



Preparing for an Online Quantum Healing Hypnosis Session with Christina Lavers

You've booked your session so now it is time to prepare!

We will be working under the love, guidance and protection of high frequency divine super-conscious intelligence. This loving collective energy, working closely with your own spiritual team will ensure your journey is deeply healing in a way that is perfect just for you.

The information contained in this document will assist you in having the best possible quantum healing consciousness exploration possible! If you have any additional questions or concerns, please let me know.

Session breakdown

Online sessions are often held in two parts. (if a solid four hour session is booked just combine the two sections below)

Part one: up to 1.5 hours

The first part of the session involves a personal sharing that allows you to impart information relating to your background, concerns, goals, as well as specific aims for the deep trance component of the session.

Then we will work together to identify a very clear and precise intention that will act as guidepost throughout your journey. (More info below)

Please note: You will never be pushed to share more than feels right, comfortable, and relevant to you. Please never hesitate to let me know if you do not feel to share something.

For part one you can be located anywhere you feel comfortable and won't be disturbed for the duration of the appointment.

What to bring: Because the session is online it is important that you have a device, with video and microphone/sound, that is fully charged. I also recommend you have a notebook and pen, as well as a glass of water.

Part two: Up to 2.5 hours

We will begin this session with a short water ceremony that will act to ground your intention for your session and broadcast it out into the multidimensional universe.

Then we will move into the heart and mind coherence component. This part helps us to bring our hearts and minds into alignment and to connect to one another energetically.

From here we move into the induction, and your journey begins.

For part two it is very important that you are located somewhere that you can relax and recline comfortably. A bed is ideal.

What to bring: You of course will need to have a device, with video and microphone, that is fully charged. If you are using a phone or tablet, please ensure that you have somewhere suitable for it to be placed that will allow you to be heard and seen throughout the session. You will also need to have a glass of water for the water ceremony; a blanket to ensure you are warm and comfortable during the session; as well, if you like working with crystals, have them nearby. Amethyst and Lapis Lazuli are easy to access, high frequency stones that can help you to connect to the higher realms (but please feel free to go with whatever feels right to you).

Zoom

The online sessions are held over the Zoom online platform. I will send you a Zoom meeting invite link prior to the session.

To sign up and to familiarize yourself with Zoom please visit the links below:

Sign up: <https://zoom.us/signup>

Test: <https://zoom.us/test>

FAQ: <https://support.zoom.us/hc/en-us/articles/206175806-Frequently-Asked-Questions>

*Feel free to contact me if you have any issues here

Preparing for a Quantum Healing/BQH Session

It is up to you to decide how much you want to do to prepare for our session. The important thing to remember is that the only real requirements are to trust the process, be yourself, and to show up!

That being said, many may benefit by taking some steps to prepare. Exploring what you hope to achieve in the session, practicing to quiet the mind, reading some helpful articles to debunk myths and provide relevant information, and also taking some time to explore the visualization process are some of the ways you can ensure a great session.

BQH article on trusting the process: <https://www.quantumhealers.com/blog/unfolding-perfection-trusting-the-process>

Intention

Creating a well thought out intention for the session is important. A clear intention will act as a guide post ensuring the session stays on course and remains aligned with your overall aims. This will ultimately act to increase the likelihood of achieving your desired outcome in the session.

What is your **overall** intention for having a session? It will be helpful to get out pen and paper for this one. There are a lot of reasons one might seek a session. Some common reasons people have sessions are as follows:

- To develop clearer and more direct communication with higher self and guides.
- To embody more of your divine soul-self essence.
- To uncover your life purpose and life path direction.
- To understand and shift lifelong patterns and blocks.
- To learn or understand the energetic root cause of specific health challenges and to endeavour to resolve them.
- Spiritual Origins and Goals- What is your galactic history, what is your star ancestry, what other incarnations have you experienced and how are they affecting the spiritual path you are on now? Do you have aspects of yourself you can integrate to assist in your current life?

Don't worry if you haven't pinpointed an exact intention as there will be time in the session for us to work together to identify a very clear and specific intention.

Prepare a List of Specific Questions and Concerns

You may want to prepare a list of specific questions and concerns that you would like to address in the session. Please write this list down in a word document and send prior to the session via email so that I can read your questions during the session. Also put these questions and concerns in order of importance to you as we may not be able to address them all. Some clients may bring a single question or issue of concern to the session, and some may bring dozens. It really does not matter how many you come up with, only that you put them in order of importance.

What kind of questions? The general rule is to ask personal questions or keep topics related to your personal life. Here are a few examples.

- I have a difficult relationship with my sister. Why is this so and can it be resolved?
- Many years ago I had something strange happen to me. (This could be a dream, vision, feeling, or experience) What exactly happened, and why?
- I have a lifelong interest in (name ANY subject) can we explore this in depth?

Creating Connection Affirmation

It is a good idea to begin to focus, from the moment you decide to schedule an appointment, on communication with the wise part of yourself that exists beyond the limitations of your human awareness and is able to provide healing and information. I call that part your Higher Self.

Affirmations can be helpful in solidifying this connection. Below is a simple one you can use.

