

Helene V. Ramos

MA, Dipl. PW, Certified Hypnotherapist & MARI Mandala Practitioner, Reiki Master-Teacher

Processwork • Hypnotherapy • Jungian Dreamwork • Shamanic Energy Medicine • Reiki Treatments & Instruction • Creative inner dialogues via MARI Mandala, & Sacred Ritual

Pre-Session Self-Evaluation

An important tool to a successful transformation process is one's intention. With a clear intention (purpose or objective) and the focused attention you bring to making changes, goals are more readily and smoothly achieved. When you bring inspiration to your intent, think about what resources you might already have in your possession, examine what might have previously prevented you from achieving your goals and understand what success looks like for you developing the initial "map" of your journey – regardless of how brief or lengthy it might be – will become clear.

Before your first session, please take a moment to read and think about the following questions. If you like, please write down any thoughts, insights, dreams or memories they evoke for you. All humans are creative beings. If you express your creativity as a visual artist, consider sketching your answers or drawing a mandala. If you like music, perhaps there is a song that seems to sum up your feelings about this issue. If so, bring it in. If your "art" is in the form of the written word, journal about your thoughts or compose a poem. Perhaps your answers lie in a favorite childhood story, mythic tale or fable. Bring it to mind and tell me about it. If none of these seem right, just come in having read and thought about the questions.

1. How would you describe the issue or condition you want to explore?

2. What are your emotions around this issue?

3. Describe one or two things you want to achieve in our work together.

Helene V. Ramos

MA, Dipl. PW, Certified Hypnotherapist & MARI Mandala Practitioner, Reiki Master-Teacher

Processwork • Hypnotherapy • Jungian Dreamwork • Shamanic Energy Medicine • Reiki Treatments & Instruction • Creative inner dialogues via MARI Mandala, & Sacred Ritual

4. How will you know you have achieved the desired results?

5. How will accomplishing this goal affect the rest of your life?

6. What has prevented you from having accomplished this goal already?

7. What additional resources do you need to achieve the desired outcome.

8. Can you think of one or two steps that would get you where you want to go?

Please, keep this process brief and fluid. If nothing comes to mind, that's fine too. This is about meeting you where you are and moving ahead from there. I look forward to our first session together.