

SHARON MASON QHHT

*Higher Self  
Guidance*

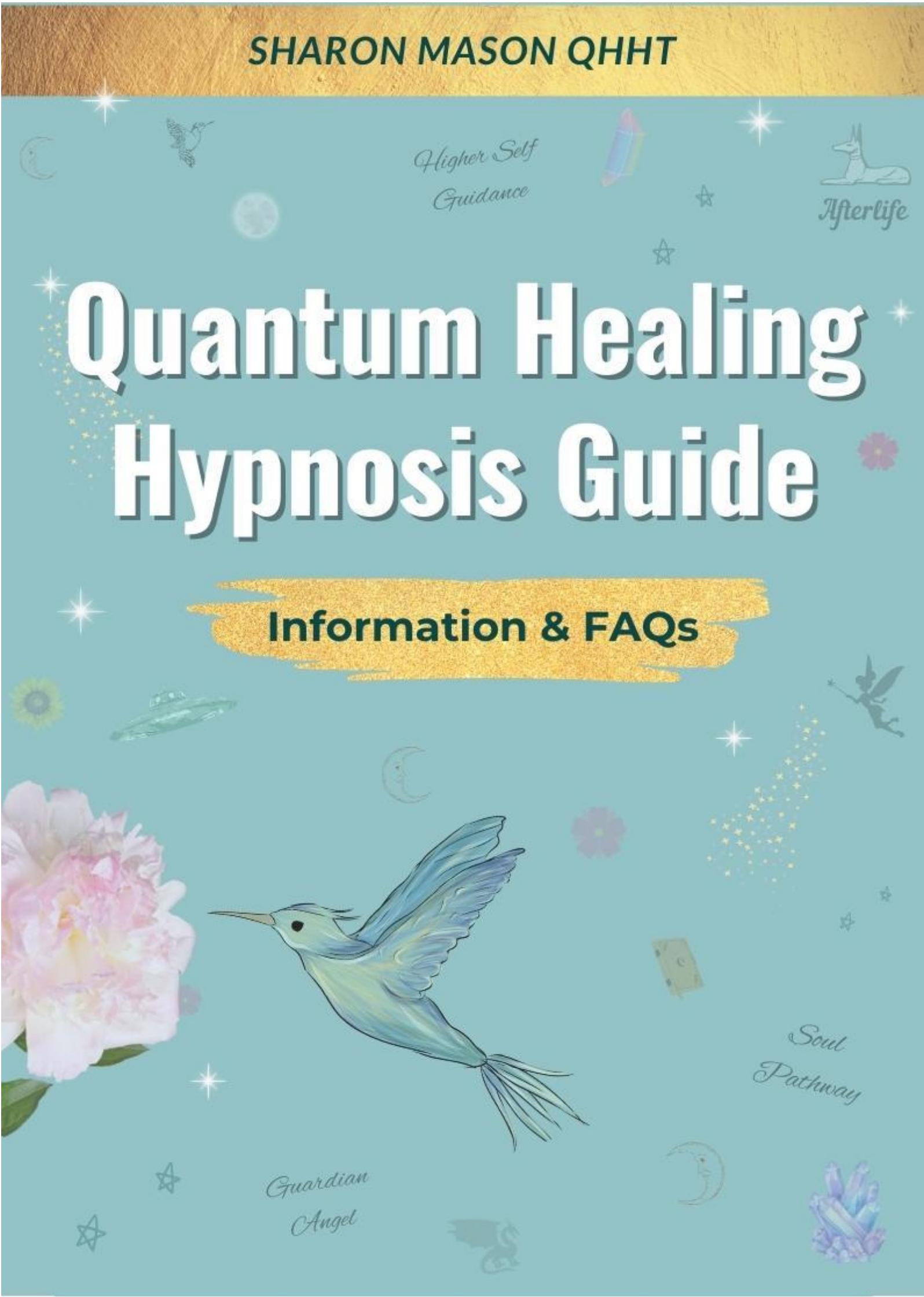
*Afterlife*

# Quantum Healing Hypnosis Guide

**Information & FAQs**

*Soul  
Pathway*

*Guardian  
Angel*



# Quantum Healing Hypnosis Guide

Welcome to Quantum Healing with Sharon Mason. Thank you for choosing me to help you on your healing journey.

