



HOW TO PREPARE

FOR A PHONE/SKYPE CONSULTATION

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What can you expect?

- i. Initial contact and making sure the technology is working
- ii. Sharing of your issue and making sure we both have articulated the issue and desired outcome. Exploring that issue.
- iii. 10-15 minutes of guided visualisation, based on the session
- iv. Completion of phone/Skype contact
- v. Follow up email with link to the recording of your personalised guided visualisation
- vi. Prepayment of consultation via PayPal

Your Preparation

Write down

- what you would like to get out of the consultation
- 6 words that describe how you are feeling about the situation
- 1 or 2 sentences that
 - describe your life now
 - your life the way you would like it to be

Technology

Agree with me whether it is a Skype or phone consultation.

If you prefer phone – I can ring you.

Check that links are working.

Your Environment

Make sure

- You are in a quiet, beautiful environment
- You will not be interrupted eg turn off your phone or leave it in the other room

Your Follow-up

Use the visualisation recording at least once a day or as often as you can.

Note down thoughts and emotions that arise.

Let any discomfort and/or negative limiting beliefs release with the out breath