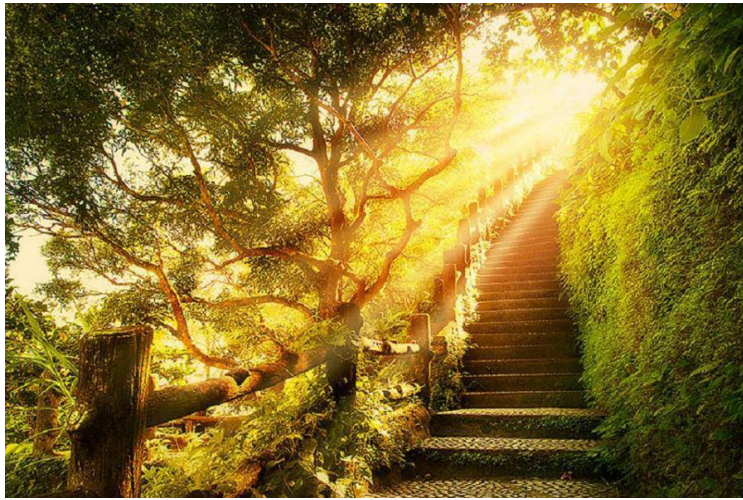




Shedding New Light on Old Ground

*I am grateful to have the opportunity to support you in your transformational journey.
The purpose of this document is to set you up for maximum benefit, success,
and healing for our first miracle-minded life coaching session together.*

- ✧ I appreciate you taking the time to read through this document carefully to properly prepare for an effective and meaningful coaching experience.
- ✧ If you have not done so already, please make sure to complete the intake form which you can find on my website under the **ENGAGE tab**. Then select the **New Clients - Next Steps** button. Then click on the [INTAKE FORM](#) entitled the *Formal Permission and Boundaries* for Life Coaching with JJ Joshua. It's super easy and takes five minutes or less. Please submit this form as soon as possible, no later than the day before our first session. *Thank you!*
- ✧ Enclosed are detailed instructions on how to prepare for our time together. Please note this document offers important information regarding how to take care of yourself after our session is finished for continued benefit and integration. This information will help you to receive the **maximum benefit** from your time and resources invested.

*"Everything we need—to experience health, abundance, happiness
and peace is already within us. Our worth and innocence is intrinsic!
It is like a brilliant diamond lying at the bottom of a murky pond.
My job is simply to help you cleanse the waters so you may see
what is True and eternal about you."
~Jennavieve "JJ" Joshua*



Prepare for Maximum Benefit!

- ✧ I highly recommend keeping **your schedule very light** or completely open for *at least* one hour after our appointment. During that time, you may continue to receive “aha” and breakthrough moments. Allowing time for yourself without commitments ensures better integration and supports the healing and learnings to continue and deepen. Give yourself the precious gift of spiritual spa time—just soak in the light!
- ✧ The sessions are typically done via Zoom calls. For maximum benefit, please use a computer or tablet. If you must use a phone, please prepare a system that allows your hands to be free. Make sure your device is well charged. It is best to be on speaker or use earbuds/headphones if possible.
- ✧ Make sure you have plenty of **privacy** and will not be interrupted, even by your pets.
- ✧ To allow for maximum energy flow, it is most beneficial if you are **sitting up straight comfortably** for the session. It is best to keep both feet flat on the floor and legs and arms uncrossed for the duration of the session. If you have a condition that does not allow for this, no worries, just let me know. You will want to be comfortable for taking notes.
- ✧ Please have plenty of **good water** to drink during our session. Spiritual growth and energy work is always easier and more effective when we are well hydrated.
- ✧ Please have handy a **pad of paper and both a PENCIL and PEN** for taking notes. When writing down any of the past blockages or “problems” it is best to write them in pencil implying to your subconscious that this can all be erased. Title one page, “NOTES” and the other page, “INSTRUCTIONS.”
- ✧ Our time spent together is a sacred action. You might find it supportive to have one or more candles burning to help create the environment of ceremony and purification.
- ✧ Some individuals will experience what I call, “the wind of Spirit” or a slight chill while during the session, so you may want to **have a blanket or sweater** nearby just in case.

“You will feel safe and at ease with Jennavieve ‘JJ’ Joshua. She is a spiritual intuitive who moves effortlessly between the worlds of spirit and matter. JJ is a deeply experienced coach, very personable, compassionate, and empathetic. You will feel like you are with your best friend, only better, because Jennavieve has the tools to help you release whatever is blocking your way to a happier healthier life and more inspired life!”

~JDS, Author, Newspaper Executive



Preparing Your Questions for an Effective Miracle-Minded Coaching Session

We will be removing the blockages in your mind to the Presence of Divine Love.

Any question is appropriate. There are no better or worse questions. No big or little questions. No “stupid” questions. Whatever is important to you right now is a valuable place to enter into what will serve your highest good for this process. Think of this opportunity as the chance to sit down at a comfortable table for a meaningful chat with your own soul, and all of your angels, teachers, guides and the Divine Light. What would you want to ask them? *You hold the power in this conversation, no one else!*

Some Helpful Tips

✍ Make sure each question is just one simple question. In other words, not one question with several sub-questions and diagramed parts attached to it. Simple yet **specific** questions will more likely yield simple, actionable, and specific information.

