

Quantum Healing Hypnosis Technique

Preparation Instruction for Your Session

Prepare a List of Questions - Most important

Prepare a list of questions you would like to find the answers to and bring them with you (typed or neatly written).

Ask questions about YOU - not somebody else. Remember honest questions get honest answers. Be specific.

Please limit to 15-20 questions in all, in the following 4 categories. The session will flow smoothly through the session when you put them in the following order: (Here are some sample questions)

1- Life/Spiritual questions (purpose in life, path, etc.)

- *What is my purpose in life? Am I on the right path? What can I do to help myself get on my spiritual path?*
- *What could I do to move in more purposeful direction?*
- *I had something happen in my life. (Experience, dream, knowing, etc.) What was it, and why did it happen?*

2- Relationship questions

- *Is my spouse or relative my soul mate or part of my soul group?*
- *I have a difficult relationship with my spouse, child, sibling. Why is this, and how can it be healed?*

3- Career questions

- *I don't like my job or what I'm studying in school - should I quit?*
- *What should I be doing instead?*

4- Health-related questions

- *Why do I have this health issue, allergy or illness?*
- *Why can't I lose weight?*

Set your intention to have a great session

It's very important to set your intentions! Once you made the decision to have a hypnosis session, your Subconscious begins preparing you by opening up your energy ports to readily communicate with you. Thoughts and energy will automatically begin to flow to you to prepare you for this session. Your conscious mind, however, needs to be reminded that it will be taking a back seat in this experience. Affirm yourself that the

session will be successful. Repeat this affirmation several times a day: "***I have clear and direct communication with my Soul.***"

No expectations!

In our goal-oriented society we have been told to set goals and envision the results. This does NOT work our hypnosis. Each person will have an unique experience. Your Subconscious will show you exactly what you need to know at this time in your life. Release any expectation of what you should feel like when you're in a trance or what your session will be like. Just relax and enjoy the experience. The Universe will take care of the details.

Limit caffeine the day of your session. If you normally have 2 cups of coffee in the morning, just have one. The intention is to go into wonderful state of deep relaxation.

No recreational drugs or alcohol: The night before & the day of your session don't drink alcohol. A session will not be conducted if the client is under the influence of drugs, alcohol or any other substances that alter their state of awareness. Do not take any pills to relax you. This may jeopardize the success of the session.

Practice relaxing prior to the session: Just close your eyes and bring your awareness to any part of your body where there is tension. Breathe into that space until you feel the tension lessen or dissolve. Remain in that space for as long as you can, just locating any tensions until your entire body is easily and effortlessly relaxed. This practice can be useful on the day of your session, helping you to access a lovely state of relaxation.

Get a good night's sleep: 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 calms you like taking a nice relaxing walk, petting your pet or listening to some soothing music.

What to eat: The average session lasts about 4 hours so you should eat something light before you arrive for your session. Having a snack after the session may help get you grounded.

What to wear: Since you may be lying down for a couple of hours, you should wear comfortable, light, loose-fitting clothes that won't constrict your circulation or over-heat you while you're lying under a blanket. If you typically wear socks to sleep, bring a pair with you so that your feet will feel good.

The session: The session will consist of two parts; an interview where I get to know you and review your questions and the actual hypnosis session. Your hypnosis session is a private session. **No one else is allowed to stay.**

Audio Recording: Since you may remember but fragments of your session, it will be recorded via a digital recorder for your benefit.

You may share your recording or any memories or thoughts of your session at your discretion.

Very important!

Schedule the rest of your day so that you won't have activities that will require mental focus or hard physical work. You will be fully alert but deeply relaxed after the session. You may find yourself in a semi to very blissful state.

Homework: Listen to the audio recording at least three times (especially the part where the Subconscious speaks) but it's beneficial to listen to it more than that. Listening to the recording is of utmost importance. Any time you listen to the recording, you will continue to receive insight and self-healing.

*******Please do NOT listen to it while driving a vehicle!!!*******

Sleep: Don't be tempted to go to sleep right after your get home. Go to sleep at your normal bedtime.

After the Session: Your Subconscious will keep on communicating with you for days after the session so pay attention to your dreams and ideas that continue to come to you.

It can take some time to process all the information received in the session, especially when so much important information comes through in such short a time. Pay attention because the Universe will continue to deliver the messages to you!

Important: Please be advised that any healing done on you by your Subconscious is done in the invisible realm and it may take time to manifest in the physical body. Any doubts, questioning, analysis, or skepticism will totally undermine and negate the work done by the Subconscious during the session. Going back on the old thought pattern may also cause the symptoms to reappear. Listen to the audio recording often and have total faith in the process.