

# Meditative Card Night with Shira Oz-Sinai: Helpful Info

## Preparing for the Meditative Card Night:

1. **Join via computer or tablet:** Please plan to join the Zoom session using a computer or tablet instead of a phone. We will be using various web browsers, and it's easiest to navigate on a computer or tablet.
2. **Log in early:** To ensure a smooth start, please log into Zoom up to 15 minutes before the scheduled time. This will give you the opportunity to say hello, connect with others, and check that everything is working properly. Please note that I won't be able to assist with technical issues once the event begins.
3. **Accessing Zoom link:** The link to access the Zoom session is provided in the automated confirmation email and reminders. The final reminder email, scheduled to arrive in your inbox 1 hour before the event, will contain the link. If you don't see it, please check your spam folder. If you're unable to find it, feel free to email me up to 15 minutes before we begin. However, during the session, I might not be able to check my email or respond promptly.
4. **Prepare your materials:** Please have a journal and a pen ready or any other means to take notes for your reflections during the event. Additionally, keep a glass or bottle of water nearby to stay hydrated.

## During the Meditative Card Night:

1. **Picking oracle cards:** One of the highlights of the Card Night is selecting oracle cards from various online decks. This requires using a separate web browser outside of the Zoom session.
2. **Introducing the card decks:** I will introduce each card deck and provide a question or intention for you to contemplate as you pick a card.
3. **Sharing the screen:** I will share my screen with you to demonstrate how to access the card deck webpage and draw a card.
4. **Link in the chat box:** After demonstrating, I will post the link for the card deck in the chat box.
5. **Reflection time:** You will have a few minutes to follow the link, pick a card, and contemplate its message. Feel free to journal, draw, or reflect on any insights. Most card decks include both an image and text.
6. **Web browser and screenshots:** You may choose to leave the web browser open for future reference. If you find it helpful, take a screenshot of the card on your computer or use your phone's camera. Before the event, familiarize yourself with the necessary keys on your computer or keep your phone nearby for this purpose.

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7. **Returning to Zoom:** To return to the Zoom screen and our session, locate the Zoom icon on your home screen or the icon menu, usually at the bottom of your computer screen.
8. **Testing navigation:** If you haven't navigated back and forth between Zoom and web browsers before and want to ensure you know how to do this, join the Card Night 15 minutes ahead of time and ask to test this function.

## After the event:

- You will receive an email with the shared resources, including the card decks used during the event. If you didn't have the chance to pick a card during the live event or wish to revisit the decks later, these resources will be available to you.

I am looking forward to sharing this special event with you,

Shira

Shira Oz-Sinai, M.A.

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and Shamanic Healing

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