



PREPARATION GUIDE FOR YOUR QUANTUM HEALING SESSION

Welcome to your Quantum Healing experience. Whether you are scheduling a QHHT (Quantum Healing Hypnosis Technique) or a BQH (Beyond Quantum Healing) session, this guide will help you prepare for a powerful, meaningful journey of inner exploration.

Preparing for a Quantum Healing/BQH Session

It is up to you to decide how much you want to do to prepare for our session. In truth, the most important and only requirement is to trust the process, trust yourself, and show up. However, many of you benefit greatly by learning to quiet the mind, reading helpful articles to debunk myths, and doing practical things like visualization and guided meditations. Use what resonates, and release the rest.

Learn to Quiet Your Mind

If you are not a regular meditator, now is the time to begin. A quiet mind that is not filled with racing or looping thoughts is your best asset in a QHHT or BQH session.

This is an excellent YouTube video that explains exactly what meditation is and why it is important:

What Is Meditation

Try meditating in silence for at least 10–20 minutes per day. You may also use sound-based tools to help reduce outside distractions. Recommended listening:

- [Forest Birds](#)
- [Waterfall Sounds](#)
- [Ocean Waves](#)
- [Binaural Beats with Music](#)

1. Setting Your Intention

It is important to begin to intend, from the very moment you have decided to schedule an appointment, to have clear and direct communication with that part of you that is able to provide healing and information. Let's call that part of you, your Higher Self.

"I have clear and direct communication with my Higher Self."

Note the tense of this sentence. It's not "I will have", it's "*I have.*"

You can then repeat this intention either silently or out loud throughout your day and most importantly, right before you go to sleep at night. Put a “post it note” on your bathroom mirror to remind you and you can focus upon your intention as you brush your teeth and prepare for bed.

2. Leave Expectations Behind

Intentions and expectations are completely different things. Specific *expectations* about what you are about to experience are not at all helpful. Also, why you may absolutely remember and “be present” for your entire experience.

Here is a video with Dolores Cannon from many years ago about expectations in any Quantum Healing session

[Dolores Cannon on expectations](#)

3. Practice Visualizing and using your Imagination

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. Here are some additional articles that will get you and your imagination primed and ready to have a session:

- [Seeing Exercise](#)
 - [Making it up](#)
 - [Dear Left-Brained Client](#)
 - [Feeding Your Imaginative Self](#)
 - [The What-If Game](#)
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4. Common Hypnosis Myths

Simply put, no, you will not simply go to sleep and wake up with all of your problems solved and no, it is not required that you go so deep into hypnosis that you become unconscious.

Please read the following article about common misperceptions about regressions and hypnosis.

[Hypnosis myths](#)

5. Additional Preparation Information

Here is a webpage about how to prepare- with several clips on various aspects of a quantum healing session

[GET READY FOR YOUR SESSION...](#)

6. Prepare a List of Questions and Concerns

You will want to prepare a list of questions and concerns. As your facilitator I ask that you actually write this list down on paper and hand it to me at our appointment or create a word document and send prior to the session via email. Please neatly handwrite the list or print it out on the computer so that I might easily read your questions during the session. Also put these questions and concerns in order of importance to you as we may not be able to address them all. I have had many clients bring a single question or issue of concern to the session, and some who bring dozens. It really does not matter how many you come up with, only that you put them in order of importance.

What kind of questions? The general rule is to ask personal questions or keep topics related to your personal life. Here are a few examples.

Where do my current health complaints originate from?

How can I process my childhood trauma?

What life lessons am I currently working through?

Have I shared past lives with significant people in my current life?

Many years ago I had something strange happen to me. (This could be a dream, vision, feeling, or experience)

What exactly happened, and why?

I have a lifelong interest in (name ANY subject) can we explore this in depth?

How can I align more with my Higher Self?

Are there any soul contracts I need to release or complete? What karmic patterns am I repeating, and how can I break free from them?

As your facilitator I have my own prepared list of “standard” questions I can ask if you are focused upon only one or two issues, so don’t worry if you have a short list. You may send me your list the day before our session, so that I can print a copy.

7. The Day of the Session

- Avoid alcohol and reduce caffeine before the session, or even the evening before, if possible. If you are a regular morning coffee drinker, **please don’t skip your coffee**, but go easy and keep it to a minimum before your session.
- Light exercise prior to your appointment, like a long walk, is an excellent way to prepare for a successful session. This is another good time to repeat your intention. We want your body relaxed, but your mind quiet and alert and engaged.
- Clear your schedule for rest and integration
- Be relaxed, present, and well-hydrated
- Repeat your intention once more

It is generally not a good idea to have additional appointments after your session or plan a long drive ahead of you (unless you are in the passenger seat). Having a BQH session is very much like participating in a long, very detailed and involved daydream. You really will feel as if you have just returned from an amazing journey, having visited other worlds and lifetimes, and in fact, you will have done just exactly that. It is best to have some time to process your experience and give yourself an opportunity to fully return to your regular conscious day-to-day reality before attempting any complex mental tasks or strenuous physical activity.

8. Technical Setup for Online Sessions

- **Platform:** Zoom
 - **Equipment:** Computer or tablet, headset with microphone
 - Test Zoom in advance: [How to join a Zoom Meeting](#)
 - Stable internet connection is essential
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9. After the Session

After our session I will prepare your digital recording and send either an MP3 file or a Zoom download recording link to your selected email address. **Please download your file as soon as you receive the link and make a backup copy.** I cannot archive your recording indefinitely. Zoom links expire quickly, as I must make room for the next client's recording. Do NOT delay downloading.

Listening to your session in the days and weeks and even months ahead can be a very valuable component of your BQH session. Even if your conscious mind “remembers” the session immediately afterwards, it can, just as some dreams can, begin to fade from your memory, even if you had an “unforgettable” experience! In addition, further energetic downloads of information may be enhanced by repeat listening. Also, any healing or life improvement suggestions can and will be reinforced by listening repeatedly to the audio. One goal of quantum healing is to have your conscious mind “get on board” and align with your Higher Self and its goals and accept any changes or healing you intend to occur.

10. Registration and Payment

Registration and payment must be completed before the session. You may:

- Pay via **Zelle (to sophie.guellati@gmail.com)** – preferred
- Request a **PayPal invoice** for card payments (3.5% fee applies)
- Two-part payment option: \$111 at booking, \$333 prior to session

In-person clients may pay by Zelle, PayPal, check, or cash.

Cancellation fees may be charged. Please be courteous and give me as much notice as possible if you must cancel or reschedule. I often have a waiting list of clients who would be happy to take your spot! Emergencies and travel delays are often unavoidable, I am happy to work with you in these situations, of course.

Looking forward to accompanying you on this journey.

Dr. Sophie Guellati-Salcedo

➞ [My QuantumHealers Profile](#)