

Where do you go when you dream? Does it feel like another life? Does it feel familiar or do you receive information to help you along your journey here on Earth? Quantum Healing Hypnosis Technique is a powerful hypnosis modality created by Dolores Cannon where the subject goes into the deep trance state to receive insightful information and potentially heal himself.

What is QHHT?

Quantum Healing Hypnosis Technique is a powerful hypnosis technique where the practitioner puts the client into a deep trance state. A state we access daily before going to sleep and when waking up. This powerful tool allows people to relive past lives and bypass the conscious mind to access the subconscious which holds infinite knowledge. The subconscious is our connection to the source (also called God). Dolores Cannon developed this technique over 60 years ago when experimenting with past life regression. She spent her life perfecting this approach. Thousands of beautiful souls followed her path and are practitioners at different levels all over the world.

What happens in a Session.

During a QHHT session, the first part is called the interview. The client begins by telling their life stories in chronological order starting with their earliest memories. The practitioner will guide the interview part by asking insightful questions to help the client retell their story. This is always the longest part of the session which can last from two to four hours. I personally had a few interviews that went from five to almost seven hours! The beauty in this is to discover how everyone has such a unique life on Earth!! It is important to share as much information as possible. This is what helps the practitioner and the client bypass the conscious mind for the second part of the session. The goal of the interview is to establish a trust rapport between the practitioner and the client's conscious mind. It helps quiet the little voice in our heads that constantly questions everything and often refuses to believe anything outside of the 3D world that it is so attached to.

Then we have the induction. The second part of the session is when the QHHT practitioner carefully uses a perfectly crafted induction method to take the client to the deepest hypnosis state called the "deep trance state." In this state, the subconscious mind often takes the client back to a time and place where there's learning and lessons to be understood offering guidance for this current life. It also has the powerful capability to heal the physical body. The hypnosis part of the session can only last two hours as it is quite demanding energetically.

The session ends when the QHHT practitioner brings the client out of the deep trance state and debriefs with the client to discuss the session outcomes. QHHT sessions are

confidential. The practitioner records each session for the client to listen at another appropriate time to continue receiving valuable information from it.

The Role of the Subconscious

The Subconscious (SC) is also called the Higher Self, the Soul or the Oversoul and plays an important role during a QHHT session. The Subconscious mind hides behind the conscious mind, that little voice inside our head constantly trying to keep control over everything. It decides what to show to the client for their learning and healing before, during, and after the session. We believe it is the subconscious that will send people to practitioners when seeking specific information and guidance about their life and beyond. The Subconscious mind is the part of us that is always connected to the Source (or God).

Transformative Potential

The transformative potential of a QHHT session is limitless. The Subconscious mind holds unlimited knowledge and an unlimited ability to heal the physical body. Sometimes, mental and physical challenges originate from past-life traumas, while others are linked to lessons being learned in this lifetime. The Subconscious (SC) identifies the root cause and offers guidance aligned with each soul's unique journey. Practitioners all over the world have already helped thousands of people relive their past lives and healed themselves using QHHT.

How it differs from Other Modalities

QHHT is different from other healing methods because it works at a much deeper level of consciousness. It helps you connect with your Higher Self to understand why things are happening in your life and what lessons your soul is learning. Sometimes this process can bring memories of past lives or deep healing that happens naturally. Most hypnotists don't go this deep. Some can't reach that level of trance, and others are cautious about exploring it, since it can bring surprising experiences, including memories from past lives.

Conclusion

QHHT is a powerful and transformative modality that empowers you to heal from within. If you've ever questioned your life, your dreams, or your memories — or sought clarity about your purpose and lessons — yet struggled to find answers, QHHT offers a profound path of discovery. The human experience we know in the 3D world is only a

fragment of who you truly are; through QHHT, you can reconnect with your multidimensional self and unlock your infinite potential.