You can contact me at [sharonmasonqhht@gmail.com](mailto:sharonmasonqhht@gmail.com) or via my website at [www.sharonmason.co.uk](http://www.sharonmason.co.uk) or by phone on 07795 273324.

The address for in-person sessions is:

6 Saturn Close  
Jubilee Gardens  
Warminster  
BA12 8GP

## Parking

There is visitor parking on Saturn Close, next to the Marketing suite (2 doors down from my house) You can also park outside the house on the road, but please be respectful of leaving enough room for our neighbours to get in and out of their drives. There is also plenty of parking on Hubble Road before entering Saturn Close.

If you have any health issues which mean you cannot climb stairs or lie flat on a bed, or if you have any back trouble which means you cannot sit in a low chair, please let me know at least 48 hours before attending the session and I will plan for this.

## Payment Details

Payment for the session(s) is due on booking. I can accept BACS, Wise or Cash payments. (For Paypal there is a small additional charge, so please request final amount before payment by this method.)

For any account details, please request these via email.

Click here to read [testimonials](#) from previous clients.

# Getting Prepared Checklist

To prepare for your Quantum Healing Hypnosis session you will need to do the following:

- Complete the [client information form](#) at least 48 hours before the session, noting any physical or emotional issues that you wish to address.**
- Complete the [Higher Self Questions form](#) at least 48 hours before the session.**
- Read through this Quantum Healing Hypnosis session guide.
- Practice with the [guided meditation](#) or visualisation exercises.**
- Eat a light meal or snack so you won't be hungry during your session.
- Go for a walk or do some light exercise to help you relax.
- Get a good night's sleep before your session.
- Avoid consumption of alcohol or caffeine at least 12 hours before your session.
- If you are taking anti-depressants, these can block your ability to go into Theta state, so you may wish to postpone your session until after the course of medication is finished.
- Set the intention for a great session and a strong connection to your higher guidance.

## Online Sessions

- Have a strong, fast internet connection at least 25mbps, via Broadband/wifi (not using mobile phone data) You can check your speed [here](#).
- Have a headset with a good microphone that **sits directly in front of your mouth.**
- Have a safe, comfortable space where there will be no interruptions for 3 – 4 hours.
- Download and test Zoom on your computer with your camera and mic.
- Make sure you plug in your laptop to a power socket as the high energy of the session can quickly drain a battery.
- Have a blanket over you as you will be lying still for a couple of hours.
- You may wish to have a glass of water and some tissues handy.
- You can read more about Online Sessions at the end of this guide.

### Please note

- All phones should be out of the room, silenced, turned off, or placed in airplane mode.
- Turn off any notifications on your computer that create a sound that may be distracting during your session.
- If the Zoom call drops out during the session, you will be able to easily reconnect to the Zoom meeting room and continue your session.

## How to prepare for your session

To get the most out of your session, you will want to begin to **practice meditation and visualisation techniques** if you are not already doing so. This will help you during the portions where you may need to visualise your surroundings. Meditation will help to raise your frequency so you will have better connections with your guides and higher self. Meditation will also help you to learn how to clear the conscious mind and get into a relaxed state.

### Meditation

I have included my own preparation guided meditation for you to practice with here: [https://youtu.be/EvaeO-Mdz\\_s?si=9Zt4eOEo87wEcn6i](https://youtu.be/EvaeO-Mdz_s?si=9Zt4eOEo87wEcn6i)  
You can also use Youtube to find guided meditations, meditation music or binaural beats to help you quiet and relax the mind to prepare for your session.

### Visualisation

Every client's experience is different. Some have very visual experiences and others only seem to sense or know what is happening around them. I have created a short visualisation exercise to help you practice your visualization skills if it's not something you've done before.

[Click here to access the guided visualisation exercise](#)

### Before your session

It is best to eat a high-frequency diet before your session to help with your connection. Fruits and vegetables contain the highest source of light and have the highest frequency of all the foods.

You may wish to have a light meal or snack before your session. You may also wish to get in some light exercise such as walking or yoga to help with relaxation.

