

Quantum Healing

Guide &
Preparation

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GUIDE & PREPARATION for your...

Quantum Healing

The Session

The session that we will carry out is based on the technique that **Dolores Cannon** created more than 45 years ago and that has been perfected and evolved to this day, adapted to the new society. It's called **QHHT** (QUANTUM HEALING HYPNOSIS TECHNIQUE).

With the use of the internet and for those people who cannot or do not want to carry out the session in person, I apply the **BQH** technique (BEYOND QUANTUM HEALING). Created by one of Dolores's disciples, **Candace Crow Goldman**, which allows all this wisdom to be adapted to the online format.

Parts of the Session

I. INTERVIEW

We will start with a talk to get to know you better, we will talk about you, the reasons that have brought you here, the events in your life that you want to work on, understand, question,... Once your personal story has been discussed, we will go on to review your list of questions and physical discomfort (if any) to prepare for the session. Finally we will write together the **INTENT** of the session. This part usually takes us about two hours, it can take longer.

II. THE SESSION

After the induction we will make a **regression to the most appropriate life/s** so that you obtain the necessary information to understand where some of the discomforts or current situations come from. The choice of that life falls on your Higher Self, since it is the wisest part of you that knows all the answers to the questions you are going to ask and is the one who is going to give you the information you need to know at all times.

Once we have gone to the life or lives that have been relevant, we will go on to talk with your **Higher Self**. Many people call it "**Subconscious/SC**", "**Supra Soul**", "**The Collective**",... it is only nomenclature, these beings are in much higher dimensions than the ones we know and they are the ones that will assist us to give us much deeper answers and make the pertinent physical adjustments.

III. FINAL EVALUATION

After the session, we are going to discuss everything that has happened :), allow your body and mind to calmly anchor again and I will give you some instructions for the following days.

The Goal

Leave behind any expectations you have, any idea you have about how hypnosis works, any case that has happened to anyone other than you. **Each one of us is a different world** (because we come from them), therefore it is normal that we have unique experiences. The objective of the session, for my part, is to accompany you on a journey inward, towards the depths of your soul where all the knowledge of all your experiences to this day and far beyond resides. The result of what you get will be exactly what you should and can know, heal and accept at the present moment. Trust that your spiritual team is already on the move to help us through this experience and bring out the best for you, here and now.

Pre-Session Preparations

- 1. LIST OF QUESTIONS.** Create your list for the session. You can write down everything you'd like to know about your personal life and experiences, such as relationships, family, work, health, past events, curiosities, inexplicable situations, and so on—anything you genuinely feel you need to address from a deeper perspective. Have it ready for our in-person session or email it to me beforehand. We'll review it together to organize it and discard anything that has already been addressed in our previous conversation or is no longer important enough. Write your list in order of importance to you. If there are too many requests and not enough time to address them all, they will decide the priorities. We propose, they dispose.
- 2.** It is very important that you start listening to this **MEDITATION** that I have created to begin **to relax**, help you **energetically clean** everything that no longer serves you and **establish your intention to communicate with your Higher Self**, at the same time that you will begin to accustom your mind to my voice. In case you don't usually meditate, I recommend that you listen to it every day for at least 28 days, prior to your session. If you are used to meditating, I recommend it for 7 days in a row prior to the session. You can listen to it in bed just before going to sleep, if you can't find another time in the day to do it. But **the first time you listen to it, do it awake** to put your intention on it and be aware of everything you are decreeing. (Don't be surprised if you start to notice some changes in your life after a few days...)
- 3.** I also recommend you (this step is not compulsory), that you listen to this **VISUALIZATION** (just in spanish atm) with my voice that I have created with **exercises** that will help you recognize the way in which your mind works and receives messages and information during the session.
- 4. EAT LIGHT** prior to the session, we do not want you to come with a very full belly but not an empty one either. Abstain from alcohol for 24 hours prior to the session. If you are a regular coffee or tea drinker, limit your caffeine/teine intake that day and allow 4 hours before our session if possible without drinking these substances.
- 5. CLEAR YOUR DAY** after the session. Most people need rest (not falling asleep, just not doing anything that requires demanding mental activity on your part) and integration time for the information received.

6. WE WILL USE ZOOM for our session (if we do it remotely), make sure you have the app installed on your computer. **It is always preferable to do the session from your laptop**, if you don't have one, the tablet is better than the mobile, ultimately we will use the mobile. Remember that technology is our medium of connection when we do it remotely and this must be as adapted as possible to the needs of the session.

7. LOGISTICS. To prepare the electronic devices, here are some suggestions of what ideally works best for the type of communication that we are going to need:

A. HEADPHONES. I recommend headphones that have a built-in microphone, to ensure your voice is always close to the microphone and I can hear you even if you whisper. Wired headphones (where the microphone is hanging) can easily move away from your mouth when you are lying down, causing me to lose your answers - which is not in our interest..

Note: Remember that not all mobile phones or tablets have a standard headphone jack (3.5) if your device does not have it, you should buy the corresponding adapter.

