**Thank you for choosing BQH with Candace Uvalle!**

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**The Moment that you say, “Yes!” to a BQH session, the energy begins to prepare and work for you!**

**What is Beyond Quantum Healing (BQH)?**

BQH is a quantum, or multi-dimensional, heart and energy-based regression modality that works on all levels including the spiritual, mental, physical and emotional. Since all healing is self-healing, a client will work with their Higher Self and spirit/healing teams or guides to create the highest potential healing outcome from a BQH session. Spirit will assist the practitioner in guiding the client into deep consciousness exploration to gain the clarity and healing most needed. The session is centered around the client’s healing intention, but sometimes, other areas will be addressed in addition to or instead of the stated intention.

**Preparing for a Quantum Healing/BQH 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, and yourself and show up! But, many of you benefit greatly by learning to quiet the mind, reading some helpful articles to debunk myths and provide relevant information, and also by doing some practical things like practicing meditation and visualization. Come to the session hydrated. Water is alchemical liquid consciousness!

**Introductory Hypnosis Information:** <https://youtu.be/NaabO7K_kHI>

<https://www.quantumhealers.com/blog/what-is-hypnosis-and-what-is-it-not-372>

**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’s call that part of you, your Higher Self.

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

Note the tense of this sentence. It’s 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.

**Preparing for a BQH Session with Candace Uvalle:**

The information contained in this document 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.

* 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
* Practice by listening to recorded regressions
* Practice visualization – imagination
* 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 and meal/snack before the session
* Limit caffeine (do NOT ELIMINATE if a regular coffee or tea drinker, just limit)
* Online sessions- Familiarize yourself with Zoom and ALL of your equipment **prior to the session.**
* *Recordings are not kept long. Download your audio file immediately!*
* Registration and Payment
* Hydrate, hydrate and more hydration before your session. (It’s ok if you need to pee during session! It’s good, in fact, as you may be releasing.)

**Practice Regression:**

This beautiful guided meditation takes you deeply within yourself on a journey through the woods to a mossy clearing beside a brook, and then through your own personal gateway to the worlds and wisdom that lie beyond. This exercise will give you practice following the guidance of your BQH practitioner, while also simultaneously tuning in to your own intuition, knowing and sensations. [**https://youtu.be/B3g8qCJyEKY**](https://youtu.be/B3g8qCJyEKY)

**Sample of Full BQH Session:** Helpful to see all elements within a session!

[**https://app.ruzuku.com/courses/28841/activities/756772**](https://app.ruzuku.com/courses/28841/activities/756772)

**LEAVE EXPECTATIONS BEHIND!**

5-minute video explaining some complications of expectation with some general info about what to expect from a BQH session.

[**https://youtu.be/3zHlO9T77CE**](https://youtu.be/3zHlO9T77CE)

**Expectations Video with Candace Craw-Goldman and Dolores Cannon and why leaving expectations of yourself and the experience at the door is beneficial!** <https://youtu.be/qcwI6411AY4>

**Who is Dolores Cannon and Candace Craw-Goldman?**

Dolores Cannon is a pioneer in consciousness exploration, who developed the regression modality of QHHT (Quantum Hypnosis Healing Technique). She wrote many books including the popular series *Convoluted Universe* as well as *Three Waves of Volunteers* and *The New Earth* and *Five Lives Remembered.* Dolores has passed on but is still teaching Earth students today!

**Candace Craw-Goldman**, a former student of Dolores Cannon’s work, designed my BQH (Beyond Quantum Healing) course, which is foundationally similar to QHHT but goes beyond the more rigid process and procedure of the past in allowing BQH practitioners to follow their intuition and heart guidance at every stage of a BQH. If guided by spirit or the client’s healing team, a practitioner may also use a healing modality that they are trained in to amplify healing outcomes for the client, such as Reiki or crystal energies.

**Practice Visualizing and Using Your Imagination:**

**Seaside to Starship- A guided visualization:**

If you’d like to practice visualization and activate your imagination before having your BQH session, this guided visualization can assist.

Keep a pad of paper or voice recorder near you if you’d like to record impressions or details of your experience. Listen at night before sleeping or any time you have some quiet time for a magical journey.