Avoid excessive amounts of caffeine before your session. If you need a cup of coffee the morning of your session, go ahead and have it, but limit it to one cup. You will also want to avoid drugs and alcohol as they can interfere with your session. You want to give yourself the very best chance of having an amazing session.

### After your session

**Drink plenty of water after your session** to assist in flushing energy through the body and for hydration. It will help with releasing any toxins from the body after your session.

You may also wish to take an **Epsom salt bath**, as this will also help to eliminate toxins from the body. Add 1 cup of Epsom salts to a warm bath, and let your whole body relax and soak for at least 20 minutes. (You may also wish to add herbs such as Rosemary or Lavender, or some essential oils to aid relaxation.)

The recording will be sent to you via email from WeTransfer on the same day after your session. You should listen to the recording at least a couple of times at home during the first 2 weeks after the session to get the full healing benefits. The more you listen to the recording, the more you will benefit. You can also benefit from reading a transcription of the session, if you wish to do this.

You should NOT listen to the recording in your car or operating heavy machinery, as this may induce a relaxed state once more. Ideally you would want to listen to the recording on your own first, before sharing with others, but only if that is your choice to do so. Do not feel pressured by others who are curious to hear this, this is your own private and very personal session and you do not have to share it if you do not want to. (If you have any concerns regarding your privacy, please let me know during your interview or after the hypnosis session.)

### **Why should I listen to the session? I remember it perfectly.**

Clients are encouraged to listen to their session recording at least 3 times to facilitate the integration of insights and promote continued healing. Because the conscious mind may not retain every detail of the session, this process helps transition information from the subconscious to the conscious mind. You may think that you don't need to listen to your session because you remember everything that happened, but this is usually not the case. The recording acts as a vital tool to reinforce the information received. Repeated listening creates new neural pathways, strengthening your connection to the wisdom shared by your Higher Self. The sessions hold a specific vibration, and re-listening allows you to reconnect with that energy to trigger new insights and continued healing. It is common for parts of the Quantum Healing session to feel like a dream that fades over time. The recording ensures that the specific guidance, metaphors and answers provided by the Higher Self remain available to you. Because your voice, whilst in trance state, is considered to be at its highest vibration, hearing it back can be a powerful experience that reinforces the messages delivered to you during the session.

## **Your Quantum Healing Hypnosis Session**

Your entire session will last between 3 - 4 hours (sometimes a bit longer) so be sure to clear your schedule for the day. During your session, we are working with large amounts of energy moving through the body for healing, so it is important that you can rest if needed after your session so the energy can integrate with your system.

The first part of the session is the interview, where you can share your reasons for wanting a treatment and discuss any traumas that may need clearing. You might wish to discuss your upbringing, relationships, physical issues or conditions, goals, work, or family life. This will give me a good grounding in order to best facilitate your session. The more I know about you, the better I will be able to guide you in your healing journey. We will also go over your higher-self questions.

The information shared with me is completely private and confidential. My home treatment room (or online hosted space) are safe spaces where you can share or say whatever you wish with no judgement. The interview usually lasts for 1 hour.

After the interview there is a short break to allow you to use the restroom and have a drink or snack, before getting ready for the hypnosis.

After the break, you will get into a comfortable position, and we will begin the hypnotic induction. Most clients will lie down on a bed or couch. You can recline in a chair if that is more comfortable. The key is to be as comfortable as possible for around 2 or more hours.

When your session is complete, I will bring you back to full awareness for a short post-session chat and then you can take the rest of the day to relax and integrate the energies.

You will receive a copy of your session within a few hours via WeTransfer. You will need to download the recording to your computer or device once you receive it as the download link expires after 3 days.

## What you may experience during a session

Every session is unique, and you will experience exactly what is needed during your session.

You may experience tingling sensations, vibration moving through the body, a warm or cool sensation or other feelings in the body as you receive healing energy from your Higher Self and teams of light. You may also see light in various colours or sacred geometry shapes.

During your session, your breathing and voice may change as you go deeper to connect with different energies. This can happen when your frequency is adjusting and is perfectly normal.

You may have many emotions come to the surface as you work to release energy trapped within the body. This is wonderful and means you are letting go of heavy dense forms of energy. If you need to cry and release emotions, know that you are in a safe space and being lovingly held by your guides.

