

Dolores Cannon's



Quantum Healing Hypnosis TechniqueSM

Level 1 Procedure Notes
Supplemental Procedure Notes
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Induction

*If I were to say to you,
"see a red bird",
could you see one for me?
See a yellow flower.
See a blue car.
See a dog and a cat.
See a green tree with lots of leaves and the wind blowing through the
leaves.*

*This is the part of the mind
we will be working with today.
This is the part of the mind
that has the pictures
and the memories.*

*This is the part of the mind
that is active at night when you are sleeping,
because
this is the part
that has the images
and the symbols
that we use in our dreams.
So, this is the part of the mind
we will be working with today.*

Induction

*So, just for this little while that we do this today,
have no problems
and no worries.
Time enough for that later.
They will always be there later.*

*But just for this little while that we do this today,
have nothing to worry about.
So enjoy the way that feels
to not have anything to worry about.
And enjoy the way it feels
to have relaxation moving through the body.
And as the relaxation moves through the body,
if there are any tensions anywhere in the body,
they will flow right out.
Flow right out.
Let them go.
Let them go.
We don't need them.
We don't need them.
So enjoy the way that feels to not have anything to think about.
And enjoy the feeling of relaxation moving through the body.*

Induction

*This is a luxury that very few people are allowed.
To take a little time out of their busy day
to just relax and not have to think about anything.
So take advantage of it while you can
and enjoy the experience.
And remember that when you awaken
you will feel wonderful all over,
just as though you've had a nice nap.
A nice sleep.
You will feel truly rested and refreshed.
Anytime you do anything like this,
it will always be an enjoyable experience.*

*Also remember,
if you hear any sounds in the room,
or any sounds outside of the room,
they are only natural noises occurring in the background.
They will not bother you
or distract you in any way.
If you hear anything,
it will just fade
and become part of the background.*

Induction

Now, I would like for you to imagine a beautiful pyramid composed entirely of white light.

A very beautiful thing to see.

It glows,

it sparkles,

it shimmers.

And I want you to mentally place that white pyramid of light

so that it completely encloses your body,

even the underneath side of your body,

so that you are completely enclosed within the beautiful pyramid of white light.

This is your protection.

The white light is a very powerful force.

It can protect against anything.

It will remain around your body the entire time that we do this.

Nothing can harm you mentally, or physically.

You are protected,

you are safe.

You know it,

you feel it.

And it is very, very good.

Induction

Now I would like for you to imagine the most beautiful place in the world.

What you consider to be the most beautiful place in the world.

Where there are no worries and no problems.

It may be the forest,

it may be the seashore,

it may be a meadow.

Whatever you consider to be beautiful and peaceful.

Can you find a place like that?

Tell me about it.

(Get them to describe it - sights, sounds, smells, senses.)

No worries in a place like that,

it's peaceful,

where there are no worries and no problems,

just peace and quiet.

Can you see the sky from where you are? (Yes)

Look up in the sky and see if you can find a big white fluffy cloud.

I'm going to ask you to do something that might sound a little strange.

I want you to float up to that cloud and sit on it.

Tell me what that would feel like to sit on a cloud,

and you don't have to worry,

it will hold your weight just like magic.

What would that feel like to sit on a cloud?

(Get them to describe it.)

Induction

*Some people think it feels like cotton or feathers.
But it will hold you just like magic.
It's very comfortable, isn't it?
Lay back on that cloud and just let it absorb all of your weight.
It's such a beautiful, wonderful feeling.
It's like you don't have any weight at all.*

*You can become one with that beautiful cloud.
If you lay back on that cloud,
let it absorb your weight.
If you want to,
you can even wrap the cloud around you like a wool blanket
and snuggle down into the cloud.
That's such a beautiful,
comfortable,
safe feeling.
And it's almost as though you don't even have a body
as you become one with that beautiful, soft, comfortable, safe cloud.*

*And this cloud is floating through the air,
carrying you with it.
Soft and protected
and comfortable and safe.*

