



# Matrixhealing.no

## BEYOND QUANTUM HEALING ONLINE

### Preparation checklist:

#### SOFTWARE- AND SYSTEM REQUIREMENTS:

- ✓ Skype is used for our video meeting. You don't need to have Skype installed on your PC. Skype will work directly in your web browser (on newer PC operating systems and browser versions).
- ✓ OS requirements PC: Microsoft Windows, Apple MacOS or Linux Ubuntu.
- ✓ Web browser requirements PC: Microsoft Edge, Safari or Chrome-based web browsers.
- ✓ Alternatively, if you use a PC and want to use Skype later for yourself, you can register for a skype account and use a web-based version directly in your web browser: [Skype for Web](#).
- ✓ Another option is to download and install Skype as an independent app on your device (works on PC, mobiles and tablets): [Download Skype | Explore Skype's new features](#).  
PS! Be sure to download the version compatible with your device (PC, mobile or tablet). After installation, open the app and register for a personal account. Please use a good working device.

#### HEADSET AND INTERNET CONNECTION:

- ✓ You need to have a good quality headset. The sound must be clear and it should be comfortable to wear also when you are lying down. For audio recording quality it's best if the headset has the microphone built into the ear cups or has a microphone boom. If you use headphones or earbuds where the microphone is on the cord, it should be possible to attach it close to the mouth.
- ✓ The cord must be longer than the distance from where your device is going to be placed and where you are lying down (you should be able to move your head/body). If you are using a cordless headset, it must be fully charged to last several hours with good quality sound.
- ✓ Your internet connection must be stable. The speed of your connection must at least be 2mbps (download and upload speed). You can test it by searching for "test internet speed" or similar.
- ✓ Turn off/deactivate possible screensavers.
- ✓ Close other programs that uses the internet, especially music and video players. Stop downloads. If you have low internet speed then don't have anyone else in your house use the internet while you are having your session. Streaming games, music or video can affect your connection.
- ✓ If you are using a laptop/mobile/tablet, do not forget that it HAS TO BE connected to the power outlet. We do not wish to be cut off mid session due to low battery levels.

#### OTHER PRACTICAL THINGS TO CONSIDER AND PREPARE FOR:

- ✓ If you have people living with you it's best if they are not home during your session. If that's not possible please make sure that you are not going to be disturbed. Turn off your TV, radio and other devices that can cause sudden noise (alarms etc.). Don't switch off your phone until we are connected and things work. If you use your phone for the video meeting, deactivate mobile data.
- ✓ Access to the bathroom should not be difficult or far away in case you have to use the toilet during the hypnosis part of the session.
- ✓ When lying down for your regression you can use a bed, sofa or a good recliner chair. Whatever makes you most comfortable and relaxed. Don't forget to have blankets and pillows ready.
- ✓ Have water ready with you in the room. You can use a mug, a bottle or anything similar. Also remember a glass to drink from. We are going to use that in the water alchemy ceremony.
- ✓ Your device or external webcam should be placed so that I can see the upper part of your body and face, preferably a bit from above. Make sure that your device is steady so it doesn't fall down.

#### QUESTION LIST:

- ✓ When you have finished writing your question list please send it to me in good time before our session. You can send it by email to the address that you received previous communication from. That is; the address that you received the copy of your session request form from or other mail correspondence between us. Thank you.