

What to Expect in a QHHT Session

The Details

We begin with an thorough interview.

This interview is the beginning of understanding how and why you are where you are today and the act in itself brings forth much insight and clarity.

Sessions take as long as they take.

It's important to understand that your session may take several hours and to just relax and enjoy this time that is completely dedicated to you and your specific needs.

Past, Current & Other Lives

During the first portion of the hypnosis, I will take you into a lighter state of trance known as Alpha. This is where you will be shown images and scenes by your Higher Self that can include memories from past lives. Sometimes we are shown current life memories and sometimes scenes that are like watching a fun movie. Everything shown is relevant to the questions you bring and any issues you are having.

Questions. Habits and Ailments.

During the interview, we will go over these and discuss them fully. And during the deeper part of the hypnosis session, known as Theta, I will ask your Higher Consciousness to come through for answers, insight and physical healing. The Super Conscious will also explain why you were shown the scenes and memories from earlier in the session and give you much great input and advice as well.

The experience of being under hypnosis.

During all parts of the hypnosis session it is possible to feel sensations in the body of all sorts. They are always positive and for your best good as the Higher Self never harms and wants you to have the best experience possible.



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The process of getting to these states of trance is very simple. You just have to relax and allow it to be.

When we allow our beliefs and our idea of “reality” to decide what is possible, we are putting limitations on the Creator. In truth, the Creator’s powers are LIMITLESS.

In order to have the very best outcome, and for the utmost safety of our clients, QHHT should ALWAYS be done IN PERSON.