Induction

*Drifting and floating -
Floating and drifting
And this cloud floats over the land
and over the valleys,
over the mountains,
and even out over the ocean if it wants to.
Carrying you with it.
Soft,
protected,
comfortable and safe.*

*Drifting and floating -
Floating and drifting
Over the land,
over the valleys,
protected and safe.*

*And this cloud is like magic because,
not only can it carry you over the land
and over the valleys,
it can also carry you back
and back
and back
in time and space.*

Induction

*I'm asking the cloud to move and carry you back
and back
and back
in time and space to another time,
another place
where there is information we would like to find to help you in the
very best way that we can.*

*The cloud is moving,
it's carrying you back
and back
and back.*

*We're looking for the most appropriate time and place
to stop and look at and examine.*

*The most appropriate time and place to stop and look at and
examine.*

*Now the cloud is slowing down,
it's stopping at the most appropriate time and place.*

*Now that the cloud has stopped at the most appropriate time and
place,*

*I want you to drift off of that cloud
back down,
down,
down to the surface.*

Induction

*It won't be anything sudden,
just like a leaf drifting gently out of a tree
back down to the surface.*

*And as you come back down,
I want you to tell me the very first thing that you see down there below
you
or the very first impressions that you have as you come back down to
the surface.*

*Are you coming off of the cloud yet?
What do you see down there below you?
What's the first thing you see?
Look around and see what you see around you.*

Procedure for Moving Through a Simple Past Life Regression

This is only a rough guide for a normal, simple past life regression. Each regression will be different, so the practitioner must be flexible to move the client through it. There are no hard and fast rules because you never know where and when the client will come into the scene. But this procedure will cover a great percentage of cases.

Coming off the Cloud

When the client comes off the cloud they may be in a past, future or even current life, whatever is most appropriate for them. Never be in a hurry to move them, they are there for a reason. Also, you must fully orient them into the scene before attempting to get the story of the life. **Set the scene before setting the body.** Don't be surprised at anything they see or describe. They can come down in any time period or place on Earth. They can also come down on another planet or dimension, even the spirit side, in any form imaginable and unimaginable (even as an animal or plant). Don't try to make their answers conform to your own expectations. Just go with it and ask questions, no matter how outlandish it sounds. The subconscious has a logic that is different and far superior to ours. So wherever it has the client come down, there is a plan. Trust it, "they" know what they are doing.

First, I have them describe where they are standing, and what is around them. If they say it is fuzzy, foggy or unclear, **tell them it will clear up as they speak.** Keep them talking. Take as much time as needed to fully establish the scene. Don't be in a hurry at this point.

After they describe their surroundings, then ask them if they perceive themselves to have a body. If they can see that they are in a body, have them look down at their feet to see what they are wearing. Then have them focus on what they are wearing on their body. This usually gives clues as to their sex. If their clothes are applicable to either sex, then ask them, "Does your body feel male or female?" "Young or old?" "Does the body feel healthy?" These are asked quickly, so they will respond without taking time to analyze. Remember we don't want them to go into the left brain. Then I ask if they are wearing any jewelry or ornaments on their body. Next, I ask if they are carrying anything. All these questions will give you clues as to their location and the time period, and their social status.

Then I want them to go to the place where they live and look at the outside of it. Get them to describe.

Then ask how they go inside. Then take them inside and have them describe the interior. One good way to find out if there is anyone else living with them is to have them see themselves eating a meal. Normally the entire family will be present at a meal. You can get further information about time period, location etc. by the food they are eating.

Next, have them see what they do for a living. In certain time periods they may not understand the terms "job" or "occupation," so I ask them what they do with the majority of their time. And then see themselves doing it.

