



**Intuitive Guidance | Mediumship | Quantum Healing Hypnosis Therapy
Past Life Recall Therapy | Life & Soul Mentoring | Spiritual Counselling**

What is Quantum Healing Hypnosis Therapy?

Quantum Healing Hypnosis Therapy (QHHT) is a type of past life recall therapy which uses a regression hypnosis technique.

QHHT was developed by the late Dolores Cannon, who practised past life regression hypnosis for more than 45 years. I trained with Dolores, and her daughter Julia, in December 2013 (Level 1, Sydney, Australia) and September 2014 (Level 2, Arkansas, USA). QHHT continues to be taught by Julia.

QHHT involves inducing an individual to the somnambulistic state of trance through visualisation. The somnambulistic state of trance is a natural state which each and every one of us typically experiences twice a day – just before we wake up, and just before we fall asleep.

In the somnambulistic state a person can access and recall experiences from their past lives, and throughout time and space. Our soul's consciousness is a memory bank of all experiences – every life we have lived, as well as our experiences as pure consciousness between lifetimes. Accessing this information through somnambulistic trance is a bit like accessing archived files on your computer – they are there all the time, but you need to purposely retrieve them if you want to access the data stored in them.

Why Consider QHHT?

Some people may simply be curious to recall a past life, and this is fine. Sometimes people have repeated dreams, and they wonder whether they

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are recalling a memory from a past life. Others may feel a strong connection with someone they know, and want to know if they have known them before. QHHT can certainly satisfy such curiosities, but it has the potential for so much more!

QHHT goes through and beyond past life recall experiences to achieve ultimate understanding and healing benefits. With the QHHT technique, an individual is guided through a process to access their Higher Consciousness.

Our Higher Consciousness knows everything about us. It can answer questions about life lessons (past and present), life purpose, soulmates, emotional blocks, fears and phobias, the root cause of physical conditions, and basically anything and everything. Our Higher Consciousness can also perform physical healings during a QHHT session. Our Higher Consciousness will participate when the intentions are pure and the purpose is true.

About QHHT Sessions

I love using QHHT to help improve, and potentially transform, the lives of my clients. Each session is unique. My role as the facilitator is to guide the client's experience using my voice, and ask the right questions to glean the best information for the client's healing and growth. The pre-induction interview is a key part of the overall session, as key issues and questions are identified with the client. Often, only a single session of QHHT is required.

You should *allow at least six hours* (i.e. a full day) if you make a QHHT booking with me. My QHHT sessions are charged at a flat rate fee.

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