



Introduction

The information outlined in this document will assist you in having the best possible Quantum Healing Hypnosis experience possible! If you have any additional questions or concerns, please let me know.

Topic Menu

- Preparing for a Quantum Healing Session
- Learn to quiet the mind with meditation
- Create intention and begin affirmation – *You are connected to and can communicate with your Higher Self*
- Leave expectations behind
- Read and understand common hypnosis myths
- Create list of questions and concerns (Limit or combine - 12 to 15 is common)
- Clear your day after the session, most need rest/re-integration time
- Light exercise before the session – a morning walk is ideal
- Light meal or snack before the session
- Avoid caffeine (do NOT ELIMINATE if you are unable to function without it)
- What if I can't be hypnotized / Unable to connect with my SC
- Registration and Payment

Preparing for a Quantum Healing Hypnosis Technique (QHHT) Session

It is up to you to decide how much you want to do to prepare for our session. In truth, the most important and only requirement is to trust the process, yourself and show up with an open mind! However, many benefit greatly by learning to quiet the mind, reading some helpful articles to debunk myths and learn what to expect.

Learn to Quiet Your Mind

If you do not meditate regularly, now is the opportune time to begin. A quiet mind that is not filled with racing or looping thoughts (the Hamster Wheel) is your best asset in a Quantum Healing session.

Here is an excellent YouTube video by Sadhguru (2021) about meditation for beginners.



Start here:

<https://www.youtube.com/watch?v=ZjE3kRiNkJ8>

Note there are many types of meditation, from formal and traditional mantras to walking in nature, gardening or simply sitting quietly – alone with your thoughts for few minutes each day.

Consider asking your subconscious (SC) about meditation in your list of questions. What type, for how many minutes, and how often. In the meantime, you can use the following YouTube nature sounds with headphones to help reduce outside noise interference.

- Forest Birds <https://youtu.be/XxP8kxUn5bc>
- Waterfall Sounds <https://youtu.be/02NQkhbjALg>
- Ocean Waves <https://youtu.be/f77SKdyn-1Y>
- Binaural Beats with music <https://youtu.be/-OkCwjpeiBc>

Creating Intention and Begin Affirmation

It is important to define and set your intentions - starting from the very moment you have decided to schedule a session - to have clear and direct communication with that part of you that is able to provide healing and information. Many call it your "Higher Self." Dolores Cannon called it the Subconscious, or SC.

"I have clear and direct communication with my Higher Self."

Note the tense of this sentence. It's not "I will have", it' is "*I have.*"

You can then repeat this intention either silently or out loud throughout your day and most importantly, right before you go to sleep at night. Set a reminder for yourself if needed – it's that important!

Leave Expectations Behind

Intentions and expectations are very different things. Candidly, having *expectations* about your QHHT experience are not helpful. Also, as the collective consciousness continues to rise, it is becoming more common to "be present" for your entire experience and remember much of what was said while in trance.

Here is a video that was created by Candace Craw-Goldman and Dolores Cannon many years ago about expectations in any Quantum Healing session: <https://youtu.be/qcwl6411AY4>

Practice by listening to Prerecorded Regressions



There are many resources on YouTube. Here is a practice regression video with QHHT Level 3 Practitioner Sarah Breskman-Cosme. Listen to this video multiple times until you are able to find your surprise in your own closet. See <https://www.youtube.com/watch?v=TxGEmSg95FE>

Common Hypnosis Myths

Simply put, no, you will not simply go to sleep and wake up with all of your problems solved and no, it is not required that you go so deep into hypnosis that you become unconscious.

Please read the following article about common misconceptions about regressions and hypnosis.

<https://www.quantumhealingpractitioners.com/blog/i-cant-be-hypnotizedand-other-hypnosis-myths-61>

Additional Preparation Information

Here is a great article about how to prepare - with more article links embedded in the narrative:

<https://www.quantumhealingpractitioners.com/blog/nine-ways-to-prepare-for-a-quantum-healing-or-qhht-session-56>

Prepare a List of Questions and Concerns

You will want to prepare a list of questions and concerns. Write this list of questions down on paper and hand it to me at our appointment. Alternatively, create a word document and send via email prior to your session, thank you.

As well, put these questions and concerns in order of importance to you as we may not be able to address them all. It does not matter how many questions you come up with, only that you put them in order of importance.

What kind of questions? The general rule is to ask personal questions or keep topics related to your personal life. Here are a few examples.

- I have had asthma since birth. Why? Can it be healed?
- I am in a new love relationship. Is this person the right one for me?
- I really dislike my job and would like to quit and find a new one. Should I?
- I have a difficult relationship with my sister. Why is this so and can it be resolved?
- Many years ago, I had something strange happen to me. (This could be a dream, vision, feeling, or experience) What exactly happened, and why?
- I have a lifelong interest in (name ANY subject) can we explore this in depth?



Preparation on the Day and After the Session is Over

Don't drink alcoholic or caffeinated beverages before the session, or even, the evening before, if possible. If you are a regular morning coffee drinker, please don't skip your coffee, but go easy and keep it to a minimum before your session.

