



Mace Energy Method™

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Preparation for your Foundation Session

- Please come to your session ready to dis-create what has been affecting you. You will not get the result if you are resisting the process in any way.
- The MEM™ Foundation Session typically runs for 2 hours, but in some cases can run shorter or longer. We work on a basis of results, not time.
- Ensure you have complete privacy and will not be disturbed during this time.
- Make sure your environment is comfortable - if you are too hot/cold, hungry, tired, thirsty, need to go to the bathroom, there are loud noises etc. you will not be able to focus your full attention on the process and your results will be diminished.
- Make sure your device is fully charged and you have a charger nearby if necessary.
- If you are using a phone, make sure it is propped up with your face fully visible so you don't need to hold it.
- You are required to sit front-on, upright so your full face is visible.
- Lying down/resting on a bed or couch is not appropriate. Please sit in a chair or upright somewhere that you will be comfortable and fully alert for the duration of the session.
- The MEM™ session is an active process. You are required to be fully present and engaged, verbally participating the whole time.
- Please have earphones handy in case they are required.
- Please ensure you are completely sober for the duration of the session.
- The price of the session includes a follow-up session 1 week later to ensure complete results. You will be booked in for your follow-up at the end of your session.