Simple Past Life

By now we have a pretty good idea of this person. We have the location and the cast of characters. Now we are ready to go into the story. Otherwise, they could spend the entire session describing their day to day life. 90% of the past lives will be dull, boring, mundane. What I call “digging potatoes” lives. This means doing simple ordinary tasks. Even today in our time there are far more people who live ordinary lives, than those who get their names in the newspapers. Even if the life is simple and boring, it contains something that the subconscious wants the client to know. It will be something to explain what is going on in their present life, even though it does not make any sense to the practitioner. Follow it through. It will all be explained when you get to the Subconscious part.

Then I ask them to leave the scene they have been watching and move them ahead to an important day. Always close one door before opening another.

Now leave that scene and let's move forward to an important day. A day that you consider to be important when something is happening. We have now moved forward to an important day. What is happening? What do you see?

Let them tell the story and you ask lots of questions to keep it moving. I normally move them to three different important days. If the lifetime is exciting, interesting and something is happening, you may have to move them more than three times to get the entire story. But normally three important days are enough. If they say they do not see anything when they are moved, that everything is dark, then that means they have died and there is nothing else to report. Since it is vitally important to have them go through the death experience, I then move them backwards to the last scene that they saw and reorient them there by asking some more questions.

Then I ask them to go forward to the last day of their life. I tell them they can see it as an observer if they want to. They do not have to experience it.

Now leave that scene and move forward to the last day in the life we are looking at. You can watch it as an observer if you want to.

We have gone forward to the last day of your life in this lifetime we are watching. What is happening? What do you see?

If they are experiencing any physical symptoms I remove them so they can talk about it.

You will not have any physical sensations. You can talk about it.

Simple Past Life

Then you take them through the death experience. I like to speed this process up (after they have described what is happening) by saying,

Now whatever happened has already happened, and you are on the other side of it. From that position, you can look back at the entire life and see it from a different perspective.

Then I tell them that,

Every life has a lesson and a purpose. As you look at the life, what did you learn from it?

After they have given their response from that, then ask,

What do you think was the purpose of that lifetime?

After they have died you can take them to the spirit side, or sometimes they go there spontaneously. You can explore it if you wish. I prefer to go to the subconscious so we can have the healing and answers to their questions.

Moving Forward: The Person Unexpectedly Moves Into A Different Life

Sometimes when you move the person to an important day, they will “leap-frog” into a totally different life. You can usually determine this by asking questions. When this happens it usually means there were no important days left in that life to explore. Then the practitioner has to make a decision. Do you continue with the lifetime they have “jumped” into? Or do you return them to the previous life and take them through the death experience? There is no right or wrong answer. It just depends on where you think the most information will be obtained.

Moving The Person To Another Life

If the lifetime is short and uneventful you may have time to move them to another life. You ask them,

Move away from that scene, leaving the person there to continue on their own path. You can move either forward or backward to find another appropriate time and place that has information that you need. You are now at another time and place. What do you see? What is happening?

Normally when they come into the second life something is happening, so you don't have to go through the orientation process that was necessary in the first life.

You just ask them what is happening and what they are doing.

The most lives I will explore in this way are three, and only if they are short. Remember the most important part of this technique is contacting the Subconscious and getting the therapy done. Normally one lifetime will take the entire session, but if it is short you can move them through another. When you get to the Subconscious you will be surprised to find that both or all three will form a pattern that “they” wanted the person to see. Their logic is amazing. “They” always know what “they” are doing.

Coming Off The Cloud, The Client Is At The Day Of Their Death

Occasionally the client comes off of the cloud on the day of their death. This can take you by surprise because they may be experiencing a traumatic death suddenly. They may clutch their chest and scream, “I’ve just been shot!” or clutch their throat and exclaim between gasps for air that they are being hung or strangled. The first thing, of course, is to make them comfortable,

You will not experience any physical sensations and you can talk about it and explain what is happening.

Never move the person out of the scene because YOU are uncomfortable or startled. The Subconscious took them there for a reason, so you must follow through and find out what that is. Once they are able to speak objectively about the trauma, get them to describe what is happening. Of course, if you come in on the day of their death, it will not do any good to try to move them forward, because the life is over. I have them move backwards so we can find out how they got into this situation. I say,

Let's move backwards to before this happened, and see what got you into this situation. We are moving backwards now and you are able to tell me about it. You are there now. What is happening? What do you see?

