

Hello!

Welcome to the preparation part of your private session.

Prior to the appointment, you have some homework. First, watch the four minute video on making your list. The YouTube video is at the following link:

<https://www.youtube.com/watch?v=xvFXA7BeVRg>

Make your list, and add any current challenges you want to heal. Focus on what you DON'T want in your life - those things you want to shed. This is a bullet point list, like a grocery list, not a lot of details. Then make notes of what you do want. If possible, email the list to me at Peace@LivingALOT.com 12-24 hours before your appointment.

In addition, you need to bring two very specific memories with you:

- 1) A memory that always makes you laugh, that you can see/hear/feel vividly -- when you think of it, you can't help but smile.
- 2) An event when you felt absolutely loved and protected, safe.

When we begin the appointment, you will need to have tissues and drinking water available.

I am so looking forward to working with you! Sessions are available via Skype, telephone, or in person in the Oklahoma City Metro area. Skype ID is LivingALOT.

Following your paid transaction, please click on the "Contact Me" button in the banner on the website at LivingALOT.com, or email **Peace@LivingALOT.com** to set your appointment. All appointment times are set in the Central Standard Timezone for Oklahoma City, OK, USA.

I will follow your private session payment with an email for the release and statement of understanding that I would appreciate you responding to with your name, address, and contact phone / email typed out.

If you do not hear from me within 48 hours of sending your email, please call me to schedule your appointment time at 405-593-0702.

If you must cancel or reschedule an appointment once it is set, please give 24 hours notice to reschedule. Refunds are not generally available, but reschedules and gift transfers are available.

Kindest regards,

Lura Owen

Lura Owen, MAPM
Living ALOT, Inc.

