

## Quantum Healing Hypnosis

Renowned author and hypnotherapist Dolores Cannon (1931 – 2014) was the originator of the Quantum Healing Hypnosis Technique. QHHT enables direct contact with what Dolores calls the Subconscious for the purpose of answering your most important questions and providing the basis for healing.

More information is available at: [www.dolorescannon.com](http://www.dolorescannon.com), [www.qhhtofficial.com](http://www.qhhtofficial.com)

### What to Expect During the Session

You will come with a list of questions.

When you arrive, we will begin by relaxing and getting to know each other. I want to hear about you and your life, and your reasons for wanting this experience. We will review your list of questions. We will talk about how easy it is to be guided into this deep state of relaxation to let go and allow yourself to have the experience. We will talk about hypnosis, or what I prefer to call relaxation, and how natural and easy relaxation is. After all, if you can fall asleep you can easily allow yourself to relax to the deepest level of consciousness – this is something all humans can do.

Then I will get you settled comfortably ready for deep relaxation ... As we begin the induction you will see how easy and natural hypnosis is, all you have to do is relax, listen to my voice, and answer my questions with the first thing that you see, feel, hear, or simply know. You don't even have to think about up, the very first thing is always the correct answer. There is no wrong way to experience QHHT, simply relax and let the magic unfold. I trust the wisdom of the Higher Consciousness completely and I ask you to let go of any doubt and trust this part of yourself too.

While in this deep state of relaxation, you will be guided through one to three past lives or other experiences your soul has had. Your Higher Self is lovingly taking you to the most appropriate time and place where questions and issues began. When you know where something began and why, then you can understand, heal and move on in a better way.

Once we have finished with past lives, we gently access your Higher Self to answer your list of questions and to scan your body to heal and repair issues that are known and sometimes unknown. We more commonly know this Higher Self aspect of ourselves as our intuition or gut feeling. And it does speak through us but rarely is acknowledged. We all have those moments of clarity where the most perfect words spill through and make perfect sense. Allowing the stream of consciousness called your Higher Self to use the gift of your voice is truly beautiful and amazing. The power of this experience is that it is YOU (the Higher Self) telling YOU (the conscious self) what the root causes and issues are and how the healing is occurring. I am only the facilitator and your assistant in this process.

I will gently count you up, bringing you back to full wakefulness, feeling refreshed and wonderful! You may feel like you have remembered every detail, but just as with a dream you may find the memory fading. There is no need to remember everything though, I will give you a recording of your session to take home and review at any time. In fact, by listening to your recording over, and over again you will gain insights that you may not have noticed while in session. It has been noted that those who listen to their recording often build on and surpass the original, in session, healing.

An entire session will take 3-5 hours, sometimes a little longer.

[www.AHandAlongtheWay.ca](http://www.AHandAlongtheWay.ca)

613-453-4885

[laurie\\_belisle@outlook.com](mailto:laurie_belisle@outlook.com)

### How to Prepare for Your Session

1. Intention - The most important way to prepare for a session is from the moment you have decided to schedule an appointment to have a clear and direct communication with the part of you that is able to provide healing and information. That part of you is your Higher Self. Say to yourself, "I have a clear and direct communication with my Higher Self."
2. List of Questions - You will want to prepare a list of questions and concerns. Neatly hand write the list or print it out on a computer so that I can read your questions easily during the session. Also, put these questions and concerns in the order of importance as we may not be able to address them all. It really does not matter how many you come up with as long as you put them in order of importance. No question is silly or absurd. What kind of questions? The general rule is to ask personal questions or keep topics related to your personal life. Areas in your life that you may be curious about: Physical pain, Past surgeries, Allergies, Birthmarks, Relationships – family/personal, Phobias, Habits, Recurring dreams, and Life purpose. Here are a few examples of questions.
  - 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?
  - Am I on my right spiritual path?
  - Can I meet my spirit guide or guardian angel?
  - Can I improve my intuitive or psychic skills? How?
3. The night before & the day of your session don't drink alcohol. Eliminate or limit your use of caffeine the day of your session. If you normally have 3 cups of coffee in the morning, try just having one.
4. Eat well but light before you come in. The entire session could go 3-5 hours, sometimes a little longer.
5. Dress comfortably.
6. Having a regression 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. It is generally not a good idea to have additional appointments after your regression, or activities that require a great deal of concentration.
7. Your session will be recorded. You may remember some, all or nothing of your session so a recording is great and actually important to your process after we meet. The more you hear yourself, the more easily the changes can stick. I will copy the MP3 file from the digital recording device to a USB flash drive or CD for you to take with you when you leave
8. Your session is a private session. Even though spouses/partners/friends want to be with you to witness this amazing event it is a place where you need to feel completely safe that your confidentiality in all matters is observed. Because of this, no one else is allowed in your session. You may share your recording or any memories or thoughts at your discretion.

If you have questions about how a session works please feel free to contact me. If for any reason you need to cancel or reschedule, please let me know as soon as possible. I only book one appointment a day to ensure that all needed time and attention is given to each client.

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Client Information and Agreement Form

1. **I am willing to be guided through relaxation, visual imagery, hypnosis, and/or stress reduction techniques.** I am aware that these modalities are spiritual-based and non-medical in nature and it is my responsibility to consult my doctor about any changes in my condition or changes in my medication.
2. **I understand the above modalities are not substitutes for regular medical care** and I have been advised to consult my regular medical doctor or health-care practitioner for treatment of any old, new, or existing medical conditions.
3. **I understand that being hypnotized is not being asleep.** During a deep hypnotic trance, you can open your eyes, speak, laugh, walk and you may be aware of everything that happens around you. You can even open your eyes and think it is not working and are not hypnotized. But when you allow the feelings or thoughts that come to your mind to flow freely as Laurie speaks to you, you will relax and remember forgotten events in this life or a past life.
4. **I understand that change is my own and complete responsibility.** I understand **all healing is self-healing** and that Laurie is only a facilitator in the process of helping me solve my own problem(s). It is my responsibility to be open and honest, provide accurate feedback and be forthcoming with details and information that may help me achieve my outcomes.
5. **I understand that our session will be digitally recorded for my later use** and that Laurie Belisle retains copyright of these recordings. I also understand that in these types of metaphysical sessions, the energy in the room can affect the equipment and recording resulting in static or blank recordings.
6. I understand that often in Quantum Healing sessions, universal information is provided through the client to benefit all of humanity. **I agree to allow Laurie Belisle to share this information** and any accompanying story either on video or in written form in blogs or books as long as my first and/or last name and all personal and relevant details are omitted and/or changed.

I am of legal age and understand I am entering into a cooperative relationship of my own free will. I accept that I am a willing participant in this cooperative relationship that will employ hypnotic techniques, regression, and any other appropriate modality by Laurie Belisle. Therefore, I do hereby release and discharge Laurie Belisle from all claims of damages, copyright, demands and actions whatsoever in any manner arising from or growing out of my cooperative participation. I have received and read this Client Information and Agreement Form and understand what I have read:

Client Name: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_