

SHARON MASON QHHT

*Higher Self
Guidance*

Afterlife

Quantum Healing

Guide & FAQs

*Soul
Pathway*

*Guardian
Angel*



Quantum Healing

Guide & FAQs



By Sharon Mason

Spiritual Counselling
Quantum Healing Hypnosis
Past Life Regression Therapy
Entity Release
Sound Healing

www.sharonmason.co.uk

Contents

Welcome: Your Journey Begins Here	4
What is Quantum Healing Hypnosis?	5
How Does Quantum Healing Hypnosis Work?	5
What Can Quantum Healing Hypnosis Be Used For?	6
How is Quantum Healing Hypnosis Different from Traditional Hypnosis?	6
A Journey of Exploration	6
How Can Quantum Healing Help Me?	7
The Higher Self and Inner Wisdom	8
Understanding the Higher Self	8
Accessing Inner Wisdom and Guidance	8
The Insights People Receive	8
The Wisdom Within	9
Reflection	9
Preparing for Your Quantum Healing Session	10
Creating Meaningful Questions	10
Letting Go of Expectations	10
Creating a Calm Environment	11
Trusting Your Own Experience	11
Reflection	11
The Quantum Healing Session: What to Expect	12
Before the Session	12
Creating Your Intention and Questions	12
The Interview Process	12
The Hypnosis Experience	13
The Body Scan and Exploring Energy	13
Past Life Regression	13
Chakra Balancing and Energetic Alignment	14
Reflection Afterwards	14
Your Unique Journey	14
Reflection	14
Common Themes People Explore During Quantum Healing Sessions	15
Life Purpose and Direction	15
Releasing Fears and Limiting Beliefs	15
Understanding Recurring Patterns	15
Relationships and Soul Connections	16
Personal Growth and Transformation	16
Physical Wellbeing and Surrogate Healing	16

Spiritual Curiosity.....	17
Your Journey, Your Questions.....	17
Reflection.....	17
Energy, Emotions and Spiritual Wellbeing.....	18
The Connection Between Emotions, Trauma and the Body	18
The Importance of Self-Awareness	18
Supporting Your Spiritual Wellbeing	19
Your Personal Journey.....	20
Reflection.....	20
Journaling Prompts for Your Own Healing Journey.....	21
What Would I Like More Clarity About?.....	21
What Patterns Am I Ready to Understand?.....	21
What Would My Higher Self Want Me to Know Today?	22
What Brings Me a Sense of Peace and Purpose?	22
Creating Your Own Sacred Reflection Practice	22
Final Reflection	22
My Journey: From Quantum Healing Messages to Goblin Glade.....	23
The Birth of Goblin Glade.....	24
Bringing the Vision to Life	24
Frequently Asked Questions About Quantum Healing Hypnosis	25
Do I need to believe in anything for Quantum Healing to work?	25
Will I be aware during the session?.....	25
Will everyone experience things in the same way?	25
How long does a Quantum Healing session take?.....	25
Is everyone able to be hypnotised?	26
What if I don't experience anything?	26
Can I ask anything during my session?.....	26
Final Thoughts.....	26
Continue Your Journey	27
Explore a Quantum Healing Session.....	27
Discover the Goblin Glade Oracle Deck.....	27
Stay Connected	27

Welcome: Your Journey Begins Here

Hello and welcome,

I'm so glad you've chosen to explore the fascinating world of **Quantum Healing Hypnosis**.

My own journey into this work began with a deep curiosity about the incredible wisdom, resilience, and healing potential that exists within each of us. Through my sessions with clients, I have been privileged to witness moments of profound insight, self-discovery, and connection with a deeper part of themselves—the part often referred to as the Higher Self.

I created this guide as a gentle introduction to Quantum Healing, to help you understand what it is, how a session unfolds, and how it may support you on your own journey of exploration and personal growth.

Whether you are looking for answers, seeking a deeper understanding of yourself, feeling drawn to spiritual exploration, or simply curious about what lies beyond our everyday awareness, I hope this guide provides you with inspiration, clarity, and a sense of possibility.

Quantum Healing is a deeply personal experience, and every journey is unique. There is no right or wrong way to experience it—only your own path, your own insights, and your own connection with the wisdom within.

My hope is that this guide helps you feel more comfortable, informed, and excited as you begin exploring what Quantum Healing may offer.

The images throughout this guide are taken from my latest creation, **The Goblin Glade Oracle Deck**—a magical project inspired by my Quantum Healing journey. You can discover more about Goblin Glade, along with details on booking a session with me, at the end of this guide.

Thank you for allowing me to share this journey with you.

With warmth,

Sharon Mason

Quantum Healing Hypnosis Practitioner



What is Quantum Healing Hypnosis?

Quantum Healing Hypnosis Technique (QHHT) is a deeply relaxing, guided hypnosis practice developed by the late **Dolores Cannon**, a pioneering hypnotherapist, researcher, and author who dedicated more than five decades to exploring the mysteries of the human mind, consciousness, and the nature of our existence.

Dolores Cannon began developing QHHT through her extensive work with hypnosis and past-life regression. Over many years, she explored the experiences people reported while in deep states of relaxation and expanded awareness. Through this work, she became fascinated by the profound insights, memories, and guidance that many individuals accessed during these sessions.

From this exploration, QHHT evolved into a method designed to help people enter a deeply relaxed state where they can explore their inner world, access memories or experiences that may hold personal meaning, and connect with what Dolores referred to as the **Subconscious**—a greater aspect of awareness that many people also describe as the Higher Self, Inner Wisdom, or a deeper part of themselves.



How Does Quantum Healing Hypnosis Work?

During a QHHT session, the practitioner guides the client into a deeply relaxed, focused state of awareness. In this state, clients may explore experiences, memories, emotions, beliefs, or symbolic imagery that arise naturally for them.

