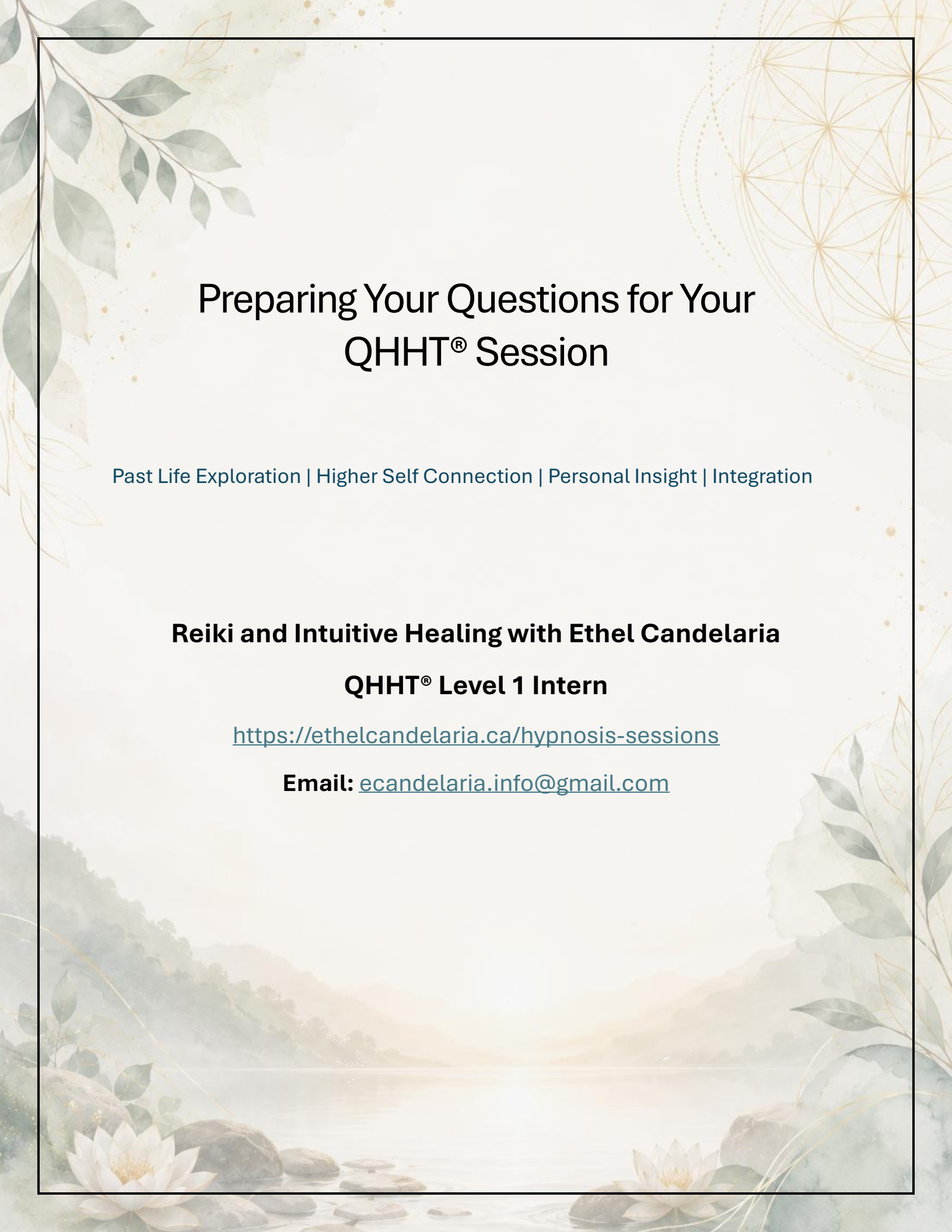




Preparing Your Questions for Your QHHT® Session

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

Reiki and Intuitive Healing with Ethel Candelaria

QHHT® Level 1 Intern

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A Personal Reflection & Question Worksheet

Your QHHT® session is an opportunity to explore questions that are meaningful to you. Before your session, take some quiet time to reflect on the areas of your life where you would like greater understanding, clarity or insight.

There are no “perfect” questions to ask. Your questions should be personal to you and focused on what you genuinely want to understand.

You do not need to have everything figured out beforehand. Simply begin with what feels important to you.

1. Life Direction & Purpose

Consider where you are in your life right now. Is there an area where you feel uncertain, curious, stuck or ready for change? Is there something you have repeatedly wondered about regarding your direction or purpose?

Questions I would like to explore:

Examples to help you reflect:

- What is most important for me to understand about my life right now?
- Is there something I should be focusing more attention on?
- What can I better understand about my direction or purpose?
- Is there a recurring experience in my life that may have something to teach me?

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2. Relationships & Recurring Patterns

Think about important relationships in your life – past or present. You may also want to consider situations, emotions or relationship patterns that seem to repeat.

Questions I would like to explore:

Examples to help you reflect:

- Is there a relationship I would like to understand more deeply?
- Why might a particular relationship or pattern keep appearing in my life?
- Is there something I can learn from a difficult relationship or experience?
- Is there a pattern I am ready to understand differently?

3. Fears, Emotions & Personal Blocks

Consider fears, emotional reactions, habits or patterns that you have found difficult to understand. You do not need to know where they came from. Simply identify what you would like greater insight into.

Questions I would like to explore:

Examples to help you reflect:

- Is there something important for me to understand about this fear?
- Why do I repeatedly respond this way in certain situations?
- Is there a belief or pattern that I am ready to understand or release?
- What could help me move forward?

