



Are you ready for a transformative experience with QHHT?

Quantum Healing Hypnosis Technique is a unique journey inward, connecting you with your Higher Self's wisdom and guidance.

As your QHHT practitioner, we are here to facilitate this connection and help you uncover the answers you seek and tap into your inherent healing power. This guide will provide essential tips for mental preparation to maximize the experiences for your upcoming QHHT session.

The most important preparation for a QHHT session is entering it with an open and receptive heart & mind. Fostering your openness, engage in quiet reflection, spend time in nature, or listen to calming music, go inward.

Your intention to have a great session is setting you up to easily succeed.

Once you've decided to take a QHHT session, your Higher Self begins preparing you by opening the channel in you to communicate readily.

About Your QHHT Session

A QHHT session can last around 5 hours to ensure there's enough time to allow your Super consciousness to reveal what you need to understand and heal at this point in your life. The length is needed to leave enough time for us to go through all your questions, the hypnosis session itself and the review afterwards.

Pre-Hypnosis Discussion 2hours +

Before we begin with the hypnosis, we'll discuss what you are most interested to learn from your Higher Self and go through your list of questions. We will be looking into the aspects of your life that have shaped you and the places you require healing. This initial conversation is essential to understand your specific needs and shape the session accordingly.

During the QHHT Session 2hours +

Part 1: Past Lives Journey

Breathing Exercise: We start with a powerful breathing exercise to help you stay grounded and centered. Focusing on your breath and body, bringing your mind to a calm, receptive state.

Hypnotic State: You will be gently guided into a very deep state of hypnosis (theta state, or somnambulistic state) where you have access to that bigger part of you that knows all the answers. The bigger part of you sometimes called the Higher Self, Higher Wisdom, Higher Consciousness, Universal Mind, Over Soul, the Spirit and we'll guide you through hypnosis to make connection with it.

While in this deep state of relaxation, you will be guided by our QHHT practitioner, travelling through 1-3 past lives or other experiences your soul needs you to understand.

You may imagine this is a multi-dimensional experience. You are travelling to past lives, at the same time, you are sharing with our QHHT Practitioner what you see, sense, feel and hear, so our QHHT Practitioner can facilitate your journey smoothly.

Part 2: Healing & Conversations with Your Higher Self

Healing is a very important part of QHHT. Especially why do I have and where did it start. As so many issues started in another time and space.

During your QHHT session, your Higher Self will scan your body, using unique methods to promote healing on emotional and physical levels. It will also provide guidance on further steps for continued healing.

You will then be facilitated to access your Higher Self to answer your list of questions. You will intuitively get the answers, or hear [your Higher Self talking to you](#) through images, signals, feelings or sensations. We commonly know this Higher Self aspect of us as our intuition or gut feeling, and it does speak through us but rarely is acknowledged.

A lot of information from your higher self comes through during a Quantum Healing Hypnosis session, new insights will come to light.

Making this the easiest experience

Talking Out Loud What You Experience. The more details you provide, the richer your journey will be, so please describe as vividly as possible as you work with our QHHT practitioner.

Trust Your Higher Self . Some people see vivid images, while others experience through their sixth senses. Trust whatever comes up and do not doubt it. It's crucial to believe you are not making it up.

- **Past or Present Lives:** Explore previous or current lifetimes that hold relevance.
- **Different Forms:** Experience life as a human, plant, animal or even other forms of existence.
- **Varied Locations:** Travel through experiences on Earth (usually) or other realms.

If you don't believe in past lives or are unsure, we simply call it a story. Your Higher Self is taking you to the place where your questions, issues and things that you are curious to know originated. You may discover where something began at and why, then you can understand, heal and move on in a better way.

Making your list of 10 Questions

Health

- Why do I have this disease/ allergy/ illness?
- What lifestyle or dietary changes are most beneficial for me?
- Why can't I lose weight? What can I do?
- Can I stop the medication immediately or gradually?
- Why do I have this particular fear/ phobia?

Relationships

- How to improve my relationship with my partner / child / sibling / parent?
- How can I be a better partner / parent?
- What is the relationship with my partner/ parents/ children/ best friends in my past lives?
- Will I meet my soulmate?
- How can I best support my loved one in their life's journey?
- Should I keep this friend in my life?
- Why do I always ended up with the wrong partner?
- Why can't I keep long term relationship?
- Should I leave or stay in this relationship?

Career / Business / Financial

- What type of job or career should I pursue?
- Am I in the right career?
- Should I quit my job?
- Should I take the new position?

- What should I do to grow my business?
- How to get more clients?
- How can I best utilise my time?
- How to make sure I am making the right decision for my business?
- Why can't I hold on to money?
- How to improve my financial situation?

Life / Spiritual related

- What is my purpose in life?
- Am I on the right path?
- What is my true calling?
- What do I really want in life?
- How to feel more fulfilled in life?
- What are my gifts and talents? How can I best utilize them?
- What am I here to learn?
- What can I do to move into a more purposeful direction/ spiritual path?
- What is my obstacle or barrier to move forward?
- I had something happened in my life. What might be the reason for that?
- Why do I have specific dreams, unforgettable dreams?
- How can I make a positive change in this world?