A session often includes:

- A detailed conversation beforehand to explore personal history, experiences, and questions
- The creation of meaningful questions or intentions for the session
- A guided relaxation and hypnosis experience
- Time to reflect on any insights, emotions, or experiences afterwards

Every person's experience is unique. Some people describe vivid imagery or memories, while others experience feelings, emotions, symbols, or simply a deeper sense of connection and understanding.

What Can Quantum Healing Hypnosis Be Used For?

Many people are drawn to QHHT because they are curious about themselves and want to explore deeper questions, such as:

- ✦ What is my life purpose?
- ✦ Why do certain patterns or challenges keep appearing in my life?
- ✦ What insights can I gain about my personal journey?
- ✦ What beliefs or emotions may be ready to be understood and released?
- ✦ How can I connect more deeply with my own intuition and inner wisdom?

Some people explore themes such as personal growth, self-discovery, relationships, spirituality, physical healing, fears, recurring patterns, and finding greater clarity or direction.

How is Quantum Healing Hypnosis Different from Traditional Hypnosis?

Traditional hypnosis is often used as a therapeutic tool to support behavioural changes, such as developing healthier habits, managing stress, building confidence, or working with specific goals.

While QHHT also uses relaxation and focused awareness, its approach is different because it is centred around **exploration, self-discovery, and accessing deeper aspects of consciousness**. Rather than focusing only on changing a specific behaviour, QHHT invites the individual to explore their own inner landscape and discover the insights that feel meaningful to them.

One of the unique aspects of QHHT is the emphasis on the client's own experience. The practitioner acts as a guide, creating a safe and supportive space, while the individual remains the one discovering and interpreting their own journey.

A Journey of Exploration

At its heart, Quantum Healing Hypnosis is about curiosity—the curiosity to explore who we are (or were), what shapes us, and what wisdom may already exist within.

Whether you approach it from a spiritual perspective, a place of personal growth, or simply a desire to understand yourself more deeply, QHHT offers an opportunity to pause, reflect, and explore the many layers of your own consciousness.



How Can Quantum Healing Help Me?

Quantum Healing can be profoundly transformative for those seeking inner peace, clarity, or a renewed sense of purpose. Here are just a few ways it can help:

- **Emotional Healing:** By addressing the root causes of distress—often connected to spiritual disconnection or unresolved trauma — Quantum Healing offers comfort, release, and a path to emotional wholeness.
- **Physical Healing:** By exploring the possible root causes of physical discomfort—whether connected to unresolved emotional experiences, energetic imbalances, or spiritual themes—Quantum Healing seeks to bring greater awareness, understanding, and the opportunity for release and healing.
- **Self-Understanding:** Through guided reflection, you may come to better understand your true self, life patterns, and the lessons behind recurring challenges.
- **Life Transitions:** Whether facing loss, change, or uncertainty, Quantum healing can offer support and guidance, helping you to navigate transitions with faith and resilience.
- **Purpose and Meaning:** Many people feel adrift or disconnected at times. Quantum healing helps reconnect you to your inner wisdom and the sense of a greater purpose behind your experiences.
- **Enhanced Wellbeing:** When you feel connected to your spirit, a sense of peace, joy, and vitality naturally follows, positively impacting mental and physical health.

The Higher Self and Inner Wisdom

Understanding the Higher Self

One of the most fascinating aspects of Quantum Healing Hypnosis is the concept of connecting with the Higher Self—a deeper aspect of our consciousness that is often described as wise, compassionate, and connected to a greater understanding of our personal journey.

Within the Quantum Healing approach, the Higher Self is viewed as the part of us that holds a broader perspective beyond our everyday thoughts, worries, and experiences. It is sometimes described as our inner guide, our soul wisdom, oversoul, or the part of ourselves that can see our life from a place of greater awareness and understanding.

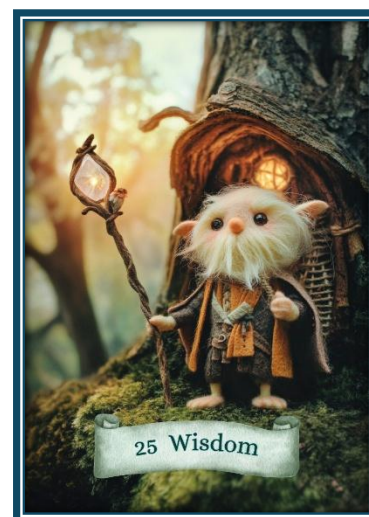
Many spiritual traditions throughout history have spoken of this inner wisdom in different ways. Some may call it intuition, the inner voice, the soul, the true self, or divine guidance. Whatever language feels most comfortable, the idea is the same: that within each of us exists a source of insight and understanding that we can learn to connect with.

Accessing Inner Wisdom and Guidance

During a Quantum Healing session, the intention is to create a deeply relaxed and focused state where a person can turn their attention inward and explore the deeper layers of their own awareness.

People often describe this experience as feeling like they are accessing a part of themselves that feels calm, loving, and free from the usual distractions of everyday life. In this space, they may explore questions they have been carrying, gain clarity around personal situations, understand and release trauma, or discover new ways of looking at experiences that may have previously felt confusing.

The Higher Self is not about someone else providing answers—it is about creating the opportunity to connect with your own inner knowing. The practitioner's role is to guide and support the process, while the individual remains the one experiencing and interpreting their own journey.



The Insights People Receive

Every Quantum Healing experience is unique. Some people describe receiving clear thoughts, images, memories, emotions, symbols, or a feeling of simply "knowing." Others may experience a shift in perspective or a deeper understanding of themselves and their life experiences.

People often report gaining insights such as:

- ✦ A new perspective on challenges they have faced
- ✦ A greater sense of compassion towards themselves or others
- ✦ Understanding around recurring patterns or emotions
- ✦ Clarity about choices or future directions
- ✦ A feeling of connection, peace, or reassurance

Sometimes the most powerful insights are not dramatic moments, but gentle realisations that unfold over time—like a seed of understanding that continues to grow after the session has ended.

