

PREPARING FOR YOUR QHHT SESSION

One of the benefits of a QHHT session is that you will have the opportunity to bring questions to your Higher Self. Now is a great time to think about what questions you want clarity on. Write them out and bring them with you to your session. These questions can be about anything at all. Following are some examples of topics clients have come in with:

- Health concerns
- Current occupation
- Personal challenges
- Immediate family situation
- Personal background history
- Important people in their lives
- Mental and emotional discomfort
- What is my purpose or mission in this life?
- Why did I choose my family/mate?
- How can I access my spirit guides?
- Who and where are my soul mates?
- Have I been abducted?
- Am I being contacted by off planet sources?
- Can I be healed?
- What can I do to assist healing?

Because we will be working with your Higher Self during the session, it is important to understand **what** that is, and **how** it can come through.

Your Higher Self is so big that it knows the answers to everything, and it is total love. This is also the part of you that can do instantaneous healing. It doesn't matter what we call it (subconscious, higher self, universal mind, etc.) because it will work with us no matter what we call it. It knows everything about you; there are no secrets. It knows all about your life. It knows the plan that you can into this lifetime with. It knows your contracts and agreements with other people. It knows why you are having the QHHT session, and it knows what you are supposed to get out of the session because it sees the bigger picture. So, it knows everything.

Every client experiences their Higher Self in different ways:

- Some feel like they simply step aside and allow "someone else" to speak. They don't feel like they are the ones actually speaking.
- Some hear the words "in their mind" and they just repeat them.
- Some see pictures or visions and they interpret them.

This is the part of yourself that we are going to trust to take you wherever it is that you are supposed to go during your session. I do not and will not lead you anywhere. I am only the facilitator to allow your Higher Self to come in and help you. You have to be able to relax, see pictures in your mind, and talk to me to answer when I ask questions. You will need to be able to trust what you are experiencing, trust that it is real, trust that you can say whatever comes into your mind without thinking about it. That is very important. No matter what thought or idea comes through, just repeat it. It may feel like you are making it up at the moment, but when you get the full experience, you know you are working with a much more powerful source. The key is to let go of all expectations of how you believe or feel a trance state must be, should be, and cannot be or how deep you need to go. Simply trust that your Higher Self knows exactly what you need and is already preparing you for your journey.