

WHAT IS QUANTUM HEALING HYPNOSIS TECHNIQUE (QHHT)?

Quantum Healing Hypnosis Technique (QHHT) is a process refined over decades by Dolores Cannon. The process uses hypnosis to visit the "most appropriate" time(s) in your past that has had an impact on your current life. This might be part of your past in this lifetime, but people often see past lives. The process then goes on to call in your "Higher Self." Some people prefer to use terms like God, Oversoul, Christ Consciousness, etc. Sheri will use the term that works best for you.

You'll come to the appointment with a list of questions that she'll go over before the hypnosis begins, so she understands exactly what you're looking to have answered in the session

THE QHHT PROCESS

THE QHHT SESSION PROCESS:

- **Visit scene(s) from a past**
- **Call in the Higher Self**
- **Ask the Higher Self about the scenes revealed and how they're relevant to your current life**
- **Body scan to review any physical conditions (this may involve learning why they exist and may even include spontaneous healing)**
- **Ask the questions you brought to the session and get detailed responses**

* **You will receive a recording of the hypnosis part of your session**, so you can continue to review and learn from the information that was revealed.

HOW LONG DOES A QHHT SESSION TAKE?

A full QHHT session is 3 parts: pre-hypnosis interview, hypnosis, and post-hypnosis review. The hypnosis section takes around 2.5 hours, so it's the length of the interview and review that determines how long the session lasts. **A session commonly runs for 4 to 5 hours.** Some people don't remember anything while under hypnosis, so the post-hypnosis review will run a little longer in those cases.