



FREQUENTLY ASKED QUESTIONS ABOUT QHHT SESSION

1) How long is the session - and how much?

A QHHT session lasts 4 hours on average. The cost is €290 of which €90 booking deposit is required at the time of confirming your session date.

2) How many sessions will I need?

Most people will only need one session, but further sessions can be scheduled later if there is a desire to explore more of your soul's history. Each session is completely unique. I had 7 QHHT sessions in 4 years (colleagues swaps 😊) and they were completely different from one another.

3) Can I bring a friend or relative with me to the session?

Nobody else will be permitted to stay in the room during the session. They can drop you off and then pick you up after the session or wait in our comfy guest room. The session will be recorded, and it is up to you if you will want to share it after.

4) I'm traveling from out of town. How far are you from the airport and where can I stay?

Aughrim is 85KM/52Miles from Dublin Airport in a picturesque countryside. Nearest train/bus station is in Arklow 20 minutes-drive from us. We offer pick-up/drop-off from Arklow at extra €20 return.

There is a [3 star hotel](#) only 5 minutes walking distance from us and [4 star hotel](#) 7 minutes-drive from us as well as number of AirBnB hosts in Aughrim Area. Search their availability [here](#).

5) Is QHHT Safe?

Completely. QHHT is a technique where YOU stay conscious and in control. A QHHT session is more like a vivid daydream where you can communicate and comprehend multidimensionally at the same time. You'll be able to hear everything around (birds outside or a car noise) but the sounds will not distract you, they just become part of the background. Each person's experience is unique, but generally QHHT clients leave