

## Client Preparation Guide for a QHHT or BQH Session

*Dear Beautiful Soul,*

*To help you prepare for this transformative journey, please review the following guidelines carefully:*

### **1. Set a Clear Intention**

Take some quiet time to reflect on what you hope to receive from your session. Write down around 10 questions or topics you'd like your Higher Self to address. These may include:

- Your life purpose or soul mission
- Health or chronic conditions
- Relationship patterns or healing
- Career or abundance clarity
- Past lives or karmic connections
- Starseed or galactic origins
- Spiritual gifts or energetic blocks
- Symbolic dreams or recurring visions
- Childhood experiences or memories
- Emotional wounds or trauma

**\*Please bring a written or printed list to your session (or email it prior for remote sessions).**

**2. Rest Well the Night Before:** Ensure you get a full night's sleep so your body, mind, and energy field are well-rested and open for the deep inner work we'll be doing.

### **3. Eat Light & Stay Hydrated**

- Eat a light, nourishing meal at least 1 hour before your session.
- Avoid caffeine, stimulants, and heavy or greasy foods.
- Drink plenty of water to support your energy flow.

**4. Come with an Open Heart & Mind:** Release expectations and trust that your Higher Self will guide you to exactly what you need. This session is a co-creation between your soul and the quantum field.

**5. No Alcohol or Substances:** Avoid alcohol or recreational substances for at least 24 hours before your session. These can dull your clarity and disrupt your energetic connection.

**6. Center Your Energy** - In the days leading up to your session, support your field by:

- Meditating or practicing mindfulness
- Journaling your intentions or emotions
- Spending quiet time in nature
- Engaging in breathwork or grounding exercises
- Listening to soothing music or healing frequencies

**7. Allow 4-5 Hours:** Please clear your schedule and allow 4 to 5 hours for the entire session. You'll need time for the interview, induction, and integration process afterward.

**8. Minimize Distractions:** Turn off or silence your phone. Let others know you'll be unavailable during this sacred window of time. For remote BQH sessions, ensure you are in a quiet, undisturbed space with stable internet and easy access to the restroom.

**9. What to Bring (or Have Ready)** - To support your comfort and energetic alignment, please have the following:

- A full bottle of water
- Light snacks (e.g., fruit, nuts, etc. for after the session)
- Your written list of questions
- A cozy item (light blanket or shawl, optional)
- A sacred object (such as a crystal, optional)

**10. Aftercare is Important.** After your session:

- Rest and hydrate
- Avoid overstimulation (crowds, social media, intense conversations)
- Journal anything that comes to mind
- Listen to your session recording within 23 days to deepen the integration

***A Final Reminder:***

*All healing is ultimately self-healing. As your facilitator, I simply hold space, guide, and support you in reconnecting with your own inner wisdom and soul intelligence. You are the true healer of your life. This is the most important thing to remember. If you have any questions or need clarity before your session, please don't hesitate to reach out - I'm here to support you every step of the way.*

*With love,*

**Maria Enriquez Catangui, Certified Quantum Healer**

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