<https://youtu.be/SoH5V5BiAFA>

**Imagination/Visualization Exercise:** If you’d like to practice visualization

<https://candacecrawgoldman.com/seeing-exercise/>

**Dear Left-Brained Client:**

<https://candacecrawgoldman.com/dear-left-brained-client/>

**Feeding Your Imaginative Self:** Playing with your imagination before a BQH session

<https://candacecrawgoldman.com/feeding-your-imaginative-self/>

**Dear “What if” Right-Brained Client:**

<https://candacecrawgoldman.com/the-what-if-game-exercise-your-right-brain/>

**Learn to Quiet your Mind:**

If you are not a regular meditator now is the time to begin practicing to quiet your mind. A quiet mind that is not filled with racing or looping thoughts is one of your best assets in a BQH session.

**Defining Meditation:** This is one of the best descriptions of what meditation is and why we need it. It is an hour long, so you’ll need some down time to complete it. <https://youtu.be/ZpCjZEikUGs>

A helpful article from *Mindful* which offers meditation basics and benefits: <https://www.mindful.org/how-to-meditate/>

**Meditation Aids:**

Meditate in silence or through a guided journey a minimum of 10-20 mins. daily or use the following You Tube nature sounds with headphones to assist.

**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>

**Chirping Birds near a stream:** <https://youtu.be/eKFTSSKCzWA>

**Mindfulness and More Relaxation:**

**A Mindfulness Exercise (5-minute):** <https://youtu.be/dEzbdLn2bJc>

**Mindful Breathing (3-minutes**): <https://youtu.be/SEfs5TJZ6Nk>

**Deep Relaxation (18 minutes):** <https://youtu.be/Jyy0ra2WcQQ>

Below, you will find a few articles about the ever-present inner/ego question: “Did I just make that up?” The answer is yes! You absolutely co-created your own healing in your own unique way with help from your Higher Self, your personal guides and Spirit! However you imagine (visualize), feel, sense, know, taste or smell your session is absolutely perfect for you! You can’t make a mistake when receiving a BQH regression, as you and your healing team will have a unique intention/s and healing methods that are formulated just for you! Each session and client are different, so trust the process, trust yourself and Spirit’s assistance. Grandiose expectations of cosmic adventure or of “who and what” during a session can lead to judgement of your experience. Stay in your heart and intend for the highest healing and vibrational outcome, and so it will BE!

**Did I make my BQH Experience up?**

<https://candacecrawgoldman.com/qhht-and-making-it-up/>

**Visualization, Imagination and I just Made it all Up!**

<https://www.quantumhealers.com/blog/visualization-imagination-and-i-just-made-it-all-up-336>

**Common Hypnosis Myths:**

It is not required that you go so deep into hypnosis that your become unconscious for the session to be affective. Healing through BQH or any modality occurs over time at the pace and speed just right for you! Please know that the healing energies which you experience during your BQH session will continue to work for however long after the session that they are needed. And sometimes, the healing actually takes place predominantly after the session. Again, there are endless outcomes and possibilities with BQH that are based on your specific needs.

Please read the following article about common misperceptions about regressions and hypnosis.

**I Can’t Be Hypnotized and Other Common Hypnosis Beliefs:**

<https://www.quantumhealers.com/blog/i-cant-be-hypnotizedand-other-hypnosis-myths-61>

**Additional Preparation Information:**

This is a comprehensive article on how to prepare with articles embedded at the bottom that you’ll find listed individually throughout this packet.

**Article: 9 Ways to Prepare for a BQH Session:** Great Beginner’s Resource

<https://www.quantumhealers.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 create a Word Document or Google Doc and send it to my email @ candaceuvalle@gmail.com at least 24 hrs. prior to our pre-session interview. Also, ***please put these questions and concerns in order of importance to you***, as we may not be able to address them all. Clients will sometimes bring a single question or issue of concern to the session, while others bring up to a dozen. It really does not matter how many you come up with, only that you put them in order of importance.

What kinds of questions? The general rule is to ask personal questions or keep to topics that are 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 a good fit 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?

As your facilitator, I have my own prepared list of “standard” questions that I can ask, if you feel that your list is short or not comprehensive. Also, know that I keep your written list for my files, so please make an extra copy if necessary.

