

# Quantum Ouija Board Instructions

1.

## **Preparation**

Ensure that you are in a calm and comfortable space where you won't be disturbed. Dim the lights or light a candle. Create an atmosphere conducive to the journey within yourself.

2.

## **Intention**

Take a moment to set a positive and clear intention for your session. Focus on connecting with your higher self and seeking guidance. Relax, breathe deeply through your nose and exhale through your mouth a few times. Ask your higher self for presence and open yourself to the experience. Take a few minutes for this; the better you are at staying in the present moment, the better the communication will be.

3.

## **Connection**

Consciously connect with the board. Place one or two fingers on the glass planchette and move it slowly around the outer circular edge. Do this three times at a steady pace, saying aloud or to yourself three times: "This board is the portal to my higher consciousness. With an open mind and a loving heart, I connect with my true essence".

4.

## **Questions**

With an open mind and a loving heart, ask questions to your higher self, aloud or to yourself. Wait patiently. If this form of communication is new to you, multiple sessions may be needed to achieve clear communication. This process takes place entirely within yourself; the board is just a tool. Practice makes perfect.



5.

**Trust**

The planchette will start to move automatically for you, guiding you to letters or words. The consecutive letters will form a word/message in response to your question. Trust the process.

6.

**Ending**

When you feel that your session is complete or no more answers come through, thank your higher self. Gently move the planchette to the center or to the word "Goodbye" to disconnect.

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**Tip**

It helps to have someone present who can write down the letters and/or words that come through, allowing you to stay in the flow. If there are multiple people present, only the one operating the planchette should ask questions.

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**Tip**

It's helpful to write down your questions beforehand. You can ask as many questions as you want, but especially in the beginning, it's advisable to keep it simple and perhaps focus on yes/no questions. By the way, the board is designed to connect with your higher self but can also be used to communicate with spirits.

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**Disclaimer**

The Quantum Ouija Board serves as a bridge to your higher self, conveying wise insights, life lessons, and even a touch of self-mockery. However, the creators are not responsible for unexpected philosophical debates, unforeseen life advice, or playful wordplay from your own higher self. Connect with a smile and an open heart. Have fun!