



# MEDITATION & AFFIRMATIONS

Helping you to get into a positive frame of mind  
before your boudoir session  
(can be used at other times too).

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*People may not remember exactly what you did, or  
what you said, but they will always remember how you made  
them feel ~ Maya Angelou*

# UNDER PRESSURE

**I don't know about you but most of the time I need some inspiration, guidance and focus before my sessions. There is a big responsibility that comes with being a boudoir photographer; we really have to be aware and tune into our client's energy, as well as clear any unwanted energy of own (which isn't always an easy thing to do). During a session we must also ensure that we give our clients a lot encouragement and we must consistently reassure them that they look amazing. It's an important part of our job, if not one of the most.**

## **Before the session**

The bottom line is, before a shoot, we will naturally feel a huge sense of responsibility and pressure. And we are no good to our client if we are unprepared and are frantically sorting the space while they are there. Or if we are over-worrying about how to get her into a certain pose, what to say and what not to say. And hands-up, I have been there, which is why I now follow a process to make sure I am always prepared for a client session, in every way possible.

Prepare, prepare, prepare. Prepare the space well before she arrives (the night before if possible), read over your emails to and from the client to re-cap over everything and remind yourself of her name (very important!). And look over the moodboard (or any session ideas) you may have shared.

Before she arrives get comfy, and play a guided meditation, I highly recommend [this one](#) [that's available on Spotify](#).

Because it's guided and has mantras and mudras I can quickly re-focus on the meditation if my mind starts to wander. Also this meditation isn't too long, it's only 11 minutes, which is doable for anyone (even me). The meditation not only helps to calm my mind but it also relaxes me (which is very important when I have a client arriving who is relying on me to help her feel good).

You can read up on the meditation and it's meaning [here](#).

## **During the session**

Do not over-think during the session. I know it's easy to get carried away with poses you may want to try and re-create based on something you have seen, but the thing to remember is that everyone is unique, and everything you will ever need for the session will always be right in-front of you. Remember, you cannot control everything, so let go of what you cannot control.

The main thing is that you feel relaxed and calm, as this will translate to your client, which will in-turn, help her to relax too.

As explained in further detail in my e-book ([Create Beautiful Boudoir Photographs](#)), you can instead focus on the best light and the mood, while talking and getting to know your client, the rest should start to unfold organically. See each session as a new start, full of experiments, and zero expectations. And don't be afraid to take a tea break with her and just chat with her mid session, share your experiences with her and just enjoy her company.

You will see from the exercise worksheets (which accompany the [e-book](#)), that the secret to taking beautiful boudoir photos is more about finding the right light, and giving your client time to relax into her pose in her own way (as well as the tips & techniques that I share). This way you are also getting her authentic self, as she is not having to try to pretend to be someone else.

Just remember that really connecting & giving your client a great experience is of high importance, and a guided meditation before your session will allow you to take that step back and just go with the flow. I really do hope it helps you as much as it does me.

# AFFIRMATIONS

Below are 8 affirmations to say out loud 3-4 times each before your session.

You can choose as many as you like, or create your own, it's up to you. I find saying them out loud to myself whilst looking in the mirror is really effective.

**I have got this**

**I am amazing**

**This session is going to be amazing**

**I am so good at what I do**

**I feel calm and confident**

**This client believes in me and I also believe in me**

**Today I am in a positive frame of mind**

**I love my shooting space, and it's perfect for creating the work I want to**

Remember, you also need to show yourself some love and self-care. If you don't then how can you expect to make other's feel good?

I know you have got this.