The Wisdom Within

The concept of the Higher Self invites us to consider that we are more than our daily thoughts, fears, and circumstances. Beneath the noise of everyday life, there may be a deeper part of ourselves waiting to be explored.

Whether you view the Higher Self as a spiritual connection, your subconscious wisdom, your intuition, or simply a deeper level of self-awareness, Quantum Healing offers a space for reflection, exploration, and personal discovery.

At its heart, the journey is about reconnecting with yourself—and remembering that many of the answers we seek may already exist within.

Reflection

What guidance would I seek if I could sit quietly with the wisest part of myself?

Preparing for Your Quantum Healing Session

A Quantum Healing session is a deeply personal experience, and the preparation you put into it can help you feel more relaxed, open, and ready to explore. While there is no "right" way to experience a session, taking some time beforehand to reflect on your intentions can help you get the most from your journey.

Creating Meaningful Questions

One of the unique aspects of Quantum Healing is the opportunity to explore questions that are meaningful to you. Before your session, it can be helpful to spend some time thinking about what you would truly like to understand, explore, or gain clarity around.

Your questions may relate to areas such as:

- ✦ Your life purpose and direction
- ✦ Personal challenges or recurring patterns
- ✦ Relationships and emotional experiences
- ✦ Spiritual curiosity and personal growth
- ✦ Understanding yourself on a deeper level
- ✦ Issues with your physical health

Rather than focusing only on what you think you *should* ask, consider what your heart is genuinely curious about. The most powerful questions often come from a place of openness and a desire for greater understanding.

Instead of asking questions that seek a simple yes or no answer, try exploring questions such as:

"What can I understand about this experience?"

"What insight would help me move forward?"

"What would be beneficial for me to know at this time?"

Letting Go of Expectations

One of the most important parts of preparing for a Quantum Healing session is allowing yourself to release expectations about what the experience should look like.

Many people come into a session wondering whether they will see something specific, remember a particular event, or experience something extraordinary. While some people have vivid experiences, others may receive gentle impressions, emotions, thoughts, symbols, or insights that unfold in their own unique way.

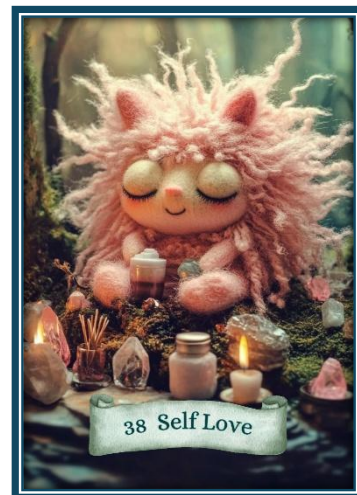
Try approaching your session with curiosity rather than judgement. Your experience does not need to match anyone else's—it is your own journey, and whatever arises has personal meaning for you.

Creating a Calm Environment

Before your session, take some time to create a peaceful space where you can relax and focus inward. Simple things can help you feel more comfortable, such as:

- 🌿 Wearing comfortable clothing
- 🌿 Making sure you won't be disturbed
- 🌿 Having water nearby
- 🌿 Taking a few quiet moments beforehand to breathe and centre yourself
- 🌿 Allowing yourself time to reflect afterwards

Creating a calm environment helps signal to your mind and body that this is a time for relaxation, exploration, and self-care.



Trusting Your Own Experience

Perhaps the most important preparation is learning to trust yourself.

There is no need to force an experience or try to make something happen. Quantum Healing is not a test, and there is no way to "fail." Your mind, imagination, intuition, and inner wisdom all work together in their own way.

Sometimes the most meaningful insights arrive during the session, while other times they continue to reveal themselves days, weeks, or even months afterwards. A simple thought, feeling, or memory may take on new meaning as you continue reflecting on your experience.

Approach your session with an open heart and a curious mind. Give yourself permission to explore, discover, and embrace whatever comes forward.

Your journey is uniquely yours—and the wisdom you discover may be exactly what you need at this moment in time.

Reflection

"If I could receive guidance about one area of my life, what would I most like to understand?"

The Quantum Healing Session: What to Expect

If you are considering a Quantum Healing Hypnosis session, you may be wondering what actually happens and what you can expect from the experience. While every person's journey is completely unique, a session generally follows a gentle structure designed to help you feel comfortable, supported, and prepared to explore your inner world.

A Quantum Healing session is not something that happens *to* you—it is a collaborative experience. As the practitioner, my role is to guide you through the process, create a safe and supportive space, and help you explore the questions and intentions that are important to you.

Before the Session

Before your appointment, you will usually be encouraged to take some time to reflect on what you would like to explore. This may involve thinking about questions you would like to ask, experiences you would like to understand more deeply, or areas of your life where you would appreciate greater clarity or healing.

Some people choose to keep a journal of thoughts, feelings, dreams, or experiences that feel meaningful to them before the session. Others simply take some quiet time to become aware of what they would like to bring into the experience. Clients complete an online form for their Higher Self Questions, but these can be edited and added to during the session.

The most important thing is to arrive with an open mind and a willingness to explore.

Creating Your Intention and Questions

A powerful part of preparing for your session is creating your intention. This is the reason you are choosing to embark on this journey and what you hope to understand, explore, or gain insight into.

Your questions can be about anything that feels meaningful to you, such as:

- ✦ Understanding yourself on a deeper level
- ✦ Exploring life purpose or direction
- ✦ Gaining perspective on personal challenges
- ✦ Releasing old patterns or beliefs
- ✦ Exploring spiritual questions or curiosity

Rather than trying to create the "perfect" questions, focus on what genuinely matters to you. The questions that come from the heart are often the ones that lead to the most meaningful exploration.

The Interview Process

The first part of the session involves a conversation where we explore your background, experiences, and the questions you would like to bring forward.

