

QHHT Quantum Healing Hypnosis Technique

What if you could ask anything and receive clear, loving answers that are perfect for you in this moment of time? Your Higher Awareness knows everything about you, the purpose of your life, how to experience more joy, and how to heal. The exciting news is that the answers you seek are always there, deep within.

Past life regression is a technique that uses hypnosis to recover memories of past lives or incarnations. Past life regression is based in a belief of reincarnation, namely that your soul is eternal. A second belief of past life regression is karma, the spiritual principle of cause and effect, in which your past experiences, thoughts and actions directly impact your present and future.

Have you ever had déjà vu when you met someone, visited a new place, or did something? That feeling of “I know you!” or “I know this!” even though you can’t quite put your finger on how? Do you wonder what your soul purpose is? Do you ever wonder who you were in a past life? Why you adore or feel repelled by someone? Odds are, you have asked one or many of these questions before. That’s because you’re a spiritual being. Such experiences and musings are how your soul whispers to you that there’s more to you than you know. Those deep parts of your soul are where this knowledge resides, and this knowledge can offer healing, answers and guidance to baffling issues in your life.

Your soul is your astral database, with access to vast amounts of information about you and your past lives. You can receive answers and guidance about yourself and your life, answers to questions like:

- * Why am I here?
- * Why am I going through this?
- * What is the purpose of my life?

We unconsciously carry forward experiences, attitudes, and relationship dynamics from prior lives into our current lifetime. By bringing these memories into conscious awareness, we can release or diffuse the energy and emotional blockages that keep us stuck.

WHAT CAN I EXPECT FROM A QUANTUM HYPNOSIS SESSION?

Quantum sessions generally last between 4-6 hours and consist of 3 main parts. This is deep work that is not rushed in any way. You have the time and space to relax completely and fully express what you wish to discover, as well as time to integrate the healing you receive in a safe and loving place. This pace allows you to easily reach the deepest level of trance possible and access the wisdom of your Higher Awareness. The Universe will support you in every way possible when you put your focus on your Soul’s evolution.

Part 1 – Preliminary Discussion

For the first hour or two we will get to know each other. I’ll ask you to share your life’s journey and then we will go over your list of questions. When people come into a session, they come with a list of questions to ask their Higher Self, questions they might be wondering about but just don’t have the answers. Most people make 2 lists; one of health/body and the other of life/personal questions.

In preparation for the session, I would encourage you to begin work on the two lists of questions. Think on them often so that you get the answers for which you are truly looking. Also, it is helpful to practice a little meditation to help get you into the spirit of the process. Ask your Higher Awareness to help you formulate your questions in the days preceding your session. You will be amazed by what begins to happen before your session even begins.

Part 2 – Hypnotic Induction and Trance

Most people are very curious about what the hypnotic state is like. Actually, as mentioned above, it's nothing strange at all. Hypnosis is very natural, just like falling asleep, just like entering a dream – something you do every evening. The only difference is that you are also alert and aware, fully able to discuss what you are experiencing.

The first part you'll be guided to 1-3 past lives or other experiences.

Many people are also curious if they can be hypnotized. If you can visualize a gorgeous sunset or feel the warm sun on your face you're already an expert. Your sincere desire to explore the great mysteries of life has already put your mind in the perfect space for miraculous things to happen. You will be fully aware of what is happening the entire time, yet parts of the session may seem a little fuzzy afterward, just like when you awaken from a dream. That's why everything is recorded. You will be able to review every word and ponder the incredible wisdom of your own Soul's Higher Awareness. I'm always amazed and inspired at the beauty, love and wisdom that this level of consciousness offers, and I honor and respect it deeply.

The second part of the session we'll ask your Higher Self (subconscious, over-soul or whatever name you call this bigger aspect of you) to use the gift of your voice to come in and answer your questions and heal the body. This is you. It's the part of you that has been with you always and sees and knows everything from a higher perspective. It is the part of you that is always aware of your connection to Source, God or whatever name you put to that energy.

Healing and miracles occur in this environment often. We'll spend time talking about this and how you can support and maintain healing after the session. The great part of these sessions is this isn't me healing you or counseling you. This is you (your High Self) telling you (your conscious self) why things are the way they are and how to move forward in the highest, greatest way. It's very powerful to hear the recording of your session and hear yourself answer your own questions deeply and expansively.

Part 3—Integration

You are gently guided out of trance to a fully refreshed, waking state of awareness, and we take the time and space needed to put everything into place. We will discuss your extraordinary journey through time and space, and examine the great wisdom that your Higher Awareness has offered. Often, many layers begin to unfold here, and much joy is experienced as the answers to long veiled questions are seen clearly. A key part of this work is the integration of your experience well after your session has ended. You will, no doubt, continue the process of unfolding for many days and weeks to come, in deep honor and respect for the answers your Higher Awareness has provided. Often, your Higher Awareness provides symbols and keys that will reinforce and deepen your healing.

A fun and **very important** part of this process is the recording of your session. I cannot emphasize enough the importance of re-listening to the recording as many times as you can. As time goes by, your memory of the session will fade, but the recording will contain all the details your subconscious mind wanted to share with you during the session.

Every time you listen to the recording you will further affirm the messages you receive from your subconscious as well as gain new insights you previously overlooked. Each new revelation is often a doorway into the next insight you will get the next time you listen to the recording. This experience does not end when you walk out my door, but continues as you absorb new lessons and insights each time you listen to your recording.

Session Prep:

Prepare a list of questions you would like your High Self (subconscious or however you term the collective consciousness we are tapping into) to answer. Make one list of physical/health questions you have and another separate list of personal/life questions you want answered. Bring these with you to your session. I don't need to see them ahead of time. If you have a long list of questions please put your most important questions at the top of each list. My goal is to get every question answered but we work with a window where you are hypnotized. In that time frame I am inducing you, exploring past lives/other experiences, and accessing your High Self to answer questions and then bringing you out. Sometimes we cannot get to every question so please list in order of importance. Please print or write out neatly your list of questions; you are welcome to type it out and then email it to me as well.

* Your intention to having a great session is key! Once you have made the decision to have a QHHT session, already your High Self is preparing and getting ready to have a wonderful conversation with you. Your conscious self needs to be reminded that it will be taking a back seat in this experience. The conscious self thinks it knows everything (ego) and really knows very little (in the grand story of your soul's experiences). Start repeating to yourself several times a day that you connect to your High Self easily. Note: not that you WILL but that you DO.

* If you meditate, do so the morning or day of your appointment to help clear your mind. If you don't meditate, then do something that puts you in a calm place like taking a walk or listening to some soothing music.

* The night before & the day of your session don't drink alcohol. Eliminate or limit your use of caffeine the day of your session. If you normally have 3 cups of coffee in the morning, try just having one or don't drink caffeine after the morning.

* Eat well but light before you come in. Our session could go 5 hours or longer.

* I personally have witnessed physical and emotional healing and watched as clients' struggles' were made understandable and then dissipated which allowed them to move on in their life in a much happier and healthier way. Please note that your practitioner is not doing the healing. YOU are healing yourself in this guided experience.

In love and light,

Kristina