You may need to use the restroom during your session. This is perfectly normal and it is ok to do at any time. Just let me know during the session if you need to use the bathroom and I will bring you back to awareness. You will be able to easily get up and go to the restroom, then when you return, you will go right back to where you left off and will be even more relaxed than before.

Some clients may experience a session where not much seems to be happening. You may not want to speak much, or the session seems to move very slowly. Know that your session will be perfect for you, and you will receive exactly what you need during

the session no matter what. Your guides and higher self are right there with you assisting you with the healing you need.

Once any negative energy or entity release is complete, we will do the chakra rebuild and rebalance, and then if we have time, we will go into past life regression. (If there is a lot of negative energy to clear and we do not have time to go into past life regression, you will need to book a second session in order to have this, if you wish.)

During any past life regression, I will help guide you through what you are seeing, by asking questions to get as much detail from you as I can. You may see scenes from your present life, or any one of a number of previous lives - you will only be shown what your Higher Self thinks is appropriate at the time.

I will then call forth your Higher Self, who will explain why you have seen the past lives you have just witnessed, will answer your questions and provide any insight or guidance that you need to hear.

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

## What if I can't be hypnotised?

I can assure you that you will have no problem being hypnotised **as long as you are able to visualise and allow your conscious mind to relax.**

You can work on your visualisation skills by using the meditation and visualisation exercises linked in the checklist.

For some people hypnosis takes a little more effort, but everyone in their daily lives is constantly going through different levels of hypnotic trance state. Did you realise that you're in a trance state when watching the TV, or when driving a car, or when concentrating? The Theta state that you enter during Quantum Healing Hypnosis is a perfectly natural state that you are in at least twice a day - just before you go to sleep, and just before you wake up.

## What is it like being under hypnosis?

You're going to be the most relaxed you've ever been, but you are in complete control of the session. It is not like being drunk or under anaesthesia, as you are totally conscious throughout.

You may start to see pictures in your mind's eye and words, thoughts and feelings will pop into your head, but do not expect to see something like a video playing in front of your closed eyes, as I did before my first hypnosis session! This is far more subtle, but if you relax and just trust what is coming to you, then you will have a great

session. Your Higher Self is using your imagination as a tool to show you what it is you have asked to see.

I will be asking you to describe everything that you see, hear, feel etc. It is perfectly normal to get emotional during the session, as you are clearing out the old, in order to heal. The subconscious mind is pure, unconditional love so it won't bring up scenes or information that are re-traumatizing, so if you feel yourself accessing a scene that is uncomfortable, you are always in control and can skip over it.

## What if I feel I've made it all up?

Because you remain conscious during your session and are often very aware of the journey you are on, you may feel as though you are making things up.

It can feel that way because you ARE your higher self and your higher self IS you, so the information you are bringing through in your session is information **you already have within you**. You are simply able to access it on a deeper level during your session. It is all coming through your mind, so it sometimes feels as if you are making the information up.

The most important thing you need to do in your session is to trust the information you are receiving. By trusting what is coming through, you open up to receive more information.

## If I have no spiritual beliefs, will Quantum Healing still work for me?

You don't need to have any spiritual beliefs for this technique to work, though it always helps if you have an open and enquiring mind and accept the information that comes through.

Remember, this is not information coming from me, it is coming directly from you. I am merely facilitating the conversation between you and your Higher Self.

## How long is a full Quantum Healing session?

A full session usually lasts around 4 hours. The time breaks up as follows:

- Introduction and interview (1 hour)
- Break (5 - 10 mins)
- Hypnotic induction (20/30 mins)
- Hypnotic state (up to 2 hours)
- Post Hypnotic debrief (up to 30 mins)

## What clothing should I wear?

When you have your hypnosis session, it's best to wear loose, comfortable clothing, something like a pair of tracksuit bottoms or leggings and a T-shirt or long-sleeved jersey shirt - a leisure suit or track suit is perfect. You don't want to feel constricted or uncomfortable in tight-fitting clothes. (You may even prefer to wear pyjamas, which is absolutely fine. You can bring these with you and change into them before the session.)

You will be lying on a bed (under a warm blanket) for around 2 hours during treatment and will not be wearing your shoes, so you may wish to wear warm socks, if you get cold feet. You may wish to layer a T shirt and longer sleeved top in case of any temperature changes.

