

## **Guidelines for QHHT®**

QHHT® creates a framework of contact and interaction between the Outer Self (Conscious Mind) and the Inner Self (Subconscious). This is made possible when you make the commitment to tackle your problems and life questions, and to open yourself up to the help and support of other levels of your consciousness. How this interaction is taking place can be different for each client.

### Some examples

Due to Dolores Cannon's work, the most prominent form of interaction is the Subconscious speaking through the hypnotized client. As this is the most direct way of relaying inner information, a QHHT® practitioner always aims at making that happen. Whether this form of interaction is possible during a session highly depends on the client, though. It is very probable for people who are able to immerse themselves completely in a guided process, and are able to calm down the critical, analytical, controlling part of their mind. They let go and allow their Subconscious to express itself through the vocal chords during their session. This feat must be accomplished by the client. The hypnotist can suggest it, but it can't be forced. (Based on our experience, approx. 70% of clients allow that to happen.)

In other cases, the Inner Self may convey its wisdom through the client's senses - mostly visually, but not exclusively. Scenes from other lifetimes, from childhood, and symbolic visions are among the spectrum of possibilities that can be used to answer the client's questions. This is probable for people who allow themselves to be hypnotized and go into a trance, but their critical mind does not let go completely in order to step aside and leave the stage to the Subconscious. In trance, the inner eye is very receptive, especially if its abilities are naturally strong or well-trained. Same is valid for inner hearing and inner sensing. Sensory information can be experienced in addition to the verbal communication or just by itself. (Based on our experience, approx. 60% of clients receive visual or other sensory information.)

In cases when the Conscious Mind is allowing neither verbal communication with the Subconscious nor sensory information to come through, the session can work more as a kick-start for potentially big positive change to manifest in the hours/days/weeks afterward. The intention of contact and cooperation is sufficient for giving permission to the Subconscious to initiate the necessary energetic changes. Bit by bit, almost "magically", the challenges and problems that the client had brought into the session are overcome, even though no perceived information has been shared during the session. This experience can be had by people who don't find it easy to let go and to allow their critical, analytic, controlling part of the mind to temporarily recede and relax. Interestingly enough, many people who would describe themselves that way end up having no problem at all with letting go and immersing themselves in the process. (Based on our experience, approx. 25% of clients experience kick-start sessions.)

### What is certain

Each soul has its own path and its own timing. What works for one is not appropriate for another and, therefore, different experiences are being made. All of them are beneficial. QHHT® sessions are as individual as the people who experience them. Even we as practitioners can't predict what the Subconscious is going to show and reveal. Over the years, we have learned to trust them. They know what they are doing. When cooperating with the Subconscious, nothing can be forced. Whatever happens is what is necessary and possible for each client. In our experience, the more relaxed and unbiased the client is when going into a session, the more wonderful the experience will be.

Believe. Trust. Allow. Everything is possible!