

Planning for Your “Trip”

- Complete the Guest Questionnaire
- Confirm Your Reservation Date and Time with our Podcast Manager
- Equipment
To get the best sound, we recommend you have a separate microphone (with a mic cover) plugged into your computer. Using headphones connected to your computer will also help.
- Zoom:
We use Zoom - a computer program (and/or mobile app) to record our podcast. Don't worry - it's audio only; we won't be using your video feed. You can be in your pajamas if you want!
- Location/Space
Choose a small, quiet room with the windows closed, ideally a space with carpeted floors to absorb sound.
- Tell Your Friends!
A week before we post the show, we will send you some ideas to help you promote your appearance - to get your friends and fans excited!

The Day of Your Trip

- Confirm Reservation: Our Podcast Manager will confirm your reservation time.
- Silence:
Please turn off your phone(s) and computer notifications and any other possible sources of noise or interruption (pets, kids, doorbells, etc.)
- 5-7 minutes before your scheduled time, click the link to sign into Zoom.

What to Expect on Your Trip

- Robin and Brownell will have some opening dialogue before your reading begins (approximately 5-10 minutes).
- Your reading and time on air will take somewhere between 20-30 minutes. If it goes over, we may decide to divide the episode into two separate shows, or we may ask you to come back to continue another time.
- It's our goal to not only make your experience interesting, we also want to make it fun! And meaningful. We truly believe that “everything happens for a reason,” and that by finding out about who we “were” can help us in the here-and-now.

After Your Trip

- We will launch the podcast with three pre-recorded shows. After that, we will release one episode each Monday at 4:00 a.m. Pacific.
- A week before your episode is released, we will send you ideas to help you promote the podcast.
- We also hope you'll become a fan and share our other episodes with your friends and followers, too!

Life is a Trip! with **Past Life Tour Guides**

<http://pastlifetourguides.com/>