PREPARING FOR YOUR SESSION

Guidance before our meeting and after it ends

Together, we create a safe space filled with mindfulness and respect, allowing you to immerse yourself in your personal experience.

Preparing for your session is an important part of the whole process. It is a time to pause, listen to yourself, set your intention and open yourself to what the meeting may bring.

The time after the session is equally important — moments of rest, reflection and integration of your experiences.

BEFORE THE SESSION — HOW TO PREPARE

To support your comfort and wellbeing, I encourage you to make a few simple preparations:

1. Care for your body

Avoid alcohol and psychoactive substances for 24–48 hours before and after the session. If you take medication, have health conditions or have concerns about participating in the session, please let me know beforehand.
Choose light, nourishing meals. You may choose plant-based dishes if they help you feel well.
Remember to drink water regularly.

2. Prepare your intention

On the evening before the session, find a quiet moment. You can write down your intentions, questions or what you are bringing to the session.

You may also express the following intention before going to sleep:

“Please offer me guidance and dreams that will support me in my process. Please bring clarity, understanding and openness to what matters to me. Thank you.”

If no dreams or particular sensations arise, do not worry. You do not need to force anything or expect specific experiences.

3. Make time for reflection

You can write down your answers to these questions:
What would I like to leave behind?
What no longer supports me in my life?
In which area do I feel a need for change?
What am I missing?
What would I like to open myself to at this stage of my life?

4. Connect with nature

If you can, take a peaceful walk. You might pause beneath a tree, feel your connection with the earth and express your intention, asking Mother Earth for support, grounding and strength to carry out your intentions.

Notice your feelings and thoughts. You can write down anything that arises during this encounter with nature.

5. Create a moment for yourself

Prepare a relaxing bath or shower. You can add your favourite herbs, flowers or bath salts. Allow yourself to settle into stillness and bring the day to a peaceful close.

6. Rest

On the evening before the session, try to go to bed earlier and get enough rest. You do not need to achieve anything in particular or prepare in a specific way. What matters most is your presence and willingness to meet.

INSPIRATION FOR YOUR PERSONAL PRACTICE

The following guidance is inspired by the experience of preparing for a session shared with me by Fotoula Adrimi (Foteini), an author and spiritual practitioner. You can treat these suggestions as optional inspiration and choose the elements that resonate with you.

Meeting Mother Earth

Spend time in nature and, if you feel drawn to it, create your own simple gesture of gratitude beneath a tree. Express your intention and ask nature for support in bringing about what matters to you. Take a moment to observe your surroundings mindfully.

Gratitude to your ancestors

You may wish to spend a moment reflecting on your roots and family history. If it fits your beliefs, prepare a symbolic gesture of remembrance and gratitude — for example, light a candle or place a plate of food and a drink on the table as a symbolic offering in memory of your ancestors.

This is not a required part of preparing for the session. What matters most is that the form you choose feels right for you and your beliefs.

An evening meeting with yourself

Before sleep, you can quietly turn your attention to your needs, dreams and desires. Write down dreams or memories if they come to mind. You do not need to expect any particular signs or experiences.

AFTER THE SESSION — TIME FOR INTEGRATION

The session does not end with our meeting. It is worth giving yourself space to gently receive and reflect on what you have experienced.

1. Rest and slow down

If possible, avoid too many commitments, intense activities and numerous meetings over the following days. Give yourself time to recover. You may feel tired or need quiet — listen to your body and your needs.

2. Spend time in nature

Go for a walk and feel your connection with the earth and the natural world around you. You may express gratitude and look to nature for a moment of peace and grounding.

3. Write down your experiences

If you wish, keep a journal and note your feelings, reflections, dreams or thoughts that arise after the session. You do not need to understand everything straight away. Allow yourself to move at your own pace.

4. Care for your body

Drink enough water.
Choose nourishing, wholesome meals.
Allow yourself to rest, take a relaxing bath or enjoy a peaceful shower.
You may surround yourself with quiet, gentle music or spend a moment in nature.

5. Meet your emotions with gentleness

Different feelings and reflections may arise after the session. Give yourself permission to feel them without judgement or imposing particular expectations on yourself. Be kind and patient with yourself.

Remember that everyone experiences these processes differently. There is no single right way to feel, nor a fixed amount of time needed for integration.

6. Give yourself time

The process of reflection and returning to everyday life may unfold differently for each person. What matters most is not forcing anything to happen faster and allowing yourself to find your own rhythm.

IMPORTANT

If you have any questions, concerns or need further information before or after your session, please feel welcome to contact me.

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Thank you for inviting me to accompany you on this personal journey.

With mindfulness and gratitude,