



Shedding New Light on Old Ground

Welcome, and thank you for reaching out to me!

I am grateful to have the opportunity to work with you!

The purpose of this document is to set you up for maximum benefit, success, and healing for our first intuitive 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 and return to me the two documents I require to be in hand before we work together. You can find these documents under the [Scheduling Tab](#) on my website: **Formal Permission** and **Formal Boundaries**. *Thank you!*
- ☞ Enclosed are detailed instructions on how to prepare for our work together and then 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!

☞ Do your best to keep **your schedule very light** or completely open for at least one hour after our appointment. After our call is complete, you may continue to receive “aha” and breakthrough moments. Time for yourself without commitments insures better integration and allows the healing and learnings to continue and deepen. Give yourself this precious gift! Sometimes the best part begins after we hang up the phone! Give yourself a bit of a spiritual spa time-just for you to soak in the light!

☞ Please **use a phone** that does not require you to hold it to your ear during the session, if at all possible. When using speaker phone, make sure you have audio privacy.

☞ Make sure you have plenty of **privacy** for the call and will not be interrupted during our time together even by your pets. Make sure your phone is well charged. It is best to be on speaker or headset if possible.

☞ It is most beneficial if you are **sitting up straight**, yet comfortable, for the call with both feet flat on the floor and legs and arms uncrossed for the duration of our call.. If you have a condition that does not allow this, it will be just fine. 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 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, “INSTRUCITONS.”

☞ It is very helpful if you can have three to five **open flamed candles** near you at the time of our phone call. This helps with the clearing and purification process. If it is too inconvenient for you to do this, do not worry, the work will be effective either way.

☞ Some individuals will experience what I call, “the wind of Spirit” or a slight chill while doing the work, so you may want to **have a blanket or sweater** nearby just in case.

“You will feel safe and at ease with Jennavieve 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 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 that session. 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.
- ❖ **Make sure to have a printed copy of your questions in front of you!**
- ❖ Simple yet **specific** questions will more likely yield simple actionable and specific information.
- ❖ 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.
- ❖ **Some topics to consider** to stimulate your preparation process: Core beliefs that you know are hurting you, 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 guarantee that you will receive exactly the information you require to take the **next most empowered step** relating to that area of concern or inquiry.
- ❖ It will save us time if you **send your questions to me prior to our session** via email. Please include the questions in the body of the email rather than in an attachment.



Post Session Care Instruction for Powerful Integration

The following instructions, will assist you in grounding (integrating on the cellular level), balancing and integrating your healing and insights on every level of consciousness and moving into your new paradigm with greater ease! If your choice is for a permanent release, true change, and profound healing, it would be supportive to follow these instructions 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 uncovered from the clearing process, if at all possible.
- 3) **No recreational drugs, sex or alcohol for three days after the session.** Participating in these activities has a tendency to take us “outside of ourselves” and distract us from the richer, truer inner experience. This is of course NOT mandatory, yet highly recommended.
- 4) **Increase your rest, water, protein, minerals and 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! Use JOY as a conscious tool** to propel you toward your Mastery. As much as possible please stay away from things, people, circumstances that do not *feel* joyful to you! When you feel a joyful moment, use your conscious intention and focus to “send” the 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.
- 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

✍ After over 20 years of life coaching, I am still amazed at how much we can accomplish in the very first session. However, please feel free to call me if you have any questions or curiosities that may come up following our first appointment. If for any reason you are feeling uncomfortable or anxious, that may indicate a little bit more work may be needed. We can do a lot in short follow up, just give me a call.

✍ Most of my clients find that the first session is plenty to work with for at least 30 to 60 days. You will find your own organic rhythm, utilizing my coaching services as a support system for your healing, goals and life intentions. Many clients report to me that when they start thinking of me or things remind them of me, they know that it is time to book another session. You Higher Self will guide you in this.

✍ It is helpful when we go through a profound inner change to support that change with new daily habits. I have developed a program called, *Heal Your Habits and Heal Your Life*. More information about this program is available under the Services Tab on my website. Scroll down to the additional services drop-down to learn more. This program is simple and profound in its strengthening of your goals and intentions. I offer a free 20 minute information call, to discuss how the *Heal Your Habits* program works.

✍ 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 additional work. You might want to make a note in your calendar to remind yourself about this opportunity if you feel moved to work with me during your birthday season.

✍ From time to time, I will offer teleconference seminars and other opportunities for learning. Watch your e-mails for those announcements.

✍ Visit the Resources Tab on my website from time to time. I will be adding additional materials or links to support and strengthen your growth process.

✍ To reduce your stress, improve your immune system, and help you lighten up, you might want to adopt the habit of visiting my website Homepage often to press the purple button at the bottom of the screen. You can spend just two minutes laughing with my colleague, Magic The Laughing Monkey, to strengthen yourself on many levels. Laughter is an essential element of the healing and spiritual path. Have fun!

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

