

How to Prepare for Your Hypnosis Session:

Prepare a list of questions you would like your Higher Self to answer and bring them with you (typed or neatly written). Please limit questions to a maximum of five (5) per category. The questions should be about YOU - not somebody else and will flow smoothly through the session when you put them in this order: (Below are some examples)

Life/Spiritual questions (purpose in life, path, etc.)

- What is my purpose in life? Am I on the right path? What can I do to help myself get on my spiritual path?
- What could I do to move in more purposeful direction?
- I had something happen in my life. (Experience, dream, knowing, etc.) What was it, and why did it happen

Relationship questions

- Is my spouse or relative my soul mate or part of my soul group?
- I have a difficult relationship with my spouse, child, sibling. Why is this, and how can it be healed?

Career questions

- I don't like my job or what I'm studying in school - should I quit?
- What should I be doing instead?

Health-related questions

- Why do I have this pain, allergy or illness?
- Why can't I lose weight?

Set your intention to have a great session: Your intention to having a great session is key! Once you've made the decision to have a QHHT session, your Higher Self begins preparing you by opening up your energy ports to readily communicate with you. Thoughts and energy will automatically begin to flow to you to prepare you for this session. Your conscious mind, however, needs to be reminded that it will be taking a back seat in this experience. Affirmations will remind you that it's going to be successful. Repeat this affirmation several times a day: *"I have clear and direct communication with my Higher Self."*

Caffeine: Limit your use of caffeine for 2-3 days before your session. Limit your use of caffeine the day of your session. If you normally have 2 cups of coffee in the morning, just have one. The intention is to go into wonderful state of deep relaxation.

No recreational drugs or alcohol: The night before & the day of your session don't drink alcohol. A session will not be conducted if the client is under the influence of drugs, alcohol or any other substances that alter their state of awareness. Do not take any pills to relax you. This may jeopardize the success of the session.

Practice relaxing prior to the session: Just close your eyes and bring your awareness to any part of your body where there is tension. Breathe into that space until you feel the tension lessen or dissolve. Remain in that space for as long as you can, just locating any tensions until your entire body is easily and effortlessly relaxed. This practice can be useful on the day of your session, helping you to access a lovely state of relaxation.

Get a good night's sleep: If you meditate, do so the morning or day of your appointment to help clear your mind. If you don't meditate, then do something that calms you like taking a nice relaxing walk, petting your pet or listening to some soothing music.

What to eat: Our session could go up to 4 hours so you should something light before you arrive for your session. You may want to pack a snack for after the session too.

What to wear: Since you may be lying down for a couple of hours, you should wear comfortable, light, loose-fitting clothes that won't constrict your circulation or over-heat you while you're lying under a blanket. If you typically wear socks to sleep, bring a pair with you so that your feet will feel good.

Audio and/or Video Recording: Since you may only remember some of your hypnosis session, it will be recorded via a digital recorder. I will send you link of your recordings and you will have to download them at earliest. It is recommended that a client listen to the material at least three times (especially the part where the Higher Self is speaking) but it's beneficial to listen to it more often than that. Listening to the recording is of utmost importance but please do NOT listen to it while driving your car!

No expectations!

In our goal-oriented society we have been told to set goals and envision the results. This does NOT work with this type of hypnosis. Each person's experience will be totally unique. Your Higher Self will show you exactly what you need to know at this time in your life. Release any expectation of what you should feel like when you're in a trance or what your session will be like. Just enjoy the experience and let the Universe take care of the details

Your session:

Your session will consist of two parts; a brief interview process where I get to know you and review your questions and the actual hypnosis session. Your session is a private session. Even though spouses/partners/friends or your children may want to be with you to witness the session, it is a place where you need to feel completely safe that your confidentiality in all matters is observed. Because of this, no one else is allowed in your session or will be permitted to stay. If you are not driving yourself, please make arrangements to have them wait until you contact them after your session in order to pick you up.

After Your Session:

You will be fully alert but deeply relaxed and may find yourself in a semi to very blissful state. Be sure to eat something after the session so that it will ground you so bring a snack with you. You will need to ground yourself after the session, such as walking in bare feet in the grass. Schedule the rest of your day so that after the session you won't have activities that will require a lot of concentration or physical hard work. I recommend that you take it after the session. Go to sleep at your normal sleep time.

For about three days after the session the connection to your Higher Self will remain open so pay attention to your dreams because your Higher Self will find it easier to communicate with you through dreams.

Sometimes it can take some time to process everything that has happened during a session, especially when many meaningful things can happen in such a short period of time. Pay attention because important information may be coming through to you when you least expect it and you don't want to miss it! Since the vibration of your Higher Self will also be recorded, you will continue to receive insight and self-healing any time you listen to the recording of your session.

Important:

You may feel little to no change after your session and have doubts. Please be advised that any restoration done on you by your Higher Self is done in the invisible realm and it may take time to manifest in the physical body. Any doubts, questioning, analysis, or skepticism will totally undermine and negate the work done by your Higher Self during the session. Listen to the audio recording of your session often and have total faith in the process.