



## How to Prepare for a House Recalibration

I am very much looking forward to the opportunity to spend time with you in ritual, focusing on resetting the energy in the place where you live. Based on experience, the following is a list of considerations that will help make our time together, and the integration time afterwards, more effective. If you have any questions related to the preparation of your space, feel free to reach out before the session, via email, so that I may provide additional guidance if necessary. The rest will be handled during our work together. I encourage you to enjoy the preparatory process as it is just as vital and important as the recalibration itself. Go forth, have fun, and allow yourself to be surprised...mystery awaits!

It is ESSENTIAL that you have no other commitments booked during the day of the house recalibration. Based on experience, those who have other commitments find that they are distracted by their upcoming engagement and they tend to have to check the clock, to monitor time. This interferes with the flow of the process and may inadvertently limit the work that can be done. Certain healing just take time. In addition, having other commitments following the session interferes with your ability to sit with what was just shared, experienced, and received. I will work with you beforehand to determine how much time I think we will need, based on what you share with me regarding your needs and desires. This way, you clearly know how much time to a lot for the actual recalibration and your time with me. The other time to consider is the preparatory time, before I arrive, and the time to reflect and journal, after my departure. Trust me, you will want a full day without other commitments, to allow yourself the space and time to fully absorb the work we will do together. It's good work, hard work, and frequently emotional work. It really can be life changing and just as dramatic as any healing or psychotherapy session.

### PRE-WORK:

#### 1. PHYSICAL PREPARATION:

- a. Clean your space by doing a thorough dusting and vacuuming
- b. Take out your garbage and recycling
- c. Wash dishes and clean the kitchen counter and stove
- d. Organize your space to remove any extraneous stuff that is just laying around
- e. Remove any piles from floors that would prevent us from moving freely around your space, i.e. laundry
- f. If you have the time, do laundry ahead of time and put it away

#### 2. MENTAL PREPARATION: *(do within 30 minutes of my arrival)*

- a. Light any candles you have
- b. If you burn smudging herbs - i.e. sage, sweetgrass, cedar – clear the space as you usually would
- c. Drink a glass of water
- d. Take a shower and put on clothes that you feel comfortable in but also help you feel inspired
- e. Sit down in a space where you feel comfortable, close your eyes, take a few deep breaths, and allow yourself to rest / sink into the space (this helps transition you from the *doing* to the *being*)
- f. Have a journal or a notebook and pen nearby

#### 3. SPIRITUAL PREPARATION:

- a. If you have a spiritual practice, call upon the spirits you work with and tell them what it is you are wanting and what it is we will be doing. Tell them that I am coming to help with a house recalibration.
- b. If you do not have a spiritual practice, don't worry, I've got you covered and we will open a container upon my arrival.

### POST-WORK: *(do following my departure)*

1. Sit down and journal/write down everything that happened, making special notes of any significant breakthroughs, learnings, feelings, sensations, thoughts, etcetera. Write down any messages that you received. Write down any insight into what it is that is needed, what you need to buy, get rid of, change, rearrange, etcetera. It may be clear to you in the moment, but rest assured, with time you will forget what was said and experienced and you will wish you had written it down.
2. Implement whatever it was revealed during the session. This could take days or weeks, but don't take months.