## What sort of questions can I ask my Higher Self?

You can ask absolutely anything that comes to mind, about your life or past lives, relationships, family, health, finances, job, interests, pets and life purpose. You can ask about others, about history or world events, or even ask for messages from loved ones or pets who have passed over, if you so wish.

Here are some ideas to start with, if you're stuck:

- What is my life's purpose?
- Am I on the right path and if not, what can I do to take me there?
- Should I be in the relationship I am currently in?
- Is there some reason why I am allergic to wheat/ dairy/nuts/ cats?
- Why do I have a phobia of enclosed spaces?
- What gifts do I bring?
- How can I lose weight?
- How can I stop smoking?
- Why am I having nightmares?
- Why do I hear ringing in my ears?
- What is the significance of my birthmark?
- Why do I have a difficult relationship with [person's name]?
- How can I be a better parent / sister / brother / wife / husband etc?
- What is the origin of the discomfort in my shoulder, and how can it be healed?
- Am I able to correct my short-sightedness / trouble with my hearing?
- Can I heal from my [condition]?
- How can I get over my dependency on prescription medication?
- Will I meet my soulmate?
- Have I had any contact with extraterrestrials?
- Am I an ET starseed, and what is my mission on Earth?
- What does my pet want me to know about them?
- What would my mother (who is no longer with us) like to say to me?
- What kind of job should I pursue?
- Should I move house, and where?
- How can I create financial abundance?

- Have I shared any previous lives with my husband?
- How were the pyramids built?
- Have I had a previous life in Atlantis?
- Who was I in my most recent previous life?
- Do I have any previous life karma that is still affecting me in this life?
- Can I send healing to [my family member / friend / pet]?
- Did dragons exist in the past?

Prepare a list of up to 10 questions and submit it using the [Questions form](#) at least 2 days beforehand. Try combining very similar questions into 1 simple question. For example, if your two questions were: 'Does the pain in my leg come from trauma in a previous life?' and 'How can I heal the pain in my leg?' you can put these into one question: 'Does the pain in my leg come from a previous life and how can I heal it?' keep the questions as simple and concise as possible. Remember that your Higher Self already knows everything about you, so you do not need to precede your questions with any back-story, for example: 'For the last 20 years I've been having really painful aches and pains down my left side, why is this?' - becomes - 'why am I having pains down my left side?' **Keep questions concise.**

## Do I need to bring anything with me if attending face-to-face?

You may wish to bring a snack and drink to have after the interview and before the hypnosis session (water will, of course, be provided) as 4 hours (plus travel time) can be a long time to go without any food. Dark chocolate can be a good snack to bring for after your session, as it will help to ground you and stabilise your blood sugar.

## Can I bring someone with me?

You will not be able to have anyone with you in the room during the interview or hypnosis sessions, due to the nature of the treatment and your privacy. If you do require someone to come with you to your face-to-face appointment, they will have to drop you off and leave, while your session is being conducted.

Parents are encouraged to accompany any children between 16 – 18 if they would like, but parents will not be able to attend for the full interview, or the hypnosis session.

## What do I need to do just before an online session?

We will go through a safeguarding check list to make sure that everything in the home is safe before we proceed with the hypnotic induction- eg. phones and computer notifications on silent, any candles or fires are extinguished, pets put in another room, etc. Please make sure that you won't be disturbed and that no family member is using huge amounts of data over the Internet whilst your session is in progress.

## Can this technique help with quitting unwanted habits like smoking?

Yes, this can help you to break old, unwanted habits, but you need to really want to quit. Discuss this with me before your treatment if there is anything we can address.

## How will I feel after the session?

You should feel lighter and much more relaxed. You should aim to take it easy for the rest of the day after your session, but not sleep straight away. You should eat something as soon as you can and you will need to drink plenty of water for the next 24 hours at least, as your system will be clearing out what is no longer needed. You may feel very tired while your body does this and you may sleep for longer than usual. You may experience some mild cold symptoms as your body clears out any toxins. It's a good idea to have a soak in an Epsom salt bath after your session, to help with this process. If the higher self has sent you healing, you may experience sensations from this while the healing is happening. All of these are perfectly normal.