This is an opportunity to share your story, discuss important moments in your life, and create a connection before entering the hypnosis portion of the session. It allows me to understand what is meaningful to you and helps shape the direction of the exploration.

This part of the process is often just as valuable as the hypnosis itself, as many insights can begin to emerge simply through reflection and conversation.

The Hypnosis Experience

During the hypnosis portion, you will be guided into a deeply relaxed state. Many people describe this as feeling peaceful, calm, and similar to a meditative state.

From this relaxed place, you may explore memories, imagery, emotions, sensations, or experiences that arise naturally for you. Some people describe vivid scenes, while others experience more subtle impressions, thoughts, or feelings.

There is no right or wrong way to experience hypnosis. You remain aware, comfortable, and in control throughout the session. Your experience unfolds in its own unique way, guided by your own inner wisdom.

The Body Scan and Exploring Energy

Once fully under hypnosis, we bring awareness to the body through a gentle body scan. This involves focusing your awareness throughout different areas of the body and noticing any sensations, areas of discomfort, emotions, or places that feel different or significant.

Within the Quantum Healing approach, these areas may be explored as points of awareness where deeper insights can emerge. By connecting with the sensation and allowing it to communicate, we can explore whether there are memories, emotions, traumas, or energies that are not your own.

The intention is to bring understanding, compassion, and awareness to whatever arises. With guidance, the energy or emotion connected to the experience may then be invited to release, transform, or return to Source in whatever way feels appropriate for the individual.

This process is not about forcing anything to happen, but about creating a safe space to listen to the wisdom of the body and explore what it may be ready to let go of.



Past Life Regression

Following the body scan and energy release work, the session may move into a **past life regression experience**. Within the Quantum Healing approach, this is an opportunity to explore memories, experiences, or stories that arise from a deeper level of awareness and may hold personal meaning or insight for your current life journey.

During this part of the session, you may be guided to explore a time, place, or experience that comes forward naturally. Some people describe vivid scenes, emotions, sensations, or a strong sense of connection to what they are experiencing, while others may receive more subtle impressions, symbols, or feelings.

The purpose of this exploration is not simply to revisit the past, but to discover understanding. By observing these experiences, we can explore themes, lessons, patterns, or insights that may be relevant to your present life. This process can help bring awareness, compassion, and a deeper perspective to experiences that may have shaped you.

Each person's experience is unique, and there is no need to force or create anything. The journey unfolds in its own way, allowing whatever is meaningful for you to come forward before moving into the connection with the Higher Self and the questions you wish to explore.

Chakra Balancing and Energetic Alignment

Before moving into the questions for the Higher Self, there may be a moment within the session dedicated to bringing awareness to the body's energy centres, often referred to as the chakras. This process is intended to create a sense of balance, harmony, and alignment before exploring deeper questions and insights.

Through focused intention, gentle guidance, and tuning with Solfeggio frequencies, we invite each energy centre to come into greater balance, allowing any areas that feel blocked, unsettled, or out of harmony to be acknowledged and released.

This part of the session provides a beautiful opportunity to pause, reconnect with yourself, and create a calm, centred foundation before entering into the deeper conversation with the Higher Self.

Reflection Afterwards

After the hypnosis experience, there is time to reflect on what you discovered and discuss any insights that came through.

Sometimes the meaning of an experience is immediately clear, while other insights may continue to unfold over time. A message, image, emotion, or realisation from your session may reveal new layers of understanding as you continue to reflect on it.

Many people find it helpful to journal afterwards, recording anything that stood out to them and noticing how their perspective may shift in the days and weeks following the session.

Your Unique Journey

Every Quantum Healing session is different because every person is different. There is no script for what you will experience and no expectation that your journey should look a certain way.

The most important thing you can bring to your session is curiosity, openness, and trust in your own experience.

Your journey is yours alone—and sometimes the most beautiful discoveries come from simply allowing yourself the space to explore.

Reflection

"What would I love to understand more deeply about myself at this point in my journey?"

Common Themes People Explore During Quantum Healing Sessions

One of the most beautiful aspects of Quantum Healing Hypnosis is that every session is as unique as the person experiencing it. There is no set path or specific outcome—each individual brings their own questions, experiences, curiosity, and intentions.

While every journey unfolds differently, there are certain themes that many people feel drawn to explore. These may arise through the questions they bring to their session, the experiences they encounter during hypnosis, or the insights that emerge afterwards.

Life Purpose and Direction

Many people reach a point in their lives where they begin asking deeper questions:

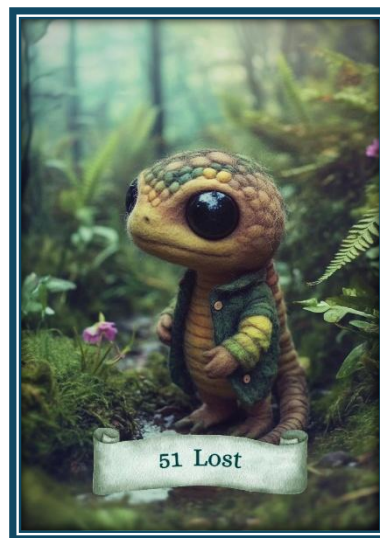
"Am I on the right path?"

"What am I here to experience?"

"How can I use my gifts and abilities?"

Quantum Healing sessions can provide a space for reflection around these questions, helping people explore their passions, talents, values, and the direction they feel called towards.

Sometimes the insights that arise are not about receiving a specific answer, but about reconnecting with a deeper sense of trust, confidence, and awareness of what feels meaningful.



Releasing Fears and Limiting Beliefs

Throughout life, we can collect beliefs, fears, and emotional patterns that influence how we see ourselves and the world around us.

A Quantum Healing session can offer an opportunity to explore where these beliefs may have originated and gain a different perspective on experiences that have shaped us.

By bringing awareness and compassion to these areas, some people find they are able to view themselves and their experiences in a new way, creating space for growth and transformation.

