I have been a seeker of knowledge since I was 11 years old. I had a strong feeling that I had been here before because when I looked at my reflection in the mirror it was not who I was expecting to see. I asked my mother, “Did I used to live here before, but looked different?” Her response was, “Patricia, shut your mouth and don’t ask questions like that. People will think you’re crazy!”

A few months later I entered the room where my grandfather and uncle were having a philosophical conversation and I interrupted and asked, “Can people be in this life more than once and look different?”

My uncle kindly replied, “I think you’re talking about reincarnation. We don’t believe in that, but there are some countries where they believe that’s true.”

That was in the 60’s so I went to the library and looked up “reincarnation” and found a book called “The Search for Bridey Murphy” by Morey Bernstein. I checked it out and carefully read every word. Thus, my journey began.

I began meditating in the 70’s and soon thereafter began having prophetic dreams which literally saved my life and solved medical mysteries for my family.

The unknown has continued to take me on a path of discovery. I have attended more lectures and workshops than I can count and spent hundreds of hours and dollars searching for answers to my questions only to learn that the answers were within me - my higher self all along!

I became a certified wellness coach in 1995, was trained in cranial sacral therapy, studied kinesiology, regularly led meditation groups - and later, support groups for those addicted to opioids. I joined the Association for Research and Enlightenment (The A.R.E.) in 1996 and through courses there I became a Certified Life Coach. As I continued my search for knowledge, I studied for three years with Gary Zukav, author of *The Dancing Wu Li Masters* and *The Seat of the Soul*, and gained much knowledge from in-person workshops with Byron Katie, author of *Loving What Is*.

I’ve had several regression sessions over the years and found them to be most beneficial. That’s why when I stumbled upon Dolores Cannon’s work, I was completely mesmerized by her books and videos. When I listened to Suzanne Spooner speak about her experiences as a practitioner of QHHT®, I immediately knew I wanted to become involved. I continue to find joy in helping people connect to their higher self for the purpose of finding solutions and answers to life’s sometimes puzzling questions.

I now realize that we don’t have to feel depressed or struggle with the challenges of everyday life. I feel confident that through using the techniques of QHHT® I can assist and guide you as you find your answers to questions about your life, health and happiness. I look forward to connecting with YOU!

Patty ❤