



How to prepare for your Quantum Healing Hypnosis session

AWARENESS

The most effective way to prepare for your session is to be aware that you will have a direct and clear communication with your Subconscious Mind, your Higher Self, your Guide, your Soul's experiences, or that part of you that knows you best. It holds the collective wisdom, that is always available to you and that you can access in a deep state of trance. It's important to know that the state of trance is a natural state that you experience multiple times during the day.

INTENTION

Set the intention that you will have a great session and know that **you will get only what you need and can handle** at that very moment in time.

Mentally repeat to yourself throughout the day:

"I have clear and direct communication with my Subconscious Mind"

This will ensure you already start the preparation and are open to the experience on the day of your session.

RELAXATION

Practice relaxation prior to the session.

Close your eyes and bring your awareness to your breath, breathing in and out slowly and deeply while relaxing each and every part of your body, releasing any tension and reaching a blissful state of relaxation.

You may want to use the following guided [meditation](#) or any other meditation of your choice to help you get ready and able to **reach a deeper level of relaxation** at will, anytime.

YOUR QUESTIONS

Prepare and make a list of the questions or concerns you may have that you would like to address. These can be on your personal life, your health, your career, your significant relationships... **Write them down** for our session. I will want to discuss them with you on the day.

This is a spiritual session about YOU, so let the focus be on you and not anybody or anything else.

HOW TO BE PREPARED

The session can take an average of 4 hours, sometimes longer than that. We will take all the time necessary. Here are few important things to do:

- **Prioritize yourself:** reserve the whole afternoon and evening for the session
-eat something light before the session. Clean live nutritious food is best (fresh vegetables and fruits)

-**drink lots of water.** Water is a conductor of bioenergy and healing is most effective on a well hydrated body. The session won't be affected if you need to empty your bladder during the session. Remember, **each time you go back to hypnosis, you go deeper.**

-**wear comfortable and loose clothes.** Have socks and a jumper if you feel cold usually.

-**make sure you are well rested,** alert and able to focus on the instructions given.

-get a good night's sleep before. **Hypnosis is not sleep** and I can't facilitate a proper hypnosis session if your mind is tired and unable to focus.

WHAT TO AVOID

I would request that you avoid drinking coffee or alcohol, and smoking before your session. Ideally, even 2-3 days before.

NO EXPECTATIONS

Each hypnosis session is unique and perfect the way it happens. You will experience exactly what you need to experience at that moment in time.

Have no expectations of what you should feel like when you are in a hypnotic trance or what your session should be like. Keep an open mind.

Hypnosis is not sleep. You will be deeply relaxed and aware during the whole session. You are never unconscious. It feels more like a daydream.

Most people remember almost everything they experienced. They often think they are making it all up. That's normal because **Hypnosis is a natural altered state of awareness** and will not feel much different than daydreaming. Just enjoy the experience and let the Universe take care of the rest.

YOUR SESSION

Before the hypnosis session, we will have a long conversation so that I get to know you, we will review your concerns, if any, and questions and spend some time discussing what the session entails.

Your session is private and confidential. It's a place where both, you and I, need to feel completely safe, so **no one else is allowed in your session.**

VENUE

It's always best for you to have the session in the comfort of your own bed, **in your own home** to maximize the conducive feeling of comfort and safety, and it can also take place at the practitioner's place, where all conducive conditions are present. The choice is yours.

Hypnosis cannot be performed remotely or online.

Remember that **the more comfortable and safe you feel, the more you will relax and the deeper you will go into trance.**

RECORDED SESSION

The session will be audio recorded and sent to you right after the session.

AFTER YOUR SESSION

You will be fully alert and deeply relaxed.

You may feel your body buzzing with energy.

You may feel like purging or taking a long nap.

Make sure to drink lots of water after the session.

Eat something right after the session so that it will ground you.

Listen to the recording, but not while driving. It's recommended that you listen to it for a minimum of **21 days**, in order for your subconscious mind to **make permanent changes.**

Since the vibration of your session will also be recorded, you will continue to receive new insights and self-healing each time you listen to the recording.

Your connection to your Higher Self will remain open so pay attention to synchronicities, to your thoughts, your dreams and intuition in the following days and nights, as healing happens during your sleep.