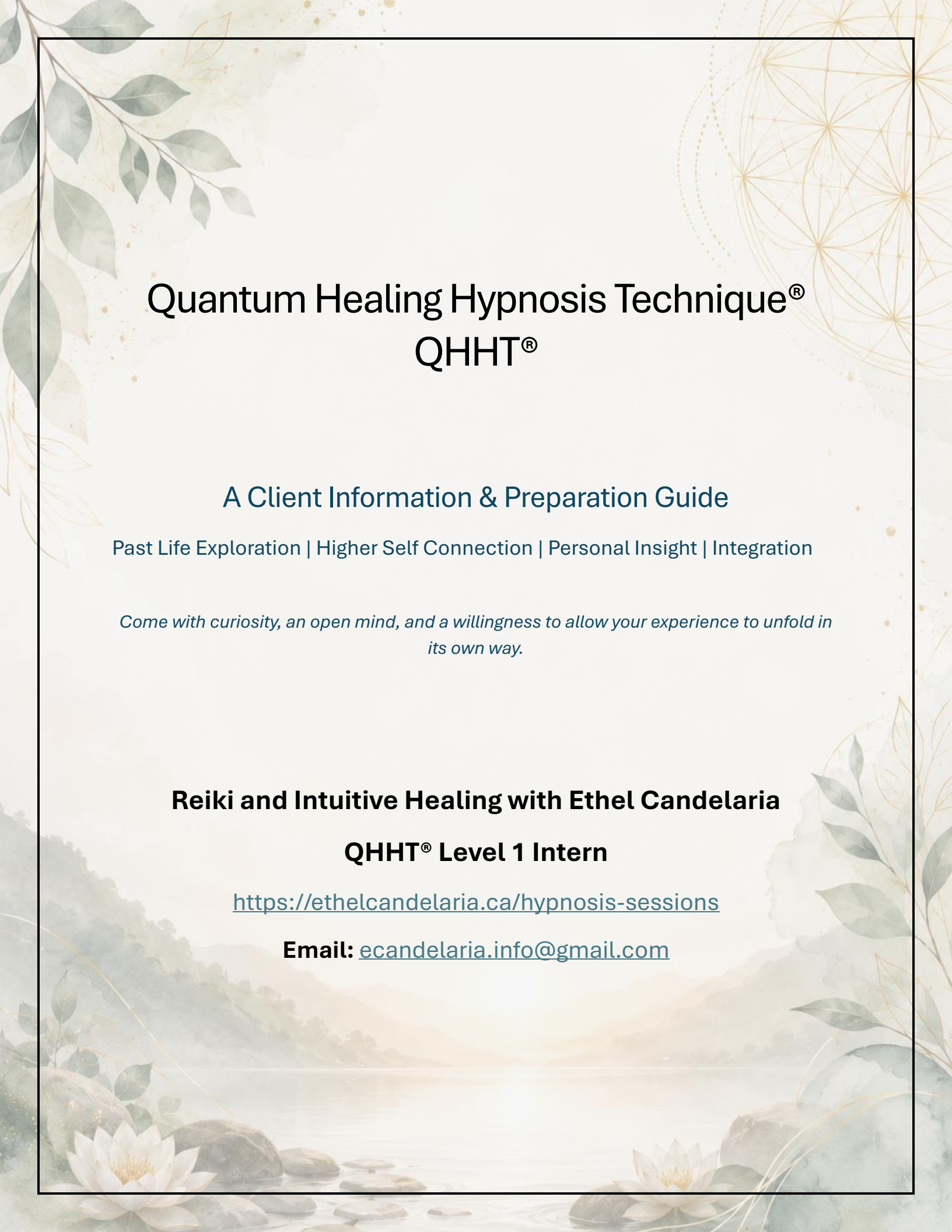




Quantum Healing Hypnosis Technique® QHHT®

A Client Information & Preparation Guide

Past Life Exploration | Higher Self Connection | Personal Insight | Integration

Come with curiosity, an open mind, and a willingness to allow your experience to unfold in its own way.