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4. Spiritual Growth & Inner Guidance

You may have questions about your spiritual development, intuition or experiences that have been meaningful or difficult to explain.

Questions I would like to explore:

Examples to help you reflect:

- Your intuition
- Spiritual experiences
- Dreams
- Synchronicities
- Recurring symbols or themes
- Your connection with your Higher Self
- Experiences that have left you wondering, “What did that mean?”

5. Physical or Emotional Concerns

If there is a physical or emotional concern you would like to ask about during your QHHT® session, include it in your list of questions. Within the QHHT® framework, questions may be asked about whether there is meaning, insight or guidance connected with a concern. This does not replace medical or mental-health care, diagnosis or treatment.

Questions I would like to explore:

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Examples to help you reflect:

- What would be helpful for me to understand about this physical or emotional concern?
- Is there anything about this concern that I may benefit from understanding differently?
- Is there an emotional experience or pattern that may be meaningful for me to explore?
- What can I do to better support my overall well-being?
- Is there anything I am holding onto that I may be ready to understand or release?
- What guidance may be helpful for me as I continue to care for myself?

6. Experiences I Have Always Wondered About

Is there something from your life that you have never fully understood? Perhaps it was an unusual experience, recurring dream, strong feeling, unexplained connection, memory, coincidence or event that has stayed with you.

What would I like to understand?

My Questions for My QHHT® Session

Now look back over everything you have written and consider which questions feel most relevant or important to you at this time.

Write your final questions below, in your own words, focusing on the questions you would most like to bring into your QHHT® session.

Your questions will help guide the session when appropriate. There is no guarantee that every question will be addressed or that all portions of the QHHT® process will be reached during a session. Each experience unfolds individually, and the session will be guided by what arises naturally.

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Your questions do not need to be perfectly worded. We can review them together before your session and clarify them where needed.

Your Questions

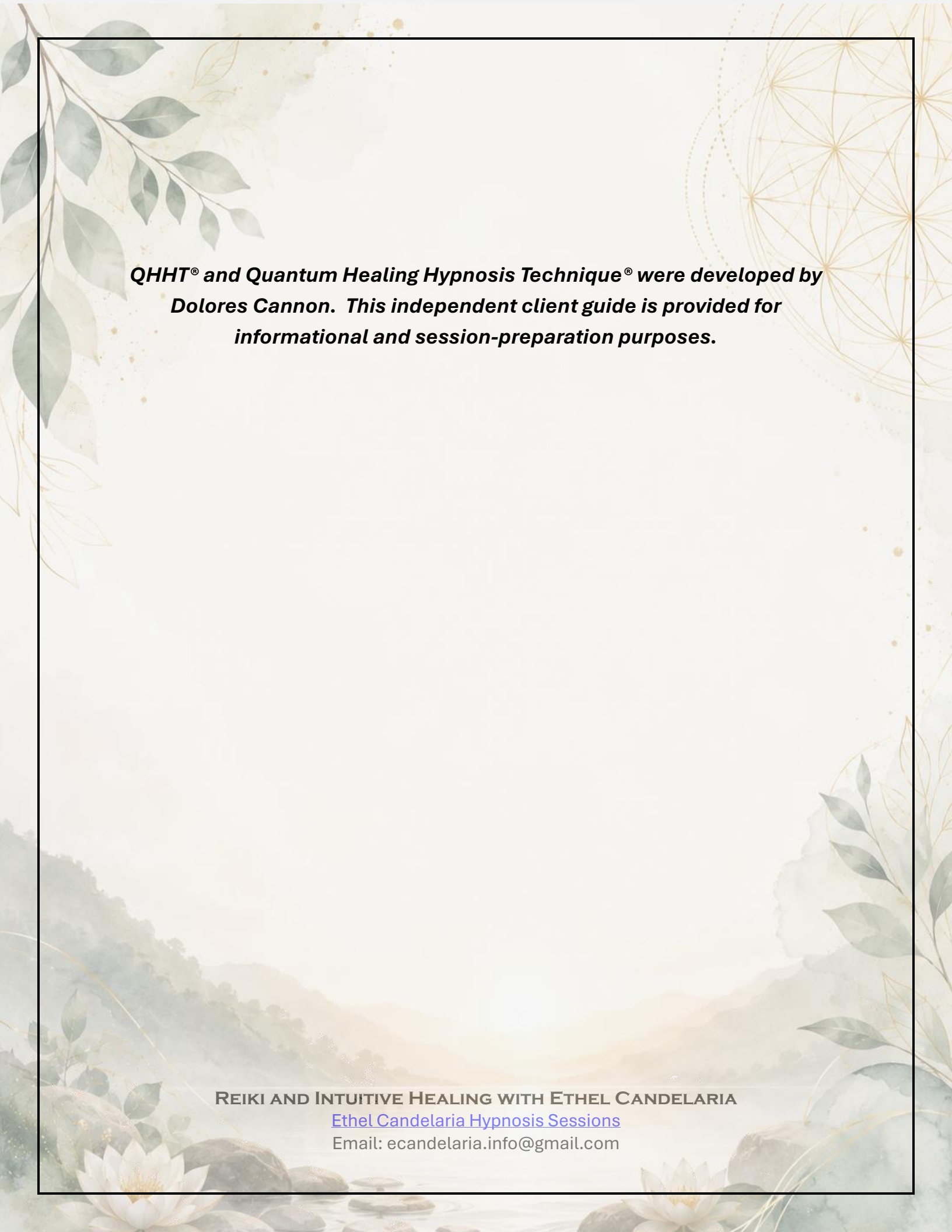
Write the questions you would like to bring forward during your QHHT® session below.

- _____
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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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