



SCHOOL OF ROSE MYSTICS

Session Preparation & Guidelines

1 Day before your Session:

- Please avoid drinking alcohol, drugs, caffeine or smoking
- Drink plenty of purified water to hydrate your body and allow the energies to flow through your body
- Set and connect with your Intentions(s) for the Session

Right before your Session:

- Please turn all your devices to flight mode/off (except the one you will be using to join the Session)
- Dim the lights and light at least one Candle with which you connect to your higher self
- Go to the bathroom if you need to
- Have a glass of water near you or anything else you feel you might need to for the session (notebook, pen)
- Be ready 5 minutes before the Session begins and start to connect to your breath, to your intention and come into presence

After your Session/ Integration time:

- Please avoid drinking alcohol, drugs, caffeine or smoking (till at least 1 day after)
- Drink plenty of purified water to hydrate your body and allow the energies to flow through your body

- Give yourself quiet time to rest and integrate the new energies (important!)
For example: spending time in nature, listening to meditation music/solfeggio (find in youtube), meditate and do what soothes your soul
- Be aware of shifts & signs in your reality: specific dreams, heightened awareness, insights & synchronicities, activation of spiritual gifts - journal and take note of your experience
- Wonderful would be to take an Epsom Salt bath (detoxifies and alkalizes the body, recalibrates the energies, releases energies that might still be in the outer layers of your field, calms nervous system...)

The Integration time is usually around 3 days in which you might experience heightened emotions, further releasing, the need for more sleep/ rest. Please honor yourself in that time and listen to your body. If you need urgent assistance with anything can you contact us, otherwise are we going to check in with you 3 days after your Session to see how you are feeling and how your integration has been.

We honor your work. Thank you for showing up to the Divine.

WITH LOVE, REVERENCE AND IN THE NAME OF THE ROSE

Gabriel & Asherah 