Then progress through the life until you return to the death scene. This is the way you obtain information, and very little orientation is needed because we are already in the story.

Remember your most important role is that of the insistent questioner. The questions are extremely important, and you must keep them coming. Also, they must be asked in the right way to get the answers. This will come with practice.

Procedure for Contacting the Subconscious

Before you can contact the Subconscious, you have to separate the two lives.

Now let's drift away from that life. We're drifting and floating away from that life leaving the woman/man there to continue on her/his own journey. She will find peace, she will find what she is supposed to find. We're leaving her there to continue on her own journey. She will find peace, she will find what she is supposed to find. We're leaving her there to continue on her own path. Now I want all of the consciousness and personality of _____ to once again return to the body and fully integrate back into the body.

May I speak to _____'s subconscious please?

I have permission to speak to _____'s subconscious?

I respect the power of the subconscious because I know the subconscious takes care of _____'s body and does a very good job of it. I also know that the subconscious has the records of everything that has ever happened to _____ in this lifetime and all the other lifetimes he/she has ever lived. So I respect the power of the subconscious and I always ask for permission to speak to it and ask questions. Do I have permission to ask questions?

I know the subconscious could have brought forth many different lifetimes for _____ to see today.

You chose to bring forward this life for her/him to see. Why did you pick that lifetime?

Allow them to explain and then ask,
What does that have to do with his/her life now?

Procedure for Bringing a Person Out

Now, I am asking the subconscious to recede to where it belongs with much love and much thanks for the help and information it has been giving _____ today.

I know he/she is really going to appreciate it.

And I want the entity/entities from the other life/lives that we were speaking with to also recede into the past to the time where they belong.

With much love and much thanks for the information they have given us.

And remember the things you were watching are from the past, they belong in the past, and we will leave them in the past.

We only brought them forward as a curiosity to learn from, to have information to help with the present lifetime.

In that way, they are valuable and have importance.

But as _____ listens to the recording, and goes over the material and puts it into place, it will not bother her/him in any way mentally or physically.

That is very important.

It will not bother him/her in any way mentally or physically.

★ (Optional: Insert Keyword Script here, and then continue the count out. See Page 26 for Script)

Now, I want all of the consciousness and personality of _____ to once again return and fully integrate back into the body completely.

Now all of the consciousness and personality of _____ is once again fully integrated back into the body, replacing all the other parts we were speaking to.

Now I want _____ to move up, up, up through time and space and orient yourself back into the present day and time.

This is (date).

You are lying here on the bed in the (location) and you just had a very interesting experience.

And I want you to remember that the present life you are living now is the most important life of all, because it is the one you are focused on at the present time.

Any information we can find in this way is valuable, but it will not bother you in any way, mentally or physically, as you understand it and put it into place.

That is very important.

It will not bother you in any way.

Now in a moment, I'm going to count to ten.

And on the count of ten, you'll be wide awake feeling wonderful all over, as though you've had a nice nap, a nice sleep.

You will feel truly rested and refreshed.

Any time you do this, it will always be an enjoyable experience.

Now follow me up as we go and on the count of ten, you'll be wide awake, feeling wonderful all over.

(Note: You do not use your 'induction' voice on the count out. You want to speak more loudly and with a faster cadence as you progress through the count out. The point is to bring them aware and fully into their current life.)

Bringing a Person Out

1, 2... You are beginning to breathe a little faster, your blood is beginning to circulate a little faster because you're beginning to wake up now.

3, 4 ... You are becoming aware of the physical body, very much aware of the physical body.

You can move your arms and legs around to get the muscles working and the blood circulating because it gets tiring laying in one position like that.

We're getting everything moving again because you're very much aware of the physical body, you're focused on it now because you're beginning to wake up now.

