

WOMENS TRILOGY FAQ Section

Q: I don't know which session is right for me. Can you help me choose?

A: Absolutely. If you're unsure, simply reach out to me here hibiscusdreaming@bigpond.com and share a little about what you've been experiencing, and I can gently guide you to the session that feels most aligned.

Q: Do I need to prepare anything for the session?

A: Just a quiet space where you feel comfortable, a journal & pen, and some water. You may also want to have a blanket, candle, or anything else that helps you feel safe and supported.

Q: What if I cry or feel overwhelmed during the session?

A: That's completely okay — and very natural. This is a safe and non-judgmental space where all feelings are welcome. I will guide you through and make sure you feel supported the entire time.

Q: Is this a medical treatment?

A: These sessions are spiritual and energetic in nature. They are not a replacement for medical care, but can complement your healing on emotional, mental, and spiritual levels.

Q: Can I book more than one session?

A: Yes — many women choose to experience more than one of the three sessions, either over time or in a series. You can book them individually or talk to me about creating a package that suits you.