

BQH Pre Appointment Intake

Thank you for scheduling a Beyond Quantum Healing (BQH) session! Please read this information, answer the questions, and watch these videos:

<https://www.youtube.com/watch?v=qcwl6411AY4>

<https://quantumhealers.com/get-ready/>

This form will help us prepare for your session. There are no right or wrong answers here! I am deeply committed to your self-healing.

You can cut and paste this entire form into an email with your answers, download this form on your computer and type your answers and email back to me, or print out and complete and then scan back to me. If you need help in how to do any of these, just email or text me and I'll do my best to walk you through it!

Your Name:

Motivation:

What inspired you to schedule a BQH session?

How do you feel past life regression will help you?

What do you feel makes NOW a good time to come?

Have you had dreams or meditations you sense are about past lives?

Have you had spontaneous past life recall, deja-vu or spirit communication?

How do you feel about your issue?

How do you feel about that feeling?

Where do you feel that feeling in your body?

Main Issue: Please describe:

How does this issue affect you? Describe a specific moment in the past to illustrate, including what you saw, heard, experienced and felt.

What do you feel are possible causes in a past life, if any.

How long has this been an issue?

How has the issue changed over time?

Has it been constant, or has it had highs and lows?

What have you done to deal with this in the past?

What other treatments have you had to address this issue?

How did they go?

What, if any, parts of the issues have already been resolved?

What are the main challenges or areas that need to be resolved?

Do you feel you have or are you in contact with a Spirit Guide? Describe.

What spiritual lessons do you sense you may be learning now?

Who are the major people in this life connected with this issue? Name, age, relationship, occupation, effect on issue, recent interaction, story.

What blocks, limiting beliefs or emotional residues do you want to resolve?

What would have to happen to know that this session was successful?

How would success with these issues look and feel a few weeks from now?

Do you have any religious beliefs around past life regression? Or did you grow up in a household that practice certain religions or beliefs?

Do you feel you are medically and psychologically fit for the session?

Current or past medications:

Current or past psychiatric treatments:

Are you here because it's your idea to have this session or are you doing it for someone else?

Are you truly interested in this process and feel it can work for you?

What to Know About Hypnosis, Guided Meditation or BQH

Sometimes clients say they are ready to experience BQH but are anxious as we begin. Or sometimes they are so enthusiastic that they “try hard” to go into hypnosis. They can say they understand hypnosis yet feel it is not working because they are not “under”. So, I’d like to explain a little more about the process.

We start with a hypnotic induction or guided meditation to a peaceful state that is between waking and sleeping, like daydreaming. You don’t have to try, just relax, focus on my words and the instructions with an easy-going positive attitude. Hypnosis is not unconsciousness. You retain some conscious awareness even as you gain access to the subconscious.

Hypnosis is “relaxed focus concentration” to go beyond the conscious mind. We go into the subconscious and the memories and wisdom it contains. There is no unconsciousness or going under, it’s more like daydreaming. There is no losing control, you can communicate and stop whenever you want. You remain a witness to all that occurs.

If something significant comes up, you can talk and let me know, even if I haven’t asked you a question. You have an open invitation to speak. You can talk to me. This won’t disturb your state; it will help you go deeper. I will ask you questions, and you will be able to reply.

A BQH experience will vary from person to person. For some it is like:

SEEING: scenes like a movie or photographs, though perhaps jumpy or fuzzy.

HEARING: voices, conversations and key phrases, perhaps with very little visuals

FEELING: emotions or getting a sense of knowing. There is also an emotional detachment that allows a calm review and understanding of events.

Most clients have elements of each sense during their session, though there is often a major sense. This sense can change during the session, often moving from visual or auditory to emotional.

People often want it to be like a movie. It can be mainly visual, or more auditory. A key phrase can give the key message. It could give more of an emotion, and a sense of knowing. A movie without a strong feeling can end up being a bit “so what?” Some people do get the visual movie, then realize if they had the choice, they’d get more out of an auditory or emotional experience.

Don’t edit or analyze. Give an unedited, unanalyzed stream of consciousness of what you experience, whatever that may be. Just tell me simply and clearly what comes up and follow the spirit of the instructions and questions.

Allow whatever comes up room to be there without judgment. There are no silly, wrong, impossible or contradictory impressions. Just report things as they come to you, and we will accept them and explore them to see where they take us.

FAQs

What if I recall death or pain?

You can recall all experiences with a sense of detachment and peace. You will remain safe and secure. If something comes up, communicate it to me and I will guide you through it. We can watch it from a distance yet stay with it enough to work through it and resolve it. We want significant things to come up so we can trace the issues to their root cause and get results. That's better than a blank or lukewarm session that doesn't create a breakthrough. Recalling a past life can show you the transitory nature of suffering and the relief of being out of a body. It can free you from a fear of death and give a lasting calm you carry into this life. From the point of view of a soul, leaving a body is a relief.

I am afraid of what I might find.

Your subconscious has a natural protection mechanism so it won't give you any experience you can't handle. So, if you are experiencing it, you can handle it. We will not push your subconscious to do anything it does not want to. We will ask permission along the way. You retain a conscious awareness of what is going on, and you retain control, so you can stop it if you want to. You can speak to me at any time during the regression and let me know if there is something you do or don't want to do. I have a peaceful confidence in the process. We can do it!

What if I recall animal lifetimes?

It's not very likely you will. If you have a very strong connection to the animal world, then it is possible.

I have enough problems with this life. Will I be adding to them?

Your problems from this life may have past life causes, so they could have solutions in past lives. You would reduce, not increase your problems.

Please know that I can't guarantee the BQH experience that you desire. It cannot be forced, but the odds are good. Even if you cannot access past lives or feel like your session was a failure, even then we can plant a seed that flowers at another time. I firmly believe that whatever you will receive exactly what you need from the session.

Sometimes a second session is necessary. Second sessions are offered at a discounted rate. I've found that minds can be very busy trying to "think" their way through. Once you have had a session, your mind is likely to relax more. That's why I strongly suggest that people experience a hypnosis session first, whether with me or even a self-hypnosis recording session you find on You Tube or a meditation app.