



## What is Quantum Healing Hypnosis?

**Quantum Healing Hypnosis Technique (QHHT)** and **Soul Centre Healing Hypnosis (SCHH)** are powerful techniques which aid both physical and emotional healing by inducing the deepest kind of trance to connect with your 'higher self'. The 'higher self' can also be called the 'subconscious'. It is considered part of the 'divine self', or 'cosmic consciousness', and can be seen as inner guidance separate from our personality. It knows everything about us, our past (including past lives), our present and our future.

The QHHT technique was developed by Dolores Cannon, who was a self-described 'past life regressionist' and hypnotherapist, who wrote many books about her sessions and experiences, of which the most popular include '*The Custodians*', '*Convoluting Universe*', and '*Five Lives Remembered*'.

SCHH is very similar in nature to QHHT and is an add-on technique which was developed by QHHT practitioner Laura Whitworth, which can be practiced online or in-person, and also involves entity removal or release. In my practice I combine the 2 modalities, QHHT and SCHH, and others, to give a thorough Quantum Healing experience.

Quantum Healing is one of the most life-changing experiences you are ever likely to have. It works by accessing a powerful part of the subconscious to give appropriate life guidance, and remarkable physical and emotional healing. It can also provide release from entity or energetic attachments that have attached to the auric field of the client through trauma, grief, abuse, pain or during a serious hospital stay.

The technique takes you deep into your psyche where you can visit latent emotional traumas that have been locked away for any number of years, often dating back to previous lifetimes. It is so powerful that you should only need one session, although a package of 2 sessions (at a reduced combined cost) offers the most benefit. If your subconscious confirms you as having any negative energy or entity attachments, then this will be treated with priority, before getting into the past life regression. (\*\*Most people have many attachments, and it usually means having a 2<sup>nd</sup> session if you want to experience the past life regression.) The QHHT technique facilitates a conversation between you and your higher self, and in this way can release emotions and trauma from previous experiences that you may be holding on to in your current life, causing physical and emotional issues.

I will tailor each session to each individual client's needs, and may also incorporate, or facilitate, any of the following (if appropriate or if requested): Spiritual counselling, sound healing, Starship healing, contact with the Galactic Council, messages from your angels, spirit guides or loved ones on the spirit side.

The minimum age for this technique is 16 years\*. Sessions are completely private, confidential, and should be attended only by the client themselves. Sessions can be held in person or online via Zoom, as long as the correct equipment is in place.

\*For a parent attending with their child between 16 – 18, the parent will be required to leave during the interview and hypnosis session, or wait in another room while this is being conducted.

Surrogate sessions can also be arranged for treating children, elderly and anyone who cannot attend a Quantum Healing treatment themselves. Please ask me for more details if you wish to book a surrogate session for a family member. (\*\*Please note that the person undergoing the hypnosis will need to have had their own SCHH session before a surrogate session can be done for another subject.)

### **A full session includes the following:**

- A brief, free phone or email consultation before your booking (if required)
- Preparation instructions and 30 min guided meditation link sent by email
- Life interview (lasting around 1 hour)
- Hypnotic induction (20 - 30 mins)



- Hypnosis session (up to 2 hours) – including entity release, chakra rebuild, past life regression\*\* and higher self questions session.
- Post session chat and debrief (up to 30 mins)
- Digital MP3 audio recording (or MP4 video recording from Zoom) of the hypnosis session that should be listened to at home

Sessions are completely confidential, and the client should attend alone due to the nature of the treatment. If the client wishes to share the recording with others, that is completely up to them, but they are encouraged to listen to it alone, at least for the first time.

Cost of treatment is £180 per session for weekdays and £222 for weekends, and usually last around 4 hours. (A package of 2 sessions can be booked for £300, at a saving of £60.)

### ***Preparation***

Clients should prepare a list in advance of up to 10 questions that they would like to get answers to during the session. The questions can relate to the current life, goals and talents, relationships, previous lives, physical ailments, emotional issues, etc. My Quantum Healing Hypnosis Guide which is sent to every client will explain more and give plenty of examples.

A link to a 30-min guided hypnosis meditation will be sent at the time of booking, it is advised to listen to the meditation at least once, a couple of days before treatment, in order to get the most out of the session and get used to being in a state of hypnosis.

### ***The Interview***

The interview should take around 1 hour, where we will go over your client paperwork and higher self questions. The details of the interview and your session remain strictly confidential and none of your personal details will be shared with any third party. For GDPR compliance any personal records will be deleted / destroyed in line with GDPR regulations.

### ***During treatment***

There's no magic trick to hypnosis or past life regression, it is simply a way of allowing your mind to relax enough that your conscious mind steps out of the way to allow your higher self to communicate using visualisation in your mind's eye. If you are able to visualise, or if you are used to meditation, then you should find this process very easy.

**You MUST be able to visualise for this technique to work.** If you are not used to visualisation, you will need to practise this before booking in for a session. (Please refer to my 'Visualisation exercises' document for details on how to do this. Details for this are included in the Preparation Guide that I send to clients.)

### ***Post treatment***

Straight after the session we will have a brief chat about how everything went for you, and I will make sure you are fully awake and alert before travelling home (if seeing me in person). You should ideally bring a small snack with you (for example some dark chocolate) to eat straight after treatment, to help you ground yourself.

You are advised to drink plenty of water after treatment and for the rest of the day, and to rest if possible. Your body will be releasing toxins after treatment and drinking plenty of water will help to wash these out of your system. If you feel your energy slightly depleted or feel cold symptoms the day after your session, this is perfectly normal and is just a sign that your body is getting rid of the toxins.

Within a couple of weeks after your session, I will aim to contact you by email to discuss your progress and any changes, but you are encouraged to share feedback with me at any time after your



session. I may send you a Jotform link or ask you to share any feedback, and I would be very grateful if you could complete this, as this is really important for me, as it helps my practice and professional development, and helps others to know what to expect.

If you have any further questions, please contact me at [sharonmasonqhht@gmail.com](mailto:sharonmasonqhht@gmail.com)  
Visit my website at <https://www.sharonmason.co.uk/>