## Will I need any further sessions?

The number of sessions you have is entirely up to you. Some people require only one session, but if you have any energetic / entity attachments, several sessions may be necessary in order to clear these to then be able to get you into the past life regression part of the session. This is because the entity release will take priority and may take up much of the session if you have multiple entities to remove. You can read more about [entity attachments](#) on my website.

## What If I am experiencing serious entity attack?

If you are experiencing serious entity attack, then you may require several sessions and also a good practice of spiritual hygiene and protection, if you wish to remain clear of these attachments. Remember that I can only do what your Higher Self allows, and if you have a specific attachment that is creating a spiritual lesson or experience that you need to have for your spiritual growth, the Higher Self may not allow this to be removed until that lesson is learned.

I will always do my very best to help you, but negative entities will try to attach when you are in a low frequency vibration / low mood / pain or when you are negatively triggered. The trick to keeping them off is emotional mastery, and keeping your energy clean from things like alcohol and drugs. Emotional Mastery techniques can be learned, and there are many resources for this online.

## What sort of conditions can benefit from Quantum Healing?

Most, if not all, conditions have the potential to benefit from this treatment, which has been known to provide instantaneous relief in some cases. But it will not be suitable for people who are profoundly deaf, or cannot speak, those who have Alzheimer's disease, or people with Schizophrenia. Please read my [medical disclaimer](#) before attending the session.

## Release all expectations

Letting go of any expectations you have for your session will ensure a more successful outcome. Your session is being guided by your Higher Self and spiritual team. They will bring forward the most important information and healing that you need. Allowing your session to flow and unfold exactly as it needs to will ensure you receive the best possible results and avoid disappointment.

## All healing is self-healing

During your session, you may experience healing energy in many forms. As your practitioner, my role is to guide you through these various forms of healing. On your journey, we may work with different guides who will bring in light and energy to assist you with any healing. These guides are not the ones healing you, it is YOU that holds the complete ability to heal yourself. Your guides and I are simply there as mediators to help you on your journey.

In order to receive the best possible experience, it is important that you fully believe the healing is taking place. The conscious mind has the ability to block the healing energy you receive if you allow your belief systems to interfere. Trust that you are receiving exactly what you need during your session and allow the process to unfold.

## How do I access and listen to my audio recording?

You will need either a computer, tablet, smartphone, or MP3 player to listen to the recording as this is provided in a digital MP3 format.

The audio or video file is sent by email using WeTransfer. When you receive the email, just click the link 'Get Your Files' and then select 'Download' when the file page opens. The link expires within 3 days, so please make sure you download your file as soon as you receive the email.

I do not always record the hypnotic induction as part of the recording, but if I have, please fast forward the recording by around 20 minutes to reach the start of the

session. It is best not to listen to the recording in the car or whilst operating machinery, as my voice may send you into a relaxed state.

## Do I need to feed back after the treatment?

Yes please, I would be very grateful if you could send me your feedback. It is very much appreciated and welcomed. I will email you a couple of weeks after treatment to find out how you are doing and may send you a Jotform link. Please do send me your feedback using the [Feedback Jotform](#), within a couple of weeks after your treatment. Please let me know:

- How did you find the session, and did it help you?
- Did you receive any physical or emotional healing from the session?
- How did you find me as a practitioner?

Not only do I really want to know how you are getting on, but this information is also absolutely invaluable for my ongoing professional development.

## ONLINE SESSIONS

To ensure the success of an online session, please make sure you have a comfortable location where you will be completely undisturbed for 3 - 5 hours. You will need a laptop computer with camera, a headset with a microphone that sits directly in front of the mouth and a strong internet connection, or we may not be able to proceed with the session. I must be able to hear you while you are in a deeply relaxed state.

For online sessions, you will need to have access to all of the following. ***Please test your software, devices, and connection prior to your session.***

### You will need:

- A strong internet connection (not mobile data). If your WIFI is slow, you may need to plug directly into your router with an ethernet cable. You can find ethernet type cables on Amazon. A direct connection is often much stronger than connecting via WIFI.
- A computer (not a phone) that can run a [zoom conference](#). Zoom should be tested prior to your session. Ask a friend if they will test Zoom and your headset with you so you are fully prepared for your session.