B. BATTERY. Any device you use (laptop, tablet or mobile) must be plugged into a power outlet throughout the session, especially when we go to the second part. It's easy for us to run out of battery after several hours, so we'll avoid that by simply plugging it in. That means the room you choose to chat first and lie down in later, should be close to a power outlet.

C. HOLDER. Another thing that you will need, if you do not already have it, is a support for your mobile or tablet. When you are lying down, I will need to see you clearly as if we were in person. To make sure that is the case, I recommend using a flexible device holder that attaches to a table or bed (depends on the location in each case).

**This is what I should see of the person,
head, chest and belly.**



E. AUDIO RECORDING. Our session will be digitally recorded for your later use, I will send you the link to download it a few hours after the session. Also, keep in mind that in these types of metaphysical sessions, the energy in the room can affect the equipment and the recording, resulting in static or blank recordings. It is not something that usually happens, but if it happens, it also has its reason for being.

F. INTERNET CONNECTION. Check that it is good (speedtest.net) must be around 8Mbps minimum. And if possible, the closer to the Wi-Fi router you are the better the quality of our video call will be.

8. THE INTENTION. It is important to start having it from the moment you have decided schedule this appointment, have clear and direct communication with that part of you, which can provide you with information and healing. We will call that part of you, your **Higher Self**. So you can repeat this intention silently or out loud, like a mantra, whenever you want during the day and, as we have already mentioned, especially before going to sleep at night:

“I have clear and direct communication with my Higher Self”.

Keep in mind that the tense we use in this sentence is not “I will have”, it is “**I have**”. Always in present. You can put a note on your bathroom mirror to remind yourself and you can focus on your intention as you get ready for bed.

9. THE INTENTIONS & THE EXPECTATIONS are completely different things. Specific expectations about what you are about to experience are not entirely helpful. Since they can interfere with your session during the experience.

Here is a video that Candace made with Dolores many years ago about the expectations in any Quantum Healing session.

10. SAMPLE QUESTIONS for you to have a broader idea about things you can ask:

- What's my life's purpose?
- I have had asthma since I was born. Why? I want to heal it.
- I am in a new loving relationship. Is this person the right one for me?
- I really don't like my job and would like to quit and find a new one. Should I?
- I have a difficult relationship with my sister. Why is it like this, how can I fix it?
- I suffer from X disease. Why? Can I heal it?
- Many years ago something strange happened to me. (This could be a dream, a vision, a feeling, an experience,...) What exactly happened and why?
- I have a genuine interest in (ANY subject) can we explore this further?
- I experienced a situation in the past that changed my vision of the world, why did this happen?

After our initial conversation, we'll further define and prioritize the topics that are most important to you. It's always better to ask fewer, but truly relevant, questions than many superficial ones. Remember that we have a limited time to access this life and to communicate with the Higher Self.

11. YOU DECIDE. It is up to you to decide what you want to do to prepare for our session. Actually, the most important requirement is to trust the process, **trust yourself and allow yourself to accept everything that you already know you are ready to receive.**

Still, many of you benefit greatly by learning how to calm your mind before your session, by reading some helpful articles on these techniques and by watching some videos about them.

Here is a list of videos that you might be interested in watching before the session and at the same time help you get a better idea of how it works:

In this **video** you can see Dolores Cannon talking about QHHT, who better than her creator to tell you what the session consists of.

I also leave you an **interview** that they did to Julia Cannon (Dolores's daughter) about QHHT.

Here are some background sounds to meditate in silence for 10 to 20 minutes a day, I recommend that you listen to them sitting or lying down, doing nothing but relaxing and using headphones to help reduce outside noise interference:

Binaural Sounds | Forest | Beach | Water

12. FINAL SUGGESTIONS

- Light physical exercise before our appointment, like a half-hour walk for example, is an excellent way to prepare for a good session. It's a good time to repeat your intention to connect with your Higher Self.
- We want your body to be relaxed, but your mind alert and engaged.
- It is not advisable to have a very busy day either before or after the session. Think that when we finish you will feel as if you had woken up from a long sleep, with many experiences lived, very detailed and that surely have caused you many emotions. In fact it will be as if you have just returned from an incredible trip, having visited other worlds and other times and in reality, you will have done exactly that. So it's always better to have some free time to process that information, that experience and slowly come back to your everyday, conscious reality before starting any complex mental tasks or strenuous physical activity.
- Once you have **YOUR RECORDING** of the session, I cannot stress enough how important it is that you listen to it repeatedly, it is an **extremely valuable component as part of this session and its effects continue well beyond the hours we spend together**. Think that even if you remember everything or almost everything right after the session, over time we always lose details that begin to disappear from our memory. Likewise any suggestions for healing or life improvement can and will be reinforced by repeated listening to your audio. Since one of the goals of Quantum Healing is for your conscious mind to "get on board" and align with your Higher Self and accept any improvement, change and healing that is about to occur, whether it has started or has fully happened.
- To finish, just tell you that I will always be interested in hearing from you after our session, after days, months or years, if you feel like telling me how this contact has influenced your life.



Quantum Healing sessions are very powerful, memorable and often life changing. It was no coincidence that you got here, so rest assured that your team of guides have had a lot to do with it.

Much Love & Light,
Vanessa.

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