Light exercise prior to your appointment, like a long walk, is an excellent way to prepare for a successful session. This is another good time to repeat your intention. We want your body relaxed, but your mind quiet and alert and engaged.

As much as possible, clear your day for the session. We'll begin by talking at length, going over the process and your questions – typically 2 hours or more. We'll then take a short comfort break for about 10 minutes or so. Once you're comfortable and relaxed, we'll begin the actual hypnotic "regression" asking your SC to show you 2 or 3 past-life experiences with information that is relevant to you today.

Lastly, we'll connect directly with your SC and ask your questions. Afterwards, we'll review your experience and make sure you are awake and grounded before leaving for the rest of your day. Best to avoid additional appointments or have a long drive ahead of you after your session. Having a QHHT session is very much like participating in a long, very detailed and involved daydream. You really will feel as if you have just returned from an amazing journey - visiting other worlds and lifetimes, and in fact, you will have done exactly that. It is best to have some time to process your experience and give yourself an opportunity to fully return to your regular conscious day-to-day reality before attempting any complex mental tasks or strenuous physical activity.

After our session I will prepare your digital recording and send an .MP3 file or .WAV file to your email address.

Listening to your session in the days and weeks and even months ahead is an extremely valuable component of your session. Further energetic downloads of information may be enhanced by repeat listening. Also, any healing or life improvement suggestions can and will be reinforced by listening to the audio. One goal of quantum healing is to have your conscious mind "get on board" and align with your Higher Self and its goals and accept any changes or healing you intend to occur.

What if I am Unable to be Hypnotized / Unable to Connect to Subconscious (SC)

It is unlikely this would occur; however, it does happen from time to time. Reasons include the client may be anxious or simply unable to relax. Certain medications can make it quite difficult to achieve trance, as well.

Your practitioner will make every effort and work with you to connect with your subconscious. In the event you are unable to connect, your practitioner will count you out of trance and schedule you for a subsequent appointment. Payment is expected for services rendered and your follow-up appointment will be provided at no charge.

Registration and Payment

QHHT sessions scheduled through ascensionqhht.com require a 50.00 USD deposit. Payment in full must be completed when your QHHT session concludes unless other arrangements are agreed upon. The total fee for completed session is 400.00 USD.



Sessions can be paid via PayPal / Venmo / Zelle. Of course, cash is always accepted and is the preferred method of payment.

Cancellation fees may be charged. Please be courteous and provide as much notice as possible if you must cancel or reschedule. I often have a waiting list of clients who would be happy to take your spot!

Should you need to cancel an existing appointment, your 50.00 USD deposit will be applied to a rescheduled appointment provided the new appointment date occurs within 30 days from the canceled appointment date.

Cancelling without rescheduling or failing to show up for an appointment will result in a 50.00 USD cancellation fee.

Contact / Office Location

Our practice is located behind Rum Runners in the Key West Professional Center at 2708 US ALT 19, Office 507-9, Palm Harbor, FL 34683. [Click for Google Maps and directions.](#)

My cell phone for calls or texts is 813-510-0078. Best email: brian.donahower@gmail.com

Quantum Healing Sessions are powerful, memorable, and often life changing. I look forward to meeting with you and thank you for the privilege of conducting your QHHT Session

In Love and Light,

- *Brian*

Having A Fantastic QHHT Session - Top Tips and Myths



- ☞ I'm aware, I remember everything ☀ that's OK. For different reasons some clients may be more aware than others. In a past life, for example, you are likely in a more conscious mind state and will recall. In theta (channeling bit) it's deeper so feels more like a dream. The newer consciousness is more aware of this state and more lucid .
- ☞ I think I remember everything ☀ that's different again. You are very unlikely to remember everything, as conscious beings the conscious mind likes to think it does. Listen to your audio.
- ☞ I'm making it up ☀ First, we generally as humans aren't that imaginative to make up an entire story with facts and images and themed... it is just the human side of us that is doubting what we receive . If someone was to make up an entire 90-minute story, then we would all be movie producers . Trust yourself , why did it show you that? Also remember, making up is imagining. ALL imagination comes from the subconscious mind. Anything from the SC is extremely helpful.
- ☞ I wasn't under ☀ back to the first two points. You're under every 2 to 3 minutes in everyday life. Daydreaming, drifting off, framing, etc... It is a misconception that has to be addressed before your session during your interview. Misconceptions are what will lead to you not having an incredible session. Also, when listening to your audio, listen for slight voice changes, different phrases, and words you wouldn't consciously normally use. All because it isn't the conscious you there.
- ☞ It wasn't real ☀ again it doesn't matter. You came for answers / healing - did you get it? if you felt emotions or any emotion it's 100% real, as all emotions come from the SC - not the conscious mind . It you felt sad / fear / happy or so forth it is 100% real regresses memory .
- ☞ Go with an open mind on what and how you will get the healing you need.
- ☞ Trust and believe in yourself!