Reiki and Intuitive Healing with Ethel Candelaria

QHHT® Level 1 Intern

<https://ethelcandelaria.ca/hypnosis-sessions>

Email: ecandelaria.info@gmail.com

Welcome

Quantum Healing Hypnosis Technique®, commonly known as QHHT®, is a hypnosis and regression method developed by Dolores Cannon through decades of work exploring consciousness, reincarnation, spiritual questions and the deeper mind.

A QHHT® session is a personal experience of exploration. People may come with questions about their life direction, relationships, recurring patterns, spiritual development, emotional experiences, physical concerns, or simply a desire to understand themselves from a deeper perspective.

No two sessions are exactly alike. There is no particular past life you must see, no specific answer you must receive, and no need to perform. The intention is to relax, remain curious, and allow the experience to unfold naturally.

The session is facilitated by me as your QHHT® Level 1 Intern, but the experience and the information that arise are your own.

What Does QHHT® Mean?

QHHT® stands for Quantum Healing Hypnosis Technique®. The method uses guided relaxation, imagery and focused attention to help quiet the everyday analytical mind. Within the QHHT® framework, this can allow deeper memories, impressions, emotions, imagery and inner information to become more accessible.

Dolores Cannon used the term “The Subconscious” in a specific way. In QHHT®, it refers to a deeper or broader aspect of consciousness rather than simply the psychological subconscious. Many people prefer the term Higher Self, Higher Consciousness, Soul or Oversoul. You may use the language that feels most comfortable to you.

Why People Seek a Session

- To explore experiences that arise as past lives or other meaningful scenes.
- To better understand repeating emotional, relationship or life patterns.
- To explore questions about purpose, direction, intuition or spiritual development.
- To gain a different perspective on fears, blocks or experiences that feel difficult to explain.
- To bring personal questions to the Higher Self portion of the session.
- To explore physical or emotional concerns from a spiritual or metaphysical perspective.

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The Flow of Your QHHT® Session

Although every experience is individual, a session generally moves through the following stages.

1. Pre-session conversation and interview.
2. Relaxation and hypnotic induction.
3. Regression into an appropriate scene, lifetime or experience.
4. Exploration of important events, relationships, emotions and lessons.
5. Additional regression experiences when appropriate — often up to approximately three significant experiences, without forcing a number.
6. Transition into communication with the Higher Self / Subconscious.
7. Questions about the regression experiences and their relevance to your present life.
8. Your prepared personal questions.
9. Healing inquiry and guidance, when appropriate.
10. A gradual return to normal waking awareness.
11. Post-session discussion, recording review and integration.

1. The Pre-Session Interview

Before hypnosis begins, we spend time talking. This is an important part of the process. You will have an opportunity to share relevant parts of your life, significant relationships, patterns, concerns, unusual experiences and the questions you hope to explore.

The purpose is not to judge or analyze you. It gives the practitioner context and helps organize the questions that may later be brought forward during the Higher Self portion.

2. Relaxation and Induction

When you are comfortable, you will lie down and be guided through relaxation, visualization and focused attention. People sometimes use the phrase “going under,” but hypnosis does not necessarily mean becoming unconscious. You may still hear the practitioner's voice, know that you are in the room, notice sounds, and remember portions of the experience.

What Hypnosis May Feel Like

- Deep relaxation or focused attention.
- Vivid scenes or brief flashes of imagery.
- Feelings, sensations or emotions rather than clear pictures.
- Words, thoughts or information that seem to arrive spontaneously.
- A simple sense of knowing something without knowing how you know it.

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- Awareness of the room while also being engaged in the inner experience.

You do not have to be highly visual. Some people see; others feel, hear internally, sense or simply know. All of these ways of receiving information can be explored.

