



QHHT

QHHT: What to Expect from Your First Session

A practical guide to preparing for a Quantum Healing Hypnosis Technique session, from interview to integration.

If you have been hearing about QHHT and feeling curious — or if something inside you feels called to this work without fully understanding why — this guide is for you. Quantum Healing Hypnosis Technique can feel mysterious from the outside, but the experience itself is gentle, structured, and deeply personal. Here is what to expect.

What Is QHHT?

QHHT was developed by the late Dolores Cannon over 45 years of clinical hypnosis work. It is a deep, immersive modality that uses guided relaxation to access the deepest parts of your awareness — sometimes called the subconscious or Higher Self. Through this connection, clients often gain profound insight into recurring life patterns, relationships, life purpose, and physical or emotional concerns that other modalities have not reached.

Tommy is a Level 2 certified QHHT practitioner, trained to guide you through this powerful process with care, presence, and respect for your unique experience.

“QHHT is not about me telling you anything. It is about creating the conditions for your own deeper wisdom to speak.”

The Four Phases of a QHHT Session

Every QHHT session follows a natural four-phase arc. Plan for a full half-day — sessions typically last 5–6 hours, because this work is deeply personal and unhurried.

Phase 1: The In-Depth Interview

We begin with a thorough conversation about your life, your questions, and your intentions for the session. This is not a clinical intake. It is a genuine, unhurried dialogue that helps Tommy understand your story and helps your subconscious understand what you are seeking. Come with a list of questions — anything you want to ask your Higher Self.

Phase 2: Guided Relaxation

You will be guided into a state of deep relaxation. This is not sleep, and it is not unconsciousness. Think of it as the state between waking and dreaming — deeply calm, aware, and receptive. Most people find it comfortable and peaceful.

Phase 3: Past-Life Exploration

From this relaxed state, your subconscious leads the journey. You may experience vivid scenes from other times and places — sometimes recognizable, sometimes symbolic. Not everyone experiences “past lives” literally; some experience metaphorical landscapes, memories, or emotional impressions. All are valid.

Phase 4: Higher Self Connection

This is the heart of the session. Tommy facilitates a direct conversation with your Higher Self — the deepest, wisest part of your awareness. Your prepared questions are asked here. Clients often describe this phase as the most profound part of the experience.

How to Prepare for Your Session

Set Your Intentions — Write down the questions you want to ask your Higher Self. These can be about anything: health, relationships, career, purpose, recurring dreams, unexplained feelings. There are no wrong questions.

Rest Well the Night Before — A well-rested body and mind are more receptive. Avoid alcohol and caffeine the morning of your session if possible.

Keep an Open Mind — Your experience may not match what you have read or seen online. Let go of expectations and trust what comes through. The subconscious communicates in its own language.

Allow 5–6 Hours — Do not schedule anything immediately after. Give yourself space to integrate. Many people describe a feeling of deep calm, expanded awareness, or gentle emotional processing in the hours and days following a session.

Who Is QHHT For?

QHHT tends to attract people who are seeking deeper understanding — of themselves, of recurring patterns in their lives, or of experiences that other modalities have not fully addressed. You might be drawn to QHHT if you:

- Feel a strong inner pull toward self-exploration and personal growth
- Have questions about life purpose, soul lessons, or relationships that keep recurring
- Are curious about past-life experiences and their connection to your current life
- Want to access your own inner guidance rather than relying on external sources
- Are at a crossroads and seeking clarity from a deeper place

Ready to experience it for yourself?
Book a session at [bluewaveenergetics.ca/book](https://www.bluewaveenergetics.ca/book)

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