



## *Successful Virtual Hypnosis Sessions*

Over the years, clients from around the world have benefited from the remote hypnosis sessions I have facilitated. From India, to Germany, Japan to Greece, and from California to Florida, clients have achieved great success through their remote hypnosis and energy-based sessions, including regression, past lives, spirit release, and energy clearing processes. Over the past several years, I have facilitated hundreds of hypnosis-based sessions successfully from my home office.

These remote-based sessions provide clients with many benefits, including the ability to stay where they are, which lessens the stress of having to drive someplace and relax on command. It also affords increased privacy and reduced commute time. Clients embrace the opportunity to take extra time to process the information after the session in their own quiet space, without having to immediately get up and drive home. People have done sessions while relaxing in their homes, offices, cars, hammocks, dorm rooms, and even the tack room of a stable!

Home-based sessions afford both myself and my clients the comfort of staying home, especially when the weather is challenging, which means less cancellations. I love to be able to fix meals at a reasonable time and enjoy grounding in the gardens around my home to balance my energy between sessions. Please note, I have a quiet house with only my husband and napping cats. People with active family members and dogs may have some challenges setting boundaries to maintain a quiet space to focus on clients without distraction.

### **Suggestions for successful remote hypnosis sessions:**

#### **Preparation:**

- Get comfortable with technology.
- Use online scheduling software (Acuity is one option).
- Offer an optional 15-minute free telephone consultation.
- Include description of Zoom service on website and in scheduling email.
- Set up an online payment system through your website.
- Include a registration deposit to secure the appointment.
- Send a link to the Zoom session one or two days in advance.
- Schedule an hour between sessions to allow for log-in glitches and a personal energy pause.

#### **Your Space:**

- Your office area must be a private, quiet place without distractions.
- Position yourself to be clearly seen with soft lighting on your face.
- Invest in a good camera, microphone, and up-to-date computer.
- Land-line connection is best – WIFI can be unstable.
- Limit having other applications open during sessions.
- Use music for you only. Keep it low as it can be distracting to clients.

#### **Initial Session (intake only):**

- Be patient with clients who have login issues.
  - Let them get comfortable with computer, iPad, or smartphone.

If it takes extra time to login – add that amount of time at the end of the session.  
If their signal is unstable, have them turn off other applications.

### **Set Expectations for Future Sessions:**

Remove distractions – phone is on silent, in a quiet place.  
Family – must be asked to respect their privacy.  
Pets – dogs outside (they bark), cats okay if allowed on lap.  
Relaxing space – couch, bed, comfy chair, car.  
Head / neck – supported by cushion.  
Hands – must be free (device must be propped).  
Lighting – soft light from the front to clearly see their face.  
Sound – headphones are optional for their convenience.

During the initial consultation, I let the clients know they will really enjoy the home or remote office-based sessions. They have less stress at having to drive somewhere to be on time and they relax more comfortably in their own familiar space. After the session, clients are able to remain in a relaxed state to process their experience more fully, instead of having to come back to full awareness and leave the space.

At the beginning of the first hypnosis session, set the expectation by telling them that no-one ever gets stuck in hypnosis. Give this direct suggestion: “If for any reason we lose connection, you will notice that I have stopped talking. You will gently come to a waking level of trance and call or zoom back into the session. I will wait for you.” Be sure you have their mobile phone number in case you need to reach out to them.

Please note, I avoid doing intense or regression journeys on days of inclement weather or if the connection seems unstable. Instead, I choose a more uplifting, self-hypnosis, or positive reinforcement session for that day and reserve intense sessions for another time.

My clients and I truly enjoy the remote sessions and I have developed remote training programs and webinars that are highly successful. In my remote training programs, classes are scheduled at weekly or bi-weekly intervals and trainees are given homework to practice on their own clients. When they return to the next class, they will have had active experiences with applicable questions to be addressed before moving on to the next phase of instruction.

### **About Lois Hermann & Associates**

A spiritual mentor and metaphysical teacher, Board-Certified Hypnotist and Certified Instructor, I offer hypnosis sessions, success coaching, and energy clearing to help clients achieve true wellness and success. As host of the [Inspiring Hope Show](#), I share uplifting messages from many inspiring people to help shift humanity’s energy away from negativity toward a positive and hopeful life.

Author of the ***Chronicles of Hope™*** book series, I documented conversations with wise spiritual guides through multiple hypnosis channeling sessions in my latest #1 International bestselling book. For more information on the [Chronicles of Hope](#) book series, and our spiritual Community discussion gatherings, visit our website: [www.ChroniclesOfHope.net/](http://www.ChroniclesOfHope.net/)

My special [Energy Clearing & Alignment \(ECA\) Training](#) program was developed in conjunction with the ancient wisdom of wise spiritual guides given directly to me during multiple channeled sessions. This unique remote training has transformed the practices of spiritual-based hypnotists, therapists, and energy workers. Review this link for more information on the Academy of Light™ ECA Training: [www.LoisHermann.com/Academy-Of-Light/](http://www.LoisHermann.com/Academy-Of-Light/)