Quantum Travel Guides FAQ’s

##  **Questions and Answers**

**​ Q. How to prepare?**

A. People that can meditate for 20-30 minutes at a time, usually have the best results and the most vivid journeys. Pick and guided meditation you like and practice once a day leading up to your session.

A. Try to avoid or minimize any mind altering/numbing drugs for at least 24 hours is possible.

A. Eating lighter can help raise the person’s vibration, which will expand the list of possible places we can take them. Smaller more frequent meals is one way to do this. For the session you want to have enough in your stomach that it won’t growl for 3-5 hours, but not so much that the digestive process will distract you.

**Q. Can I return to normal activities right after a session?**

A. Technically “YES” you can, but one of the best parts of the trip is taking a little time to absorb and integrate all that you have seen. An amazing amount of information can come through in a relatively short time period. Having some time set aside for reflection is often very enjoyable.

A. **It is best of you can have at least 1 hour to really clear the head before driving**. Just to be safe!

**Q. Are there any precautions I should take?**

A. No, just make sure you have a comfortable space and 3-5 hours of uninterrupted quiet time if possible.

**Q. How does a session work and how long is it?**

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A. Your session will last approximately 3-5 hours. There will be an interview/discussion portion for an hour or so. It is important for the Practitioner to understand who you are, your lifestyle, and the concerns you have. Your questions will be reviewed and discussed and then after a quick break, the hypnosis session will begin and will last no longer than two hours.

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**Q. How safe is hypnosis? Will I be asleep and have no control, will I expose something embarrassing?**

A. Hypnosis is totally safe, and methods have advanced greatly over the decades as we have also evolved in our understanding of hypnosis. Long gone are the days of watching a swinging pendulum to induce a sleepy state. You will never act against your best interests or values. Nothing will be asked of you or from you that is not in your highest good. Although you will be in such a relaxed state that it may cloud your memory and conscious interaction at times. You will never say or do anything that will leave you exposed or vulnerable. You will be gently taken on a journey into a very deep relaxed state of awareness called Theta State.

You will be able to hear everything in the room and outside of the room, including your own voice during your session, however this will not disrupt your session. You are always in control of you at all times.

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**Q. What is the Higher-Self.**

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A. There are many different names for the Higher Self some people call it the Over Soul, or Your Team, Collective Consciousness etc. Everyone is connected to this Divine Source of knowledge, Love and Understanding. It is this part of your being that we tap into. Many people connect regularly to their Higher Self, to gain, information, confirmation, understanding and direction in their lives. The Higher Self knows all there is to know about you, your current life, and any past incarnations you may have had on Earth or other planets. The Higher Self is connected directly to God, our creator and exudes Love and light to you always.

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**Q. My spouse/child/mom/friend, would like to come and watch, can they?**

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A. Although it is common for others to want to share your experience with you out of curiosity, it is NOT permitted to have anyone else present during the session. NO exceptions will be made.

You may have private things you do not wish shared with anyone and this is perfectly normal. It is extremely important for you to RELAX and have no inhibitions or fear of someone else learning a secret you hold in your heart. Friends and family will just have to understand, the session is for your benefit and personal journey. After the session you are free to share your recorded session with whomever you like at your own discretion. Once your friends or family see how you have benefited from a session I would welcome them to book their own.

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**Q. Will I get a recorded copy of my session?**

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A. Absolutely YES!! Your session will be video and audio recorded. You will not be able to remember your whole session and sometimes crucial parts of information are forgotten. You will be able to listen to your session over and over because it is recorded. It is advised to listen to it many times in order to let the information absorb into your consciousness so you can make changes and move ahead in the appropriate direction.

**Q. Can we travel back in time and change our lives?**

A. Absolutely NOT!! That would shift and change every time line and potential outcome. We travel within the law and rules of the modality to bring no harm to the client.

**Q. Can we travel forward in time and ask for winning lottery numbers or the outcome of any gambling related event?**

A. Absolutely NOT!! That would shift and change every time line and potential outcome.

PLEASE NOTE: Your session will be emailed to you.