Understanding Recurring Patterns

Have you ever noticed certain situations, emotions, or challenges appearing repeatedly in your life?

Many people use Quantum Healing to explore recurring patterns and gain a deeper understanding of why certain themes may continue to show up.

This exploration may bring insights into habits, relationships, emotional responses, or experiences that have shaped the way someone moves through life. Understanding a pattern is often the first step towards choosing a different way forward.

Relationships and Soul Connections

Relationships are some of life's greatest teachers. They can bring joy, love, challenge, and opportunities for personal growth.

Some people are curious about the deeper meaning behind their connections with others and may explore themes such as:

- ✦ Why certain people enter our lives
- ✦ The lessons we share with others
- ✦ Understanding relationship dynamics
- ✦ Finding compassion and forgiveness
- ✦ Finding out whether we have shared other lives with our family and friends

These explorations can offer new perspectives and help people reflect on their relationships with greater awareness.

Personal Growth and Transformation

At its heart, Quantum Healing is often about self-discovery and transformation.

People may explore questions around:

- ✦ Becoming more authentic
- ✦ Reconnecting with their intuition
- ✦ Developing self-compassion
- ✦ Moving through periods of change
- ✦ Understanding their own strengths and abilities

A session can provide a valuable opportunity to pause, reflect, and reconnect with the deeper parts of yourself that may be overlooked during everyday life.



Physical Wellbeing and Surrogate Healing

Some people are drawn to Quantum Healing sessions with questions relating to physical wellbeing, hoping to explore the deeper emotional, energetic, or spiritual aspects connected with their physical issues. Within the Quantum Healing approach, the body is viewed as holding wisdom, and the session may provide an opportunity to bring awareness, understanding, compassion, and intention to areas of concern. It is possible to obtain immediate physical healing in some circumstances - but your Higher Self will help guide you to any action that you need to take in order to release a physical condition that cannot be released immediately. I have found that once a physical condition has been linked to either a trauma from a previous life, current life, or from an attached energy source, it can often be released with immediate results.

Another area some people explore is **surrogate healing**, where a person attends a session with the intention of exploring healing on behalf of someone else who is unable to participate themselves. This may include relatives who are unwell, elderly, unable to attend, or even beloved animal companions.

During a session (or surrogate session) the practitioner works with the person present, allowing the exploration to unfold through their connection and intention for the individual or pet they wish to support. In other words,

a client may ask for healing for a family member, friend or pet, and healing may be sent to that individual if their Higher Self gives permission. Many people find this a meaningful way to express love, compassion, and a desire to offer support from a place of care.

As with all Quantum Healing experiences, each session is unique, and the insights that arise are personal to those involved. These sessions are approached as an opportunity for exploration, connection, and understanding rather than a replacement for professional medical or veterinary care.

Spiritual Curiosity

Many people are naturally curious about the bigger questions of existence:

"Are we more than our physical experience?"

"What happens beyond this lifetime?"

"How are we connected to something greater?"

Quantum Healing offers a space for people to explore their own spiritual beliefs, experiences, and questions in a personal and meaningful way.

Some people are drawn to exploring concepts such as consciousness, intuition, past life experiences, guides, or the nature of the soul, while others simply wish to understand themselves on a deeper level.

Your Journey, Your Questions

Whatever brings someone to a Quantum Healing session, the most important element is that the experience is personal to them.

There are no questions that are too big, too small, or too unusual. Curiosity itself can be a powerful starting point, opening the door to greater self-awareness, understanding, and connection.

Sometimes the greatest discoveries come from simply taking the time to listen within.

Reflection

"What is one area of my life where I would love to gain deeper understanding or clarity?"

Energy, Emotions and Spiritual Wellbeing

Our inner world has a powerful influence on how we experience life. The thoughts we hold, the emotions we feel, and the beliefs we carry can shape our physical wellbeing, as well as the way we respond to situations, connect with others, and understand ourselves.

Within many spiritual and holistic traditions, emotions are viewed as an important form of awareness—offering us information about our experiences, needs, boundaries, and areas where we may need greater compassion and understanding.

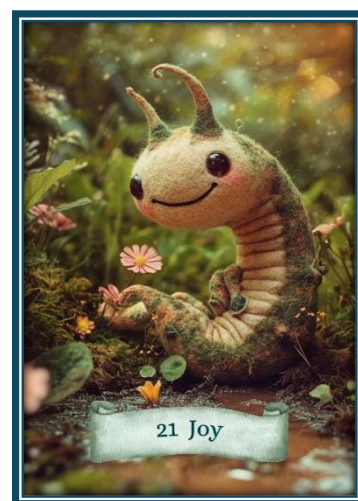
Rather than seeing emotions as something to ignore or push away, we can learn to listen to them. Every emotion has something to teach us, whether it is highlighting something that needs attention, encouraging us to make a change, or inviting us to look at ourselves with greater kindness.

The Connection Between Emotions, Trauma and the Body

Throughout life, we naturally experience a wide range of emotions, and our bodies are constantly responding to our thoughts, feelings, and experiences. Within many holistic and spiritual approaches, it is believed that emotions or traumatic experiences that have not been fully processed may remain held within the physical body as areas of tension, imbalance, energetic stagnation or 'dis-ease'.

When we experience difficult events, especially those that feel overwhelming, the body can hold onto the memory of those experiences long after the original moment has passed. Over time, these unresolved emotions may influence how we feel, how we respond to life, and our physical wellbeing.

From a Quantum Healing perspective, exploring these emotional and energetic connections can provide an opportunity to bring awareness to what may be ready to be understood, released, or transformed. By gently connecting with these experiences with compassion and curiosity, we can begin to release that which we no longer need, or that is no longer useful to us.



The Importance of Self-Awareness

Self-awareness is the practice of noticing what is happening within us—the thoughts we think, the emotions we feel, and the patterns we repeat.