The Regression Experience

Once an experience begins to emerge, the practitioner asks gentle questions to help you describe and explore what is arising. The questions are intended to support the experience rather than create the story for you.

Questions You May Hear

- Are you inside or outside?
- What do you notice around you?
- Look down at your feet. What do you notice?
- What are you wearing?
- Do you feel young, older, male, female, or something else?
- Are there other people nearby?
- What are you doing and how do you feel?
- Does this place or person feel familiar?
- What happens next?

Exploring Past Lives

Within the QHHT® model, the experience that arises is explored for its relevance to the client's present life. Rather than deciding in advance that you must visit a particular time or place, the process allows the material that emerges to guide the session.

A regression may move through ordinary moments, family relationships, major decisions, emotional experiences, turning points and the later stages of a lifetime. When appropriate, the session may also move through the end of that lifetime so that its lessons and meaning can be explored from a broader perspective.

How Many Past Lives?

In a session we may explore up to approximately three past-life experiences or other significant regression experiences before moving into the Higher Self portion. This is not a quota. One detailed experience may contain everything that is important, while another session may move through several shorter scenes.

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The goal is not to collect past lives. The goal is to explore the information that appears meaningful and relevant.

What If I Think I Am Making It Up?

It is very common during regression to wonder whether you are imagining the experience or “making it up.” Try not to analyze what is happening while you are experiencing it. Instead, simply describe what comes to you – whether it appears as an image, feeling, thought, impression, sensation or a simple sense of knowing. You do not need to decide during the session whether what you are experiencing is literal, symbolic or imagined. Allow the experience to unfold naturally and remain curious about what it may reveal or help you understand.

Connecting With the Higher Self

After the regression portion has been explored, the session moves into the part Dolores Cannon called communication with The Subconscious. Many clients and practitioners refer to this as the Higher Self.

The transition may feel noticeable or very subtle. Some people answer more quickly, feel deeply peaceful, experience warmth or tingling, or notice that information seems to come without deliberate thought. Others notice very little change. There is no single correct way for this part of the session to feel.

Why Were These Experiences Shown?

The practitioner may begin by asking questions such as:

- Why was this particular lifetime or experience shown?
- What is important for the client to understand from it?
- How does it relate to the client's present life?
- Is there a pattern, emotion or belief connected with it?
- Is there anything from the experience that can now be understood or released?

Your Prepared Questions

Your questions can then be brought forward. The practitioner is not answering them for you. The role of the practitioner is to facilitate the process, ask the questions clearly and allow the responses to arise through your experience.

- Life purpose and direction

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- Relationships and recurring patterns
- Spiritual growth and intuitive development
- Fears, emotional patterns or personal blocks
- Important decisions or experiences you want to understand
- Dreams, synchronicities or spiritual experiences
- Physical or emotional concerns viewed through a spiritual/metaphysical lens

Healing Within the QHHT® Framework

The word “healing” is central to QHHT®, but it is important not to treat it as a guaranteed medical outcome. Within the QHHT® framework, the Higher Self may be asked about the meaning or origin of a concern, what the client needs to understand, and whether healing or release is appropriate.

During this part of a session, a client may report experiences such as:

- Warmth, tingling, pressure or other bodily sensations
- A sense of energy or light
- Emotional release or unexpected emotion
- Deep relaxation, peace or lightness
- Insight into a longstanding pattern
- A sense that something has shifted or been released
- No unusual physical sensation at all

A quiet or subtle experience is not a failed session. Sometimes the most meaningful change is an understanding, a new perspective, a decision, forgiveness, stronger boundaries, or recognition of a pattern.

Preparing For Your Session

Preparation does not require trying to make anything happen. The most useful preparation is reflecting on what you genuinely want to understand and arriving with an open, curious mindset.

Prepare Your Questions

Bring a written list of questions. Questions that invite understanding are often more useful than questions that demand a particular answer.

