



Quantum Healing Hypnosis

The Quantum Healing Hypnosis Technique (QHHT) is a method of hypnosis created by Dolores Cannon. It involves inducing an individual into the somnambulistic state of trance through visualization. This state allows access to the client's subconscious or Higher Self, facilitating profound healing and insights. Dolores Cannon, a renowned hypnotherapist and author, pioneered QHHT and achieved significant success during her lifetime. She conducted thousands of sessions worldwide, documenting transformative experiences reported by clients. Her work continues to influence the field of hypnosis and spiritual healing.

While the potential benefits of having a QHHT session are many, some of the most impactful benefits include:

- **Deep Healing:** QHHT aims to address physical, emotional, and spiritual issues by accessing the subconscious mind.
- **Insight and Clarity:** Clients often report gaining profound insights into life purpose, relationships, and personal challenges.
- **Personal Growth:** Facilitates personal growth and spiritual development by connecting individuals with their Higher Self or spiritual guidance.
- **Holistic Wellness:** Supports holistic wellness by addressing root causes of ailments and promoting overall well-being.

Coming for a Session

- Please do not plan to have someone attend the session with you. We understand the desire to have someone accompany you to the session. However, for this method, it is proper protocol that only the client and practitioner(s) be present due to highly sensitive information that may arise in your session.
- Unfortunately, we are unable to conduct QHHT sessions for anyone with schizophrenia, Alzheimer's, dementia, or significant hearing impairments, as the process is not effective for these conditions. We are also unable to conduct sessions with clients under the age of 18.
- Before the day of your session, you will submit a list of up to 25 questions; these questions will consist of anything you would like to have addressed during the session including ailments, illnesses, disease, events in your life, problems and even curiosity questions. They can include questions as to your life direction and soul purpose as well.
- Feel free to eat meals and take prescribed medications as you normally would prior to your session but please refrain from having excessive amounts of caffeine or other stimulants as this may affect your ability to relax fully for this sessions.
- We highly advise that you do not schedule any other commitments for the same day due to the unpredictability of the length of the session as well as possible oversensitivity to surroundings and other people.

The day of your session will consist of the following:

- 1-2 Hours Personal Interview: This part is spent mapping the general events and people in your life (your “case of characters”). These are pertinent as people in our current life were often present in one or more of our past lives. Also, events, illnesses, etc. in our current life often have seeds or influences from our past lives. Mapping these things will help us (you and the practitioner) to identify those connections and release those triggers.
- Approx 20 Minutes – Induction: This stage is inducing hypnosis to bring you into the somnambulistic state through the process of visualization.
- 2 Hours in Hypnosis: during this stage we will be visiting three important days in your current life or past lives. Your higher self will show you three days which have significantly impacted you to the extent of affecting your current life. We will then speak to the super-consciousness in connection with your higher self to learn how to release the seeds or tendencies which have contributed/triggered the current ailment/illness/disease/tendency. This is the stage where we ask the questions from your list and is also when the intense divine healing takes place. At this point, you will then be brought out of the state of hypnosis.
- Approximately 20 Minutes – Overview. At this last stage we will review with you what we talked about during the session, the answers to your questions, and the healing that has taken place. Often the super-consciousness will have some recommendations for you (either temporary diet or rest-wise) for helping your body to release or detox from what your body and mind processed today.

The entire sessions are recorded and given to you at the end of the day and it is encouraged that you listen to it often over the next week, preferably before bed, as it will help reinforce the healing that has taken place. This is an incredibly beneficial process and we hope that you will take advantage of it.

Let us know if you have any other questions about the QHHT process!