"I have clear and direct communication with my Higher Self."

Note the tense of this sentence. It's not "I will have", it's "*I have*."

You can then repeat this intention either silently or out loud throughout your day and most importantly, right before you go to sleep at night. Put a "post it note" on your bathroom mirror to remind you to focus upon your intention as you brush your teeth and prepare for bed.

Practicing to Quiet your Mind

A calm mind that is not filled with racing, looping, or judgemental thoughts is your best asset in a BQH session. If you are not a regular meditator it might be a good idea to practice quieting your mind. (If you are not familiar with meditation please feel free to contact me and I can send you some helpful resources).

Leave Expectations Behind

Intentions and expectations are completely different things. Specific *expectations* about what you are about to experience are not helpful. Each session is as unique as the individual who has one. You can read books or watch videos all day long but your session will unfold in your own consciousness in your own way and will more beautifully do so if you don't expect certain things to happen or not happen.

One very important aspect to keep in mind is that almost everyone brings all or a part of their everyday conscious mind along for the experience. Having a Quantum Healing session is not like having anesthesia. You will likely be aware of your experience as it is happening and likely to remember much if not all of it when it is over.

Truly - all answers are within. Your answers will come from within. Your Higher Self, your Divine Aspect, your Soul Self is within you. Or more accurately you, your conscious mind exist within that Higher Aspect. So your Higher Self, is not at all, separate from you. This is a wonderful and empowering idea but one that can be difficult to grasp for many, especially since most of us have been programmed, since birth, to look for guidance and answers from others.

Here is a video about expectations in any Quantum Healing session. This video was made many years ago by Dolores Cannon (creator of Quantum Healing Hypnosis Therapy) and Candace Crow Goldman (creator of Beyond Quantum Healing).

<https://youtu.be/qcwl6411AY4>

Practice by listening to Pre-recorded Regressions

There are many resources on YouTube. Here is a practice regression video with Quantum Healers Candace Crow-Goldman and Alice Mixer. Play along with this video multiple times until you are able to find your surprise in your own closet.

<https://youtu.be/J77alegwERU>

Practice Visualizing and using your Imagination

Your Higher Self uses your imagination as a language to speak to you. Absorbing that idea and doing a bit of work to stimulate your imagination are good ways to prepare.

Win Wenger, author of 'The Einstein Factor', developed a powerful exercise called Image Streaming to cultivate the imagination. Below you will find the link where the steps are explained.

<http://www.winwenger.com/imstream.htm>

Common Hypnosis Myths

Simply put, no, you will not just go to sleep and wake up with all of your problems solved, and no, it is not required that you go so deep into hypnosis that you become unconscious.

You will likely be conscious and aware throughout the entire session.

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

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

Preparation on the Day AND After the Session is Over

Please don't drink alcoholic or caffeinated beverages before the session, or even, the evening before, if possible. If you are a regular morning coffee drinker, **please don't skip your coffee**, but go easy and keep it to a minimum before your session.

It has been noted that clients who smoke marijuana regularly often have a more difficult time entering into the flow of the session. If possible please refrain from using marijuana at least 24 hours (preferably 48) before the hypnosis session.

Light exercise prior to your appointment, like a long walk, is an excellent way to prepare for a successful session. This is another good time to repeat your affirmation. We want your body relaxed, but your mind quiet and alert and engaged.

As much as possible, clear your day for the session. It is generally not a good idea to have additional appointments after your session or plan a massive drive ahead of you (unless you are in the passenger seat). Having a BQH session is very much like participating in a long, very detailed and involved daydream. You really will feel as if

you have just returned from an amazing journey, having visited other worlds and lifetimes, and in fact, you will have done just exactly that. It is best to have some time to process your experience and give yourself an opportunity to fully return to your regular conscious day-to-day reality before attempting any complex mental tasks or strenuous physical activity.

Listening to your session in the days and weeks and even months ahead can be a very valuable component of your BQH session. Even if your conscious mind "remembers" the session immediately afterwards, it can, just as some dreams can, begin to fade from your memory, even if you had an "unforgettable" experience! In addition, further energetic downloads of information may be enhanced by repeat listening. Also, any healing or life improvement suggestions can and will be reinforced by listening repeatedly to the audio. One goal of quantum healing is to have your conscious mind "get on board" and align with your Higher Self and its goals and support any changes or healing you intend to occur.

When blocks are removed, or patterns shifted during sessions it is extremely helpful to continue to consciously support these changes to ensure that your system does not return to its old ways. If you are uncertain about what this means please bring it up in the discussing session. If you have booked a follow-up coaching session we can establish some strategies and approaches in that time.

Please ensure payment is made, unless otherwise discussed, prior to session. Preferred payment method is PayPal: clpublishing@zoho.com

Finally, remember that I am always interested in hearing from you in the future and encourage you to drop me a note and let me know how the BQH session has affected your life.

My mobile phone for calls or texts: 0408222910 / International: 61 4 08222910

Best email: clpublishing@zoho.com

Quantum Healing Sessions are powerful, memorable and often life-changing. I look forward to our time together. Please get in touch if you have any questions.

Love, Christina

<https://www.christinalaverscoaching.com/>