



Preparing for a QHHT Session

The information outlined in this document (below) will assist you in having the best possible quantum healing consciousness exploration possible! If you have any additional questions or concerns, please let me know.

- Preparing for a Quantum Healing Session
- Learn to quiet the mind with meditation
- Create intention and begin affirmation – *You are connected to and can easily communicate with your Higher Self*
- Leave expectations behind
- Read and understand common hypnosis myths
- Create list of questions and concerns (Limit or combine 5 to 12 is common)
- Clear your day after the session, most need rest/integration time
- Light exercise before the session
- Light meal or snack before the session
- Limit caffeine (do NOT ELIMINATE if a regular coffee or tea drinker, just limit)
- *Recordings are not kept long. Download your audio file immediately!*
- 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 of you benefit greatly by learning to quiet the mind, reading some helpful articles to debunk myths and provide relevant information, and by doing some practical things like *practicing*.

Learn to Quiet the Mind

If you are not a regular meditator now is the time to begin. A quiet mind that is not filled with racing or looping thoughts is your best asset in a Quantum Healing session.

This is an excellent YouTube video that explains exactly what meditation is and why it is important.

<https://youtu.be/ZpCjZEikUGs>



Meditate in silence a minimum of 10-20 minutes per day or 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 begin to intend, from the very moment you have decided to schedule an appointment, to have clear and direct communication with that part of you that is able to provide healing and information. Let us call that part of you, your Higher Self. Dolores Cannon calls it the Subconscious, or SC.

“I have clear and direct communication with my Higher Self.”

Note the tense of this sentence. It is not “I will have”, it’s “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. Put a “post it note” on your bathroom mirror to remind you and you can focus upon your intention as you brush your teeth and prepare for bed.

Leave Expectations Behind

Intentions and expectations are completely different things. Specific *expectations* about what you are about to experience are not at all helpful. Also, why you may absolutely remember and “be present” for your entire experience.



Here is a detailed explanation of QHHT, Past-life Regression, working with the Subconscious (SC) and Healing possibilities.

<http://dolo rescannon.com/about-qhht/>

Practice by Listening to a Prerecorded Regression

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 can find your surprise in your own closet.

<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 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 misperceptions 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 that one.

<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. As your facilitator I ask that you write this list down on paper and hand it to me at our appointment or create a word document and send prior to the session via email. Please neatly handwrite the list or print it out on the computer so that I might easily read your questions during the session. Also put these questions and concerns in order of importance to you as we may not be able to address them all. I have had many clients bring a single question or issue of concern to the session, and some who bring many. 6 to 8 questions are typical; however, it really does not matter how many 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

Do not drink alcoholic or caffeinated beverages before the session, or even, the evening before, if possible. If you are a regular morning coffee drinker, **please do not 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 begin by talking, going over the process and your questions. Then you get comfortable and relaxed and we begin the actual hypnotic “regression.” Afterwards, we go over what was experienced, and we make sure you are awake and grounded for the rest of your day.

It is generally not a good idea to have additional appointments after your session or plan a long drive ahead of you (unless you are in the passenger seat). Having a QHHT session is very much like participating in a long, detailed and involved daydream.



You really will feel as if you have just returned from an amazing journey, having visited other worlds and lifetimes, and in fact, you will have done just 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 repeated listening.** Also, any healing or life improvement suggestions can and will be reinforced by listening repeatedly 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.

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 a completed session is 295.00 USD.

Sessions can be prepaid via ascensionqhht.com or PayPal / Venmo / Zelle / Cash App or, you may mail or bring a check to our session, and of course cash is always accepted and is my preferred method of payment.

Cancellation Policy

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

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

Quantum Healing Sessions are powerful, memorable, and often life changing. I look forward to our time together.

In Love and Light,

~ *Brian*