Quantum Healing Hypnosis Technique is a method of hypnosis that was created and refined by Delores Cannon over a period of 45 years during her work as a regressive hypnotherapist who worked with thousands of clients from around the world through her death in 2014. In addition to my undergraduate degree in Psychology and a Master’s degree in Counseling, my training for the QHHT technique was done through recorded training administered by Delores and her daughter Julia Cannon.

QHHT was initially developed and expanded upon with past life regressions. Today, for some, this can include future lives, parallel lives, lives on other planets and lives in other dimensions. This technique accesses the person’s Higher Self to receive answers and relief from emotional and physical problems. As stated by Delores, the client will go to “the most appropriate time and place” to receive information or healing.

***To Prepare for your session:***

**Prior to the day of the session**, compile a list of questions that you seek answers to and a list of physical or body related questions. Some examples are below:

* What is my life purpose?
* Why did I choose to incarnate at this time, in this body?
* I would like to move, where is the most ideal place for me?
* I have been experiencing asthma for much of my life. Why? Is it karmic?
* Have I had a past life with my parent, child, friend, spouse, etc…?
* Am I blocking my abundance?
* How many lifetimes have I lived?
* What are the changes going on with the earth/humanity right now?
* I have experienced an accident(s) or near death experience(s). Why? What was that trying to tell me?
* Why have I always felt different than those around me?
* I have a weird recurring dream, why?
* Why do I have an addiction to sex, food, drugs, gambling, etc…?
* I have always felt drawn to animals and feel connected to them, why?
* Why can’t I identify with being a man/woman?
* I have always enjoyed art, but I feel stuck. What is stopping me?
* When will I meet my soulmate/twin flame?
* I have always had a horrible relationship with my parent/sibling/grandparent, why?
* What is the best diet for me?
* Are there any natural products that would be beneficial for my body and emotional well-being?
* I have always felt drawn to the stars. Have I ever been abducted or lived an alien life?

These are some common questions that clients want answers to, but create your list based on things you have always wanted to know. No list is to small or too long, but if you have many questions, prioritize your list. Also, please bring your *printed* list to the session in typed (preferred) or neatly hand-written format.

 **On the day of the session,** eat a healthy/full breakfast as the session can last 3-5 hours. Coffee is ok, but not so much that will make you jittery. Refrain from using drugs or alcohol prior to the session. Wear comfortable clothes. You will be lying down for the hypnosis part of the session. Bring a protein or meal replacement bar for after your session and a light snack (if desired) during the initial part of the session. You will want to eat immediately after the session and before you drive.

Remember to allow yourself to believe in what you are experiencing and have the intent to receive the answers that are for your highest good and that you need and want. We are partnering to help you achieve peace, joy, relief, clarity, health, wellness, abundance, love, harmony and freedom.

After the session, I will provide you with a recording of the session. You will want to listen to it several times over the days, weeks or months that follow as healing and clarity will continue to be provided. Also in the days that follow, you may experience dreams or additional healing as you consider what was learned and put the information into place. *Never* listen while driving. If you have any questions or concerns following the session, please reach out to me.