FORM 11: Sacred Session Prep Checklist

From Riz & Oriah:

This checklist isn't just about getting ready—it's about *getting tuned*.

You're not just holding space—you're entering it first. The energy you bring to a session becomes the frequency your client receives.

Use this before every reading, healing, or coaching call. Let it become a ritual. When you walk in grounded, clear, and fully present, the session becomes a channel for real transformation.

✦ SACRED SESSION PREP CHECKLIST ✦

☐ **Center Yourself**
– Breathwork, meditation, or grounding practice (5–10 mins)
– Clear emotional debris, distractions, or ego attachment
– Drop into your highest Self or channeling state

☐ **Set the Space**
– Light a candle or incense (optional)
– Clear your space with sage, palo santo, tuning fork, or sound bowl
– Ensure privacy, tech readiness, and minimal noise

☐ **Energetic Check-In**
– Ask: "Am I clean, clear, and present?"
– Ask Spirit: "Is there anything I need to know before this session?"
– Shield and protect your field if needed

☐ **Client Readiness**
– Review intake form or past notes
– Tune into the client's energy
– Hold non-judgmental awareness—don't pre-diagnose or assume

☐ **Tools & Tech Ready**
– Zoom link or platform is working
– Cards, crystals, notes, or client files nearby
– Recording (if client consented) is ready

☐ **Intention Declaration**
Say aloud or in your heart:

"I am a clear and loving channel. I now hold space for the highest good of all involved. May truth, compassion, and healing lead this session."

AFTER SESSION – QUICK RESET

☐ **Close the energy field** (with thanks, sealing, or closing ritual)
☐ **Clear the space** (sound, breath, or smoke)
☐ **Hydrate + ground**
☐ **Journal or jot intuitive insights**
☐ **Log session notes (Form 07)**

INSTRUCTOR NOTE TO STUDENTS:

This may seem "extra" at first—but it makes all the difference.

A sacred session starts before the client even arrives. You're the vessel. Treat yourself with reverence, and your work will always feel aligned. Eventually, you will thin out and figure out what you need, and become more streamlined. These forms are to help you get started. Keep the ones that make sense.