

Welcome!

*I'M SO GLAD YOU WANT TO BEGIN THIS
TRANSFORMATIVE WORK WITH ME ...*

Altered State work such as Depth Hypnosis calls for a few requirements and suggestions beyond other types of therapy. There are also special considerations around working over the internet or phone. Please carefully read what's included below and bring any questions to your first session.

Situate yourself ...

in a quiet, safe space where you won't be interrupted for the duration of our call and where your wifi signal will be strong and reliable. If you can, plug your device directly into the router. Wearing earbuds with a microphone is suggested so we can hear each other clearly without feedback.

Make yourself comfortable ...

with all you might need gathered around you to do so. Some suggestions: pillows and the ability to lie down on a soft surface if you choose, blanket, eye pillow, tissues, lit candle, sage or resin to burn, any objects that help to remind you of your own inherent power or that bring comfort. Have fresh water that is covered and close at hand.

In the case of cancellation ...

I have a 24 hour cancellation policy. If you need to cancel on shorter notice because of an emergency, I offer a one-time waiver on this policy and will grant a make-up session at the earliest mutually available time. Other than this one-time emergency waiver, with early cancellation, there is no refund on your session fee as this time has been set aside for you. Cancellations may be made 24 hours or more in advance by either emailing me at Amara@FreedomThroughInquiry.com or rescheduling from the Acuity confirmation email.

Following altered state work ...

it is best to take several minutes to ground and integrate before driving or continuing normal tasks, either by walking bare foot on bare earth, eating a high-protein snack or moving and stretching for several minutes. It is also a good idea to simply sit for a time and integrate, perhaps even journal, just after a session. Please plan your time accordingly.

A few more things ...

Depth Hypnosis work requires sobriety and abstinence from intoxicants 24 hours in advance of your sessions. Continue to take all prescribed medications. Please visit my Resources page and review my Foundational Assumptions which help inform the therapeutic container, as well as for other helpful information.

Learn more at:

FreedomThroughInquiry.com