✍ **Make sure to have a printed copy of your questions in front of you, please. This is very important.**

✍ Be aware that I am unable to answer questions regarding anyone else (alive or deceased). I only have spiritual permission to connect with the person with whom I am speaking.

✍ Start your questions with what or how rather than why. “Why” questions lead us backwards. “What and/or how” questions lead us forward. Your questions **do** need to be **in the form of a question**, not just an expressed area of concern but a specific question regarding that area of concern. The questions open up the Akashic Record and give me permission to view them.

✍ **Here are some topics to consider** to stimulate your preparation process: core beliefs that you know are hurting you, self-sabotaging habits, behavior patterns that do not seem to improve, challenged relationships, primary relationship, health issues (acute or chronic), family of origin, work/career, financial patterns, personal care and self-worth, spiritual expansion or growth, change of home or location, legal issues you may be working with, unresolved feelings toward anyone that may have died or previous relationships of any kind, deep seated fears or phobias, old guilt, grievances or regrets.

✍ I do not need any background or “story” regarding any of your questions. The less I know about you for our first session the better.

✍ I cannot guarantee a specific answer to your specific questions. I can however, guarantee that you will receive exactly the information that you require to take the **next most empowered step** relating to that area of concern.

✍ **IMPORTANT: Please send your questions via email to me the day before our first scheduled session.** Please include the questions in the body of the email rather than in an attachment.



Post Session Care Instruction for Powerful Integration

If you are choosing to experience true change and profound healing, I highly recommend that you follow the instructions listed below to the best of your ability.

- 1) **Do not speak of the specifics of what you released with anyone** for at least three days, seven days or perhaps not at all. Feel free to share your general experience of the session, but if you speak of the specific issues you released, your spoken word may unconsciously call them right back to you.
- 2) **Take a very hot Epsom or Masada Salts bath the day of**, or within two days of the session to help your electro-magnetic field and physical body release toxins that were released from the clearing process, if at all possible.
- 3) **For maximum benefit from our sessions, it is best to avoid** the following activities for three days after your appointment: recreational drugs, sex, and alcohol. Participating in these activities has a tendency to take us "outside of ourselves" and distract us from the deeper inner experience. This is of course not mandatory, yet highly recommended.
- 4) **Increase your rest, water, protein, minerals, vitamins and walking** for at least three to seven days. Integration takes time; give yourself the gift of gentleness and good solid self-care.
- 5) **Contemplate beauty**. Allow your vibrational frequency to be increased by the conscious use of beauty. Gaze upon that which inspires you and then use the power of focus to "send" that beauty to parts of your body or areas of concern to lift them up vibrationally. Spend as much time in nature as you can.
- 6) **Enjoy! Access JOY as a conscious tool** to propel you toward your Mastery. As much as possible please stay away from things, people, and circumstances that do not *feel* joyful to you! When you feel a joyful moment, direct your conscious intention and focus to "send" joy to heal your body or circumstances.
- 7) **Pray often for the true willingness to let go** of that which no longer serves your highest good. Take more walks and invite your Higher Self along to continue to reveal insights and integrate changes.
- 8) **Be aware of further insights**. Often after a Life Coaching and/or Chakra Soul Clearance session, our subconscious will offer up additional insights regarding what was released or discovered. These insights can deepen your experience and provide stronger footing for a more empowered future.

Be kind to your mind! Trust the process! Be gentle with yourself!



Ongoing Coaching Support

🌀 **In my 30 years of experience with miracle-minded life coaching**, I am constantly amazed at how much we can accomplish in the very first session. If for any reason you are feeling uncomfortable, confused, or anxious, don't worry! That can often indicate you are making good progress—please email me if you have any questions or concerns that may come up following our first appointment. 😊

🌀 **In order to support and sustain your profound inner changes**, I have published 15 documents to enhance your ongoing growth, education, and transformation. These can be found on my website at the [RESOURCES](#) tab. Additionally, there are over 50 short videos available at the [VIDEO](#) tab. My clients have found this library of content to be invaluable to their process—I encourage you to invest the time in yourself and take full advantage of these free resources.

🌀 I have also found over the years that the **30 days before and the 30 days after your birthday** can be particularly powerful times for exceptional progress. You might want to make a note in your calendar to remind yourself about this opportunity if you feel moved to schedule with me during your birthday season.

🌀 **From time to time, I will offer webinars** and other opportunities for learning. Watch your e-mails for those announcements.

🌀 **To reduce your stress, improve your immune system**, and elevate your mood, you might want to visit my colleague Magic the Laughing Monkey. He lives at the [RESOURCES](#) tab on my website. Just two minutes with Magic can give your day a boost. Laughter is an essential element of the spiritual path. Have fun!



I am here to support you!

Thank you again for the great joy of walking with you on your path!
In all your doings—may you be bountifully blessed.



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