**Preparation on the Day and After the Session is Over**

Please do not drink alcoholic or caffeinated beverages before the session, or even, the evening before, if possible. If you are a regular morning coffee or tea drinker**, please don’t skip either,** 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 ground and relax before your session. During your walk is another good time to repeat your intention of communicating easily with your Higher Self. We want your body relaxed, but your mind quiet, alert and engaged.

As much as possible, clear your day for the session. We will begin with a brief discussion of the session process followed by a possible exercise to activate your imagination. Next, we begin to prioritize your questions/healing intentions, which are used to formulate your session intention together. 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 BQH session is very much like participating in a long, very detailed and involved daydream.*** You really will feel as if you have just returned from an amazing journey having spent time exploring your consciousness within the quantum field. Some may take journeys off planet to other worlds or see a more recent past human life, while others may predominantly have a journey of sensation, color or sound. Even if your mind feels foggy afterwards and not completely aware of the journeys you took, 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. You may find that you rest more deeply for a few nights after the session. Continue to hydrate!

After our session I will prepare your digital recording and send either an MP3 file or a Zoom download recording link to your selected email address. **Please download your file as soon as you receive the link and make a backup copy**. My technology does not allow me to archive your recording indefinitely. Zoom links expire quickly, as I must make room for new recordings. Please Do Not delay downloading.

Listening to your session in the days and weeks and even months ahead can be a very valuable component of your BQH session. Even if your conscious mind “remembers” the session immediately afterwards, it can, just as some dreams can, begin to fade from your memory, even if you had an “unforgettable” experience! ***In addition, further energetic downloads of information may be enhanced by repeat 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 in accepting any changes or healing you intend to occur and integrate.

Finally, remember that I am always interested in hearing from you in the future and encourage you to contact me or leave feedback on my **review page** letting me know and others, who may be interested, how the BQH session has integrated into your life.

Review Link Here: https://www.quantumhealers.com/candace-uvalle/writeareview

**Technical Information**

Online or remote sessions are held using ZOOM, an easy web-based video meeting system. You must have Zoom installed on your device, whether it be a phone, tablet, laptop or PC that we are using. Additionally, having a headset with a microphone attached or built in that you can plug into your chosen device is important for the audio quality of your recorded session. Blue Tooth ear buds with short range wireless interconnection to another device that’s recording the session works as well. Please make sure that all devices are charged or preferably plugged in throughout the duration of our session. I will send you a personalized LINK for our session appointment via the email that you provided. A quick note about using phones during a BQH session is that it is key to have something absolutely stable to rest the phone on so that you are not disturbed during your session because your phone needs to be repositioned. Most important to mention is that if we lose internet connection or experience any other technical glitch, which does happen, we can easily resume the session by reconnecting, changing devices and returning to hypnosis once again.

**Please practice using Zoom and test out all of your equipment and your internet connection with a friend BEFORE our session! Technical glitches do happen, but we don’t want to spend valuable session time focusing on equipment or troubleshooting.**

Here is a one-minute video on “How to join a Zoom meeting”

<https://youtu.be/vFhAEoCF7jg>

**Registration and Payment**

Registration and payment must be completed before our session can take place.

*Online Sessions* require prepayment before we begin the session and the easiest way is through my Venmo link here: [www.venmo.com/Candace-Uvalle](http://www.venmo.com/Candace-Uvalle) or on mobile

@Candace-Uvalle

You may elect to send a personal check, but I must have that payment in hand before our session date. See correct mailing address below.

*In-Person Sessions* can be prepaid via Venmo as well, or, you may mail or bring a check to our session. And of course, cash is always accepted. See correct mailing address below.

***Cancellation fees may be charged***. Please be courteous and give me as much notice as possible if you must cancel or reschedule. Emergencies and travel delays are often unavoidable, so I am happy to work with you in these situations, of course.

Make checks out to: **Candace Uvalle**

**Mailing address**:

Candace Uvalle

1165 Acadia Circle

Erie, CO 80516

My cell phone for calls or texts: 303-550-8050

Best email for clients: candaceuvalle@gmail.com

Quantum Healing Sessions are powerful, memorable and often life-changing. They allow us to more deeply remember, embrace and love all parts of ourselves. I am honored to facilitate this process for you and be a small piece of your soul’s journey.

**With Much Love,**

Candace

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