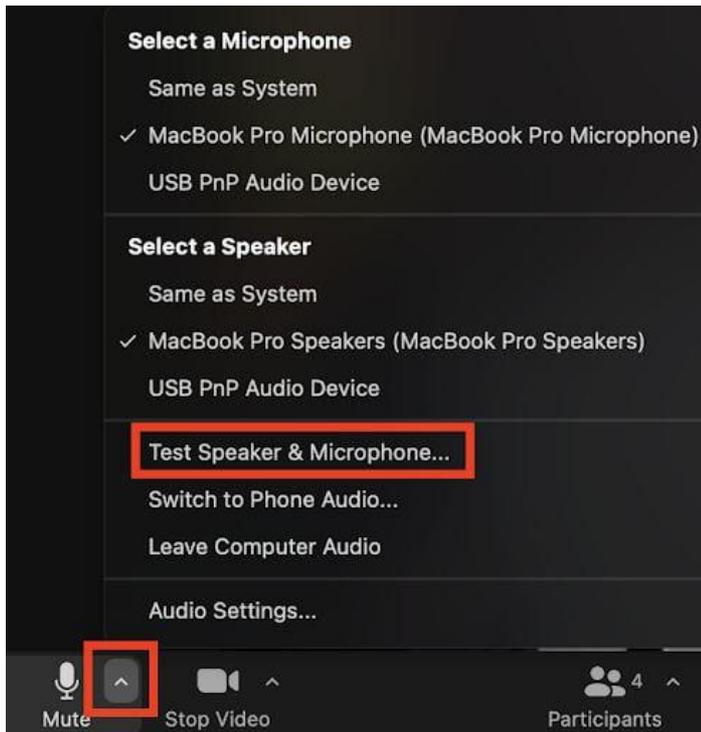
- You will need to start your audio and video in zoom once you are on the call so I can see and hear you. There will be an audio and video icon at the bottom left corner of Zoom. If you need additional assistance you can [click here for help with audio](#) and [click here for help with video](#).
- A camera so I can see you during the session.
- A headset with a microphone that can be placed in front of your mouth. I prefer headsets as they ensure strong audio during your session. Please do not use your device's audio as the sound will often cut out or I will hear my own voice feedback through the speakers of the device.
- A calm, comfortable environment where you will not be disturbed during your session.

You may need to place your laptop/pc/device close to you during the session but please make sure you have enough room around you in case there are any involuntary movements during your session. Your environment should be safe and clear of anything that could hurt you or cause injury. Some clients like to use their hands during their session so make sure your device is in a place where you won't knock it over and disconnect your session.

## How to test your headset prior to your session

The number one issue I see is a headset that is not working. To test your headset before your session, open Zoom and start a new meeting. In the left corner, there is a mute button with an up arrow. Click the arrow and you will see a link to test speaker and microphone. Click on that link and you should first be able to hear a sound playing through your headset. If you do not hear the sound, then you will need to reconfigure your settings.

Next, you will have the opportunity to speak through your microphone. You should hear yourself clearly. If you do not, select another microphone to find the right setting.



## Connection problems during your session

If we are in the middle of your session and we lose connection, just allow yourself to drift slowly back into consciousness and then you can try and reconnect to me through Zoom. Once the connection is established, know that you can move easily and effortlessly back into the theta brain wave state and back into complete relaxation.

Know that if the connection is lost, you will eventually wake up and realize the connection has dropped. You will not be left in a state of hypnosis. You are only in a different brain wave state (like when you sleep at night) during the session.

If you fall asleep and we do not reconnect, you can contact me via email to schedule an additional slot so we can complete your session. If we have moved through the majority of the session, you may feel you received everything you needed during your session and it is complete.

## TIME ZONE

I am located in the UK, in the UTC (Coordinated Universal Time) zone. The follow-up emails you receive should convert the time to your time zone if you entered that information correctly.

**If in doubt, please be sure to convert the session from UTC to your time zone prior to the session.**

Here is a conversion tool you can use to convert the time:  
<https://www.thetimezoneconverter.com>

If you have any further questions, please don't hesitate to contact me, and I look forward to meeting you on your session date.

Much love

*Sharon*