When we become more self-aware, we can begin to recognise:

- ✦ What brings us joy and fulfilment
- ✦ What situations drain our energy
- ✦ What beliefs may be limiting us
- ✦ What we truly need to feel balanced and supported
- ✦ Where we may be ready for growth or change

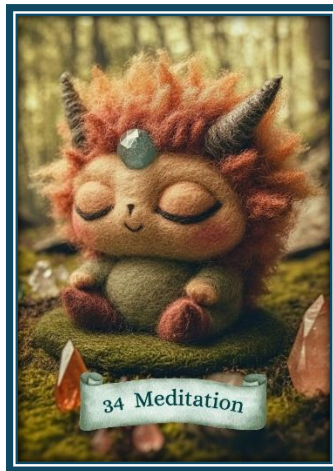
Developing self-awareness is not about judging ourselves or trying to become someone different. It is about creating a deeper relationship with ourselves and approaching our own journey with curiosity and compassion.

Supporting Your Spiritual Wellbeing

Just as we care for our physical bodies, it can be valuable to create practices that support our emotional and spiritual wellbeing. These practices do not need to be complicated—they are simply ways of creating moments of connection, calm, and reflection.

Meditation

Meditation can provide a quiet space to slow down, centre yourself, and become more aware of your thoughts and feelings. Even a few minutes of mindful breathing can help create a sense of calm and presence.



Journaling

Writing can be a powerful tool for self-discovery. Journaling allows you to explore your thoughts, record insights, process emotions, and notice patterns that may not always be obvious in everyday life.

Some helpful prompts include:

"What is my intuition trying to show me today?"

"What emotions have been asking for my attention?"

"What would I like to release or understand more deeply?"

Grounding

Grounding practices can help you reconnect with the present moment and create a feeling of stability and balance. This might include spending time in nature, walking barefoot on the earth, wild swimming, mindful breathing, or simply taking a few moments to notice your surroundings.

Creating Moments of Connection

Spiritual wellbeing can also be supported through activities that bring you joy and connection, such as spending time in nature, creative expression, reading, listening to music, practising gratitude, or connecting with people who uplift and inspire you.

Your Personal Journey

There is no single path to spiritual wellbeing. What feels supportive and meaningful for one person may be different for another.

The most important thing is to find practices that help you feel connected, balanced, and aligned with yourself. Small moments of awareness, kindness, and reflection can create meaningful shifts over time.

Your healing journey is not about becoming someone else—it is about reconnecting with the wisdom, strength, and awareness that already exists within you.

Reflection

"What small practice could I introduce into my daily life to support greater peace, awareness, and connection?"

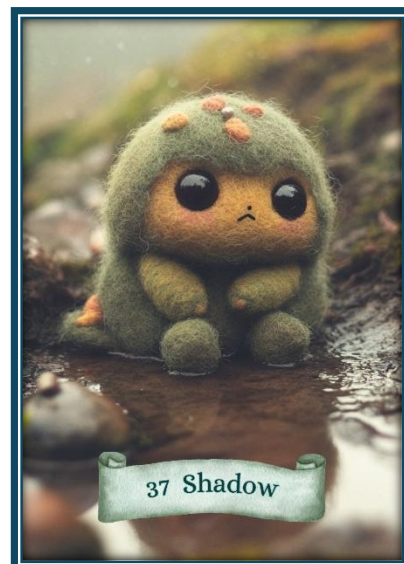
Journaling Prompts for Your Own Healing Journey

Journaling can be a powerful companion on your path of self-discovery. Taking time to write down your thoughts, feelings, questions, and insights creates a space where you can slow down, listen inwardly, and develop a deeper connection with yourself.

Unlike everyday writing, reflective journaling is not about creating the “perfect” answer or finding immediate solutions. It is an opportunity to explore what is happening beneath the surface, acknowledge your feelings, and allow your own inner wisdom to come forward.

You may find that some answers appear immediately, while others unfold over time. Sometimes the most meaningful insights come when we simply allow ourselves the space to reflect without judgement.

Find a quiet moment, take a few deep breaths, and allow yourself to explore the following prompts.



What Would I Like More Clarity About?

Life can sometimes feel busy and overwhelming, making it difficult to hear our own inner guidance. Taking time to reflect on what you would like greater clarity around can help you understand where your attention and energy are naturally being drawn.

Consider asking yourself:

- ✦ What area of my life feels unclear right now?
- ✦ What questions have been on my mind recently?
- ✦ What would I love to understand more deeply?
- ✦ If I trusted my intuition completely, what guidance would I seek?

What Patterns Am I Ready to Understand?

Many of us experience recurring themes in our lives—similar emotions, situations, challenges, or relationship dynamics that appear again and again.

Rather than viewing these patterns as something negative, they can be seen as opportunities for awareness and growth. Bringing curiosity and compassion to these experiences can help us understand ourselves on a deeper level.

Reflect on:

- ✦ What situations seem to repeat in my life?
 - ✦ Are there emotions I often find myself returning to?
 - ✦ What beliefs about myself might I be ready to explore?
 - ✦ What lessons could this pattern be offering me?
-

What Would My Higher Self Want Me to Know Today?

Within Quantum Healing, the Higher Self is often described as a deeper aspect of our consciousness connected with wisdom, compassion, and understanding.

Taking a moment to imagine connecting with this part of yourself can be a beautiful practice of reflection.

Ask yourself:

- ✦ If I listened to the wisest part of myself, what would I hear?
 - ✦ What do I need to remember right now?
 - ✦ What message of kindness or encouragement would I offer myself?
 - ✦ What guidance feels most supportive at this moment?
-

What Brings Me a Sense of Peace and Purpose?

Our journey is not only about understanding our challenges—it is also about remembering what brings us joy, connection, and a sense of meaning.

Reflecting on the things that make us feel alive can help us reconnect with our own unique path.

