



Tips on Writing Your QHHT Session Questions

Before attending your QHHT session, you will need to write a list of questions of things you would like to address during your session. You can write up to 25 questions.

Quantum Healing Hypnosis Technique is a technique where past influences are removed which cause illness or unfortunate circumstances in our current life. Your list of questions is a list of these illnesses or circumstances which you would like to have addressed in your session.

Your list can consist of things to address such as mental or physical maladies, relationship issues, or negative patterns/cycles that you need help breaking. It may also consist of questions as to your spiritual growth. And lastly, you may ask what we call “curiosity questions” about things in your life that you’ve never had an explanation for.

For example, if someone suffers from chronic back pain, they can ask, “My back has been hurting throughout most of my life. Why?” Under the guidance of hypnosis we will explore the reason why they are experiencing this back pain, what message their body is trying to tell them, and then ask the Superconscious divine energy to heal it.

An example of a circumstance or event in one's life one may ask, “I had a parent who was unkind to me during my childhood and it later caused a lot of trauma and difficulty for me in my adult life. What was the reason why I had to experience this? Can I become free from the effects of it?”

An example of a curiosity question is, “I always felt that my son is a soul mate or that I've known him from a past life. Is this true? What is the purpose of this deeply meaningful connection?”

If you are ever unsure of how to phrase a certain idea or concept, just write it down on your list and we can explore what would be the best way to address it.