- What would my Higher Self like me to understand about my life right now?
- What is most important for me to focus on at this stage?

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- Why does a particular relationship or pattern keep appearing?
- What am I ready to understand, release or change?
- How can I better recognize and trust my inner guidance?
- Is there a deeper meaning connected with a fear or recurring emotional response?
- What can I do to better support my wellbeing?

Your Mindset

Curiosity without demand.

You may arrive with strong intentions while still allowing the session to develop in its own way. Try not to decide beforehand that you must see a particular person, place, number of lives, or receive a specific answer.

Your Role During the Session

Your role is simply to describe what comes to you without trying to analyze, edit or make sense of it as it is happening. Share what you notice, even when it seems ordinary, unexpected or unclear. There are no right or wrong answers. Allow the experience to unfold naturally and respond to the practitioner's questions with whatever you are noticing in the moment.

A Simple Intention

"I am open to receiving the experiences, understanding and guidance that are appropriate for me at this time."

After Your QHHT® Session

At the end of the hypnosis portion, you will be guided gradually back to normal waking awareness. You will have time to orient yourself, sit up and reconnect with the room before discussing the experience.

Afterward you may feel:

- Relaxed or peaceful
- Reflective or mentally quiet
- Emotional
- Energized or tired
- Surprised by what arose

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- Curious to understand the experience more deeply

Integration

Give yourself some space after the appointment when possible. A session can contain a large amount of emotional, mental and spiritual material. Some insights may be immediately clear, while others may make more sense over the following days.

You may begin noticing connections between a regression scene and a current relationship, an emotional pattern, a recurring dream, a fear, a decision, or guidance received during the Higher Self portion. Allow the information to settle rather than feeling that you must understand everything immediately.

Listening to Your Recording

If a recording is provided, listening to it can be an important part of integration. Memory after hypnosis varies. You may remember much of the session, only portions of it, or find that some details fade much like a dream.

Listening again may reveal details you do not remember saying and may help you hear information differently after you have had time to process the experience.

Frequently Asked Questions

Will I lose control?

Hypnosis is generally a state of focused attention and relaxation rather than being unconscious or powerless. You remain a participant and can communicate during the session.

Can I get stuck in hypnosis?

A session concludes with a gradual return to ordinary waking awareness. The practitioner guides you through that process.

What if I do not see a past life?

Not everyone experiences information as vivid pictures. You may receive feelings, thoughts, symbols, impressions, brief scenes or a sense of knowing. Your experience does not need to look like anyone else's.

Important Expectations

Come to explore – not to prove, perform or force an outcome

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A QHHT® session may be meaningful, surprising, subtle or deeply emotional. It is best approached as a personal exploration rather than a guarantee that a specific event, memory, answer or physical result will occur.

Experiences that arise during hypnosis can be interpreted in different ways. A person may understand them as literal past lives, symbolic material, subconscious imagery, intuitive information, spiritual experiences, or something else. You do not need to decide during the session which explanation is correct.

Confidential & Personal Material

Regression work can involve deeply personal material, including relationships, family experiences, fears, grief, spiritual beliefs and health concerns. You are encouraged to ask how your personal information and any session recording will be stored, used and protected.

Health & Professional Care Disclaimer

Quantum Healing Hypnosis Technique® is a hypnosis and spiritual/metaphysical regression practice. It is not a substitute for medical care, psychological counselling, psychotherapy, psychiatric treatment, diagnosis or emergency services. No medical cure or outcome can be guaranteed. Please continue to work with qualified health professionals for medical or mental-health concerns, and do not stop or alter prescribed medication solely on the basis of information received during a QHHT® session.

Final Thought

The deeper question is not simply, "Who was I?" but rather, "What can this experience help me understand about who I am now?"

QHHT® and Quantum Healing Hypnosis Technique® were developed by Dolores Cannon. This independent client guide is provided for informational and session-preparation purposes.

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