Consider:

- ✦ When do I feel most like myself?
 - ✦ What activities or experiences bring me peace?
 - ✦ What inspires me or fills me with curiosity?
 - ✦ How can I bring more moments of joy and connection into my life?
-

Creating Your Own Sacred Reflection Practice

There is no right or wrong way to journal. You may write pages of thoughts, jot down a few words, draw pictures, create mind maps, or simply sit quietly with a question.

The most important part is creating a space where you can be honest with yourself and allow your own wisdom to emerge.

Your healing journey is unique, and every insight—whether big or small—is a step towards greater self-awareness, compassion, and connection.

Final Reflection

"What is one loving message I would like to offer myself today?"

My Journey: From Quantum Healing Messages to Goblin Glade

My journey into spirituality and the exploration of the unknown began when I was around ten years old. From a young age, I found myself drawn to questions about consciousness, the supernatural, and the mysteries of existence. I experienced a number of unusual and unexplained events throughout my life, including encounters I interpreted as paranormal experiences, UFO sightings, moments of synchronicity, strange occurrences that felt like glitches in reality, doppelganger experiences, and intuitive insights that seemed to arrive before events unfolded. These experiences sparked a deep curiosity within me and a desire to understand not only what was happening, but also the science, spirituality, and possibilities behind these fascinating phenomena.

As I grew older, I immersed myself in books and research exploring the paranormal, ancient civilisations, past life regression, spirituality, consciousness, and the hidden mysteries of our world. This curiosity eventually led me to explore a variety of healing and spiritual practices, including Reiki, sound healing, crystal healing, hypnotherapy, psychology, and the magical properties of herbs.

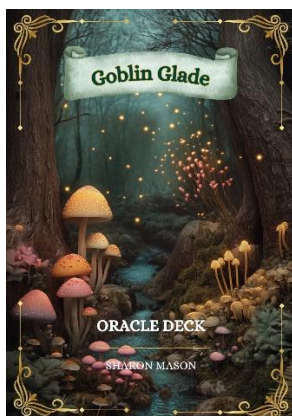
A pivotal moment in my journey came in 2019 when I experienced my own Quantum Healing Hypnosis Technique session. Following medical treatment for cancer, I had been experiencing ongoing abdominal discomfort and food intolerances that affected my daily life. After my QHHT experience, I noticed a profound shift, and those issues no longer affected me in the same way. This deeply personal experience opened my eyes to the possibilities of Quantum Healing and inspired me to explore this modality further, eventually leading me towards becoming a practitioner and supporting others on their own healing journeys.

Over time, my fascination grew into a desire to support others on their own journeys of self-discovery. Through my training in **Quantum Healing Hypnosis Technique (QHHT)** and **Soul Centre Healing Hypnotherapy (SCHH)**, I was able to combine my love of exploration, storytelling, and helping people connect with their own inner wisdom.

Every Quantum Healing session is unique, and I have been continually inspired by the beautiful messages, insights, and themes that emerge during this work. Again and again, I noticed recurring messages around self-love, healing, courage, compassion, forgiveness, remembering who we truly are, and reconnecting with our own inner guidance.

I began to wonder: *How could these messages be shared beyond the session room? How could I create something that allowed people to reflect, connect, and explore their own healing journey in a creative and uplifting way?*

And so, the idea for **Goblin Glade** began to grow.



The Birth of Goblin Glade

Goblin Glade started with the messages themselves. Each card began as an idea, an insight, or a piece of wisdom inspired by the themes that have appeared throughout my Quantum Healing work.

From those messages, characters began to emerge—each one representing a different aspect of the healing journey. They developed their own personalities, challenges, lessons, and stories, which eventually became the foundation for the Goblin Glade guidebook.

Set within an enchanted forest filled with winding rivers, sparkling streams, mountain paths, elven villages, and magical realms, Goblin Glade became a place where healing could be explored through imagination, storytelling, and a little bit of humour.

I believe that healing does not always have to feel heavy or serious. Sometimes a little laughter, curiosity, and playfulness can help us open our hearts and see things from a new perspective.

Each character in Goblin Glade carries a message, but they also carry a story—a reminder that everyone is on their own unique journey, with their own lessons to discover and their own wisdom waiting to be uncovered.



Bringing the Vision to Life

Creating Goblin Glade has been a journey of creativity, intuition, and following inspiration. What began as messages from Quantum Healing sessions gradually transformed into an entire magical world.

My dream is to one day bring Goblin Glade to life as a beautifully printed oracle deck and guidebook that people can hold, treasure, and explore. Until then, I have created a digital version through the Goblin Glade Oracle App, along with a downloadable guidebook containing the character stories and the wisdom behind each card.

Whether you use the cards for reflection, journaling, meditation, or simply to enjoy the stories of the inhabitants of Goblin Glade, my hope is that they bring a little magic, encouragement, and inspiration to your own journey.

Thank you for joining me on this adventure. Perhaps somewhere beneath the ancient trees, beside the flowing streams of Goblin Glade, you will discover a message waiting just for you.

[Experience Goblin Glade here](#)



Frequently Asked Questions About Quantum Healing Hypnosis

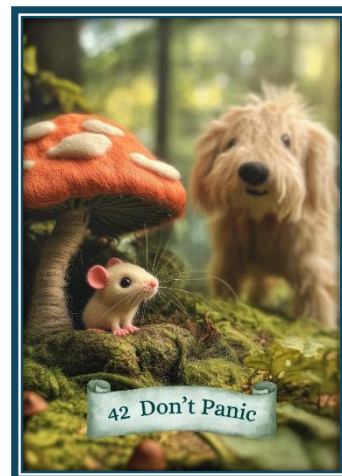
If you are new to Quantum Healing Hypnosis, you may naturally have questions about what the experience involves and what you can expect from a session. Below are some of the most common questions people ask before beginning their journey.

Do I need to believe in anything for Quantum Healing to work?

