Preparing for your QHHT® Session

AWARECARE DURANGO

Before the Session Your Higher Self knows everything there is to know about you, the life you are living now, and all past lives. Your Higher Self will share only information that is appropriate at this time and is of benefit to you. It is caring and protective in the QHHT® session. A feeling of immense power and immense love is experienced when in contact with your Higher Self.

In the days before your session it is important to write down all questions you have of your Higher Self. We will spend 1 to 2 hours prior to the session to ensure that I have a full understanding of the intent of your questions prior to the hypnosis. Our goal is to have all of your life purpose, emotional happiness, and physical health questions answered in a single session. Upon hypnosis, your Higher Self is in control and will ensure that you are shown all, and only, information which is helpful for your intent.

Also, in the days before your session, practice closing your eyes and bringing your awareness to any parts 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 locate any tension until your entire body is easily and effortlessly relaxed. This practice will help you relax during your session and help to ensure a productive trance.

Please wear very comfortable clothes. You will be lying on a bed, in a quiet, cool, private room, with a light blanket during the session. Please eat only a very light snack before the session. We will ensure that any restroom needs are taken care of before the session. Please take only medication or herbal supplements that you regularly consume. Do not take any sleeping aids or mind-altering substances.

About the Session Your Higher Self has the ability to identify any physical or emotional problems it detects and explain the causes. The Higher Self is then asked if it is appropriate for healing to occur. If appropriate, healing is done instantaneously with no other processes. Very often, simply understanding why discomfort is being experienced is sufficient for it to be relieved and removed. You will be in hypnotic state for approximately 2 hours.

Healing can only occur if you want to be healed and you do not interfere with your goals for this lifetime. Remarkable healing has occurred with QHHT®. Nothing is beyond the realm of possibility. There are no limitations.

After the Session Immediately after exiting the hypnotic state, you will awake refreshed and energized. You may have a strong urge to go to the restroom; we will take time for your physical needs. It is important to eat and drink immediately after the session. This helps to ground your mind and body. Please bring a light snack and drink for your after-session needs. Then we will debrief on the answers and interpretations from the session. This may take 30-45 minutes.

You may not remember much of what was said. You will be given a recording of your full session. Please listen to the whole recording, in privacy. After listening fully, you are then free to share with whomever you choose. Please keep your recording safe; I will not keep a copy of your session.

I look forward to working with you!

Holly Duckworth, PhD