your energy which helps me know what you truly need to move forward on your journey. That said, energy doesn't know walls, physical form or boundaries. Many times I can tap into your energy better on the phone because there are less physical distractions for me. I have worked with clients on the phone for years with great success.

3. Why are you incorporating telephone sessions now?

- a. I have been conducting telephone sessions for years and have clients all over the world. Those sessions are done via the telephone or Skype. It feels like the right time to offer this to all clients at a lower rate because there is less overhead to do telephone sessions and I can pass on the savings to my clients.

4. What kind of sessions can be done on the telephone?

- a. Almost all of the sessions I offer can be done on the telephone. The only sessions I currently offer that cannot be conducted on the telephone are the aura photography. I can and do conduct healing sessions on the telephone. Remember, energy has no boundaries.

5. What do I need to have or do for my telephone session?

- a. The most important thing is to make sure you have a good connection on the phone and that you can relax as much as possible. For many of us relaxation takes time and practice so expect that you will get better at relaxing over time. Hypnosis does make it easier and shortens the time it takes to train your brain to relax.
 - i. If you are going to have me call you on your cell phone please make sure you are in a location that has good signal.
 - ii. Make sure you are in a place that you can easily relax. Reclining or lying down is best.
 - iii. Make sure that you will not be disturbed during your session.
 - iv. A headset with a microphone is optimal but not required. Inexpensive headsets are available at most retail stores for around \$20 USD. Ear buds work well also. If you do not have a headset or ear buds you will need to be able to cradle the phone to your ear or put it on speaker and have it close enough to you that you can hear me and I can hear you.