No. You do not need to have a particular belief system or follow a specific spiritual path to explore Quantum Healing.

Many people arrive with a strong spiritual connection, while others come with curiosity, an open mind, or simply a desire to understand themselves more deeply. The most important thing is your willingness to relax, explore, and be open to your own experience.

Quantum Healing is a deeply personal journey, and each person will interpret their experience in a way that feels meaningful to them.



Will I be aware during the session?

Yes. During a Quantum Healing session, you remain aware and connected throughout the experience.

Many people describe hypnosis as a deeply relaxed state, similar to meditation or the feeling of being absorbed in a book or film. You are able to hear the practitioner's voice, respond when needed, and remain comfortable and in control.

Hypnosis is not about losing control—it is about entering a calm, focused state where you can turn your attention inward and explore your own thoughts, memories, feelings, and experiences.

Will everyone experience things in the same way?

No. Every person's experience is completely unique.

Some people may experience vivid imagery, memories, colours, sensations, emotions, or a strong sense of connection. Others may receive gentle thoughts, feelings, symbols, or insights that unfold more subtly.

There is no "right" way to experience Quantum Healing. Some people may have a very visual journey, while others may experience their session through emotions, intuition, or a quiet sense of knowing.

Your experience is personal to you, and there is no need to compare it with anyone else's.

How long does a Quantum Healing session take?

A Quantum Healing session is a deep and detailed experience, and sessions are generally longer than a traditional hypnosis appointment. A typical session is around 3 – 4 hours long.

The session includes time for discussion beforehand, exploring your questions and intentions, the hypnosis experience itself, and time afterwards to reflect on what came through.

Allowing plenty of time means the process does not feel rushed and gives space for your journey to unfold naturally.

Is everyone able to be hypnotised?

Most people can experience a relaxed, focused state of awareness, although everyone's experience of hypnosis is different. Theta state is the state that every person is in between waking and sleeping, so you experience this perfectly natural state at least twice a day.

Hypnosis is not something that is done *to* you—it is a natural ability that many people experience in everyday life, such as becoming deeply absorbed in a task, daydreaming, or reaching a calm state during meditation.

Being relaxed, willing to participate, and allowing yourself to follow the guidance can help create the best environment for the experience.

What if I don't experience anything?

This is one of the most common concerns people have before a session. It is important to remember that there is no expectation or test to pass.

Some experiences are dramatic and vivid, while others are gentle and subtle. A quiet thought, feeling, memory, or realisation can be just as meaningful as a detailed inner experience.

Trusting yourself and allowing the process to unfold naturally is often the most helpful approach.

Can I ask anything during my session?

Your questions are an important part of your Quantum Healing journey. Many people bring questions about their life path, personal growth, relationships, spirituality, recurring patterns, and areas where they would like greater understanding.

Your questions help create the intention for your session and guide the areas you would like to explore.

Final Thoughts

The best way to approach Quantum Healing is with curiosity, openness, and compassion for yourself. There is no need to have all the answers before you begin—the journey itself can reveal new perspectives and insights.

Your experience will be uniquely yours, and the most important thing is to trust your own process.

Continue Your Journey

Thank you for taking the time to explore this introduction to Quantum Healing Hypnosis. I hope this guide has given you a deeper understanding of the journey, the possibilities of inner exploration, and the beautiful connection we can create with our own wisdom and intuition.

Every person's path is unique, and sometimes the first step towards change is simply becoming curious. Whether you feel drawn to explore a Quantum Healing session, continue your personal reflection, or simply learn more about yourself, the journey begins with taking a moment to listen within.

Explore a Quantum Healing Session

If you feel called to explore your own inner world more deeply, a Quantum Healing Hypnosis session offers a dedicated space for reflection, discovery, and connection.

During a session, we can explore the questions that are meaningful to you, uncover insights, gain new perspectives, and connect with the deeper wisdom within.

To book a session, or just arrange a Free no-obligation chat with me, visit my website at:

www.sharonmason.co.uk or email me directly to: sharonmasonqhht@gmail.com

Discover the Goblin Glade Oracle Deck

Alongside my Quantum Healing work, I created the **Goblin Glade Oracle Deck**—a magical reflection tool inspired by the messages, themes, and insights that have emerged through my healing journey and client sessions.

Set within an enchanted forest filled with magical creatures, hidden villages, rivers, mountains, and mysterious realms, Goblin Glade invites you to explore your own intuition through storytelling, imagination, and gentle guidance.

Each card carries a message, and each character has their own story of healing, growth, courage, and self-discovery. The accompanying guidebook shares these stories, bringing the inhabitants of Goblin Glade to life and offering a playful reminder that healing does not always have to feel heavy—sometimes wisdom arrives through curiosity, creativity, and a little bit of magic.

To explore more of the deck on my website, visit: [Goblin Glade | Sharon Mason QHHT](#)

To purchase the app and guidebook, click here: [Goblin Glade app bundle](#)

Stay Connected

If you would like to continue exploring topics around Quantum Healing, spirituality, self-discovery, and creative projects inspired by this journey, I would love for you to stay connected.

You can follow along for:

- ✦ Quantum Healing insights and updates
- ✦ Spiritual exploration and inspiration
- ✦ Behind-the-scenes glimpses into my creative projects
- ✦ Goblin Glade updates and oracle card messages
- ✦ News about upcoming offerings and events

YouTube: www.youtube.com/@sharonmasonqhht

Facebook: <https://www.facebook.com/QHHTsharonmason/>

Instagram: <https://www.instagram.com/sharonmasonqhht/>

Thank you for allowing me to share a part of my journey with you. Whether your next step is a Quantum Healing session, an oracle card reflection, or simply spending time exploring your own inner wisdom, I hope you continue to follow the path that feels right for you.

Remember: the journey of self-discovery is not about finding something outside of yourself—it is about reconnecting with the wisdom, creativity, and magic that has been within you all along.

With warmth,

Sharon Mason