5, 6... You are becoming aware of the sounds in the room and the sounds outside of the room.

You are very much aware of your physical surroundings.

You're oriented back here in this time and this place and you're beginning to wake up now.

7, 8 ... You're coming up very nicely now, very nicely.

9, 10... Wide awake, wide awake, feeling wonderful all over.

First questions to ask after the client is counted out:

1. How do you feel?
2. How long do you feel you have been lying there - a long time or a short time?
3. What do you remember?
4. If they say they remember it all, say:
Tell me what you remember - and then allow them to answer without your prompting.

Procedure for Inserting the Keyword

The keyword is inserted just right before you bring the conscious mind back in and right after you have asked the subconscious to recede. At this time they are still in a highly suggestible state. I always allow the client to choose the word (or preferably two words), instead of me giving them the word.

Would you like to do this again? Would you like to work in this state again? (Yes). In order to make it easier to enter this beautiful, peaceful state of relaxation will you give me a word, or two words that I may say to you to help you to enter this beautiful, peaceful state of relaxation?

They usually will give a word. I like to have two words because then it's less likely for you to say it by accident. And I like to have them pick the word instead of me saying this is the word I will use to put them under again. They have more of the feeling of being in control if they pick it themselves. So I usually allow them to choose two words. If sometimes they can't come up with a word I use the words Blue Rose. So I will use that in my examples here. They will tell me the words that they want me to say. I will repeat them.

Are the words you want me to say, Blue Rose?

Procedure for Inducing with the Keyword

The next time you work with the client after you have them lying on the bed and are ready to begin, say,

Are you ready and willing to go? (Yes).

Then with your permission and only with your permission, I will say the words that you gave me to put you into a beautiful, peaceful state of relaxation. Blue Rose.

(Repeat the words several times in your induction voice and watch the body signs to see when they reach the proper state).

Remember, each and every time I say the words Blue Rose to you; you will go immediately into this beautiful peaceful state of relaxation. and we will journey together to find the answers to many things. Remember, the words are like magic. Blue Rose...Blue Rose...Blue Rose.

When you see the client has reached the proper level of trance, then place the white light of protection around them. Then you are ready to begin or continue any work you want to pursue. No more of the induction is necessary.

Dolores Cannon - Silver Crystalline River Meditation

I want you to visualize a beautiful silver crystalline river; like a river of silver and crystal, it sparkles, it shines, it's very beautiful.

I want you to see this beautiful crystalline silver river enter you through the crown chakra.

Now we are going to have it move down through the chakras in the body.

As it moves down through the chakras, the river of energy will expand out into all of the cells.

It moves down through the third eye chakra, sending healing energy throughout the head area, to every cell in that area, and it moves down through the throat chakra, sending out healing energy to every cell in the throat chakra area.

You can feel the energy, it is beautiful and peaceful. You know it is healing as it moves through the body.

Now it is moving down to the heart chakra and its sending energy to all of the cells in that part of the body.

The healing energy is moving down to the solar plexus chakra and it's sending healing energy to all of the cells in that area of the body.

The healing river of energy is moving down to the sacral chakra and it's sending out healing energy to all of the cells in that part of the body.

Now the healing energy is moving down to the root chakra and it is sending healing energy to all of the cells in that part of the body.

You can feel the healing energy moving through all of the cells of the body. It is beautiful and peaceful and has great power. It heals everywhere it touches. It's moving all throughout all of the cells of the body.

The body has all of the energy that it needs to remain balanced and in harmony. Any excess energy that is not needed by the body to function in complete balance and harmony is passed off through the legs and the feet.

Anything that the body does not need is passed off through the legs and the feet. It's passed out to the world as excess energy that anyone else can use.

Now the body is in complete balance and harmony. You have a good body. You have a strong body. You have a healthy body and your body is functioning in complete balance and harmony, functioning absolutely perfectly. This is the way it is and this is the way it shall be.

