



# QUANTUM HEALING HYPNOSIS TECHNIQUE

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Quantum Healing Hypnosis Technique (QHHT), is a guided process that allows you to enter a deeply relaxed, meditative state - similar to the moments just before falling asleep or just after waking. In this state, you can access your subconscious mind (often called the Higher Self) to gain insight into emotional patterns, life experiences, physical concerns, and personal questions.

You remain conscious, aware, and in control throughout the entire session.

## WHAT HAPPENS IN A QHHT SESSION?

A QHHT session is a one-on-one, in-depth experience lasting approximately 4-6 hours and includes three main parts:

10 - 20  
QUESTIONS

CONNECT

THETA STATE

TRANSFORM

SESSION  
4 - 6 HOURS

COMPLETELY  
CONFIDENTIAL

### 1. INTERVIEW

A relaxed conversation where we:

- Get to know your background and intentions
- Review your personal questions (typically 10-20)
- Clarify what you would like insight or clarity on

This allows the session to be tailored specifically to you.

### 2. REGRESSION

You are gently guided into a deep state of relaxation (Theta state). From here:

- The subconscious may present memories, imagery, or symbolic experiences
- Some people experience what feel like past lives, while others receive insight through symbolism or inner narratives
- Emotional patterns may be observed and released through simple awareness

You are able to speak, respond, and remain in control the entire time.

### 3. INTEGRATION

After the regression:

- You'll have time to ground and reflect
- We discuss key insights and themes
- You receive a digital audio recording of your session for later review

Insights often continue to unfold in the days or weeks following the session.

## WHAT TO KNOW BEFORE BOOKING

ONE-ON-ONE



### MOST PEOPLE ONLY NEED ONE SESSION

Additional sessions are optional and based on personal choice

GUIDED



### NO BELIEF SYSTEM IS REQUIRED

You do not need to believe in past lives for the session to be meaningful.  
Many people experience imagery or narratives similar to meaningful dreams.

## POTENTIAL BENEFITS

Clients often report that QHHT helps them:

- Reduce stress and anxiety
- Gain clarity around recurring life patterns
- Respond differently to triggers, conflict or pressure
- Feel more focused or mentally organized
- Improve sleep and increase energy

## WHO IS QHHT FOR?

QHHT may be helpful if you:

- Feel stuck or uncertain about aspects of your life
- Are seeking closure around unresolved situations
- Want to understand yourself in a deeper way
- Wish to discover meaning behind dreams or memories
- Are curious but unsure of what to expect

## FAQ

CLARITY



### WHAT IS HYPNOSIS?

Hypnosis is a therapeutic, trance-like state of intense concentration, and deep relaxation. It is not sleep, but rather a form of focused awareness. It is akin to daydreaming or being absorbed in a book or movie, where the immediate environment is temporarily ignored. Hypnosis requires the person's willingness, and they can interrupt it at any time.

INSIGHT



### HOW IS QHHT DIFFERENT FROM OTHER HYPNOSIS METHODS?

Unlike other hypnotherapy approaches that use suggestibility to create change within an individual, QHHT facilitates communication with the Subconscious/Higher-Self, where insights and suggestions are received directly from the client, and not a practitioner.

WISDOM



### WHAT IS THE SUBCONSCIOUS OR "HIGHER SELF"?

It is considered the part of you that holds all knowledge about your soul's journey, including past, present, and future, which can provide guidance and greater understanding.

HEALING



### CAN QHHT ADDRESS PHYSICAL ISSUES?

Yes, by accessing the subconscious, a QHHT session can identify the mental, emotional, or energetic root cause of physical symptoms and lead to profound healing.

