

UPCOMING QHHT® SESSION: Ways to prepare.

1. Intentions matter. What is your intention for having a session?

Some common reasons people have sessions:

Health- To learn or understand the energetic root cause of specific health challenges and to endeavor to resolve them.

Relationships- To understand lifelong patterns with multiple people

Life Path- purpose

Spiritual - higher self name, how many past lives? Connection to Higher self.

2. Drink water. Water equals consciousness! Hydrate. Drink in your intentions, release all that does not serve you.

3. Prepare a list of direct questions/concerns to ask during your session.

4. Expectations. Leave them at the door. Every session is as unique as the individual who has one. Your session will unfold in your own consciousness in your own way and will do so better if you don't expect certain things to happen or not happen.

5. Don't have too many caffeine drinks before your session.

6. Eat a light snack or light meal prior to your session.

Bring water and snacks for after the session.

7. Dress very comfortably in loose clothing.

8. Practice quieting or stilling your mind as best as possible with meditation or perhaps even quiet time out in nature - where you are not looking at your phone or focusing on work or other obligations.

Practice daydreaming and learning how information uniquely comes to you.

*Ways subconscious can speak to you:

1) Images. Sometimes it can be just like a movie playing behind your eyelids.

2) Hear information in words or voices. Some just know phrases or get packets of information auditorily.

3) A strong sense of knowing.

4) Feel information emotionally or in their physical bodies.

5) A rare few smell or taste their answers, but that is a perfectly valid way to receive information as well. It can come in any of these ways!

Important things to keep in mind: Almost everyone brings all

or a part of their everyday conscious mind along for the experience. Having a Quantum Healing session is not like having anesthesia. You will likely be aware of your experience as it is happening and likely to remember much if not all of it when it is over.

All answers are within. Your answers will come from within. Your Higher Self, your Divine Aspect, your Soul Self is within you. Your Higher Self, is not at all separate from you.

Your Higher Self uses your imagination as a language to speak to you. Absorbing that idea and doing a bit of preparation to stimulate your imagination is a good way to prepare.