



## **BQH ONLINE CHECKLIST**

**-Software- and technical equipment requirements and recommendations.**

**-Practical setup considerations and question list.**

### **ZOOM:**

- ✓ Download and install the free version of the Zoom app on your PC or Tablet. You can download Zoom from here: <https://zoom.us>
- ✓ Alternatively: -If you have already received a Zoom meeting invitation from me, then just click that link in order to download and install it. Follow the instructions.
- ✓ Start the program and make yourself familiar with it. Test that the audio and video are working with your equipment plugged in (headset with microphone). For training purposes I highly recommend having a meeting with a friend that also has Zoom!

### **TECHNICAL EQUIPMENT AND INTERNET:**

- ✓ Your device must be working good and not be too old.
- ✓ 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 (remember that you also should be able to move your head/body), unless you are using a cordless headset (bluetooth). If so, 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.
- ✓ Deactivate screensavers or other functions set to put your screen or device into rest or sleep mode.
- ✓ Close other programs that uses the internet, especially music and video players but also browsers. Stop downloads. If you have low internet speed then don't have anyone else in your house use the internet while you are using Zoom. Streaming games, music or video can affect your connection.
- ✓ Do not forget that your device 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 other people living with you it's best if they are not home during your session. If that is not possible then please make sure that you are not going to be disturbed by anything or anyone. Remember to turn off your TV, radio and other things that is or can be making noise. You do not have to turn off your cellphone until we are connected and we are sure everything works.
- ✓ 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 computer/tablet should be placed so that I am able to 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.