



Soul Pathways



Quantum Healing Hypnosis Technique™

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www.soulpathways.com

How to Prepare for Your QHHT® Session (And a Few Reminders)

List of Questions

Prepare a list of questions you would like your Higher Self (subconscious or however you term the collective consciousness we are tapping into) to answer. Make one list of physical/health questions you have and another separate list of personal/life questions you want answered.

Please send these to me four days before your session, so I can review and seek clarification if necessary. If you have a long list of questions, please put your most important questions at the top of each list.

My goal is to get every question answered, but we only have a two-hour window. In that time frame, I am inducing you, exploring past lives/other experiences, accessing your Higher Self to answer questions and then bringing you out.

Avoiding Ego Interference

Your intention to having a great session is key! Once you have made the decision to have a QHHT® (Quantum Healing Hypnosis Technique™) session, already your Higher Self is preparing and getting ready to have a wonderful conversation with you. Your conscious self needs to be reminded that it will be taking a back seat in this experience. Dolores calls the conscious self, the 'stupid self,' because it thinks it knows everything (ego) and really knows very little (in the grand story of your soul's experiences). Start repeating to yourself several times a day that you connect to your Higher Self easily. Note: not that you will but that you do.

Do I Need to Meditate?

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 puts you in a calm place like taking a walk or listening to some soothing music.

Avoiding Alcohol & Eating Well

The night before & the day of your session don't drink alcohol. Eliminate or limit your use of caffeine the day of your session. If you normally have three cups of coffee in the morning, try just having one or don't drink caffeine after the morning.

Eat well, but light, before you come in. Our session could go 6 hours or longer.

The Session Will Be Recorded

Your session will be audio-recorded on a USB drive that will be provided to you at the end of the session. You may remember some, all or nothing of your session while you were hypnotized, so a recording is great and actually important to your process after we meet. The more you hear yourself, the more easily the changes can stick.

Privacy and Confidentiality

Your session is a private session. Even though spouses/partners/friends want to be with you to witness this amazing event, 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. You may share your recording or any memories or thoughts at your discretion.

Easy to Be Hypnotized

We'll talk about how easy it is to allow yourself to be guided by me into this peaceful, relaxed state. We'll talk about your Subconscious/Higher Self: this aspect of you that knows everything about you, loves you unconditionally and has support and knowledge to help you move forward in your life in the best way possible.

Accessing Your Subconscious/Higher Self

You will be guided to 1 to 3 past lives or other experiences. Your Higher Self selects the ones to show you, to best understand and answer the questions you have. Once we are finished looking at your past lives/other experiences, we will bring forth your Higher Self. This is where amazing, deep insight and healing occur. I can personally tell you that to 'be in' the energy of your Higher Self is like being in Divine Love, it is big! Your Higher Self and I will go through your list of questions, and in most cases get answers to each one!

My Qualifications & Experience

I have been trained and mentored by Julia Cannon, the daughter of Dolores Cannon, who founded QHHT® and perfected it over 45 years.

I personally have witnessed physical and emotional healing and watched, as a client's struggles were made understandable and then dissipated; which allowed them to move on in their life in a much happier and healthier way. Please note that your practitioner is not doing the healing. You are healing yourself in this guided experience.

The power of this experience is that it is you (the Higher Self) telling you (the conscious self) what the root causes and issues are and how the healing is occurring. I am only the facilitator, and your assistant, in this process.

Payment Options

You can pay at the time of your appointment with credit/debit check or cash.

More Questions?

If you have more questions about how a session works please feel free to contact me. If for any reason you need to cancel or reschedule, please let me know as soon as possible. I only book one appointment a day to ensure that all needed time and attention is given to each client.

My intention is to assist you to receive the information you seek so that you can have a very happy and focused life. I will do everything in our power to work for your greater good and give you the tools you need to move forward in your life in a happy, insightful and productive way. I am simply your guide to show you that all answers lie within and are accessible by you!

By the time your session is over, you will feel differently about yourself than when you arrived. It's quite typical for clients to emerge from this deep hypnotic state with a look of surprise and fascination of now knowing the answers to their questions and to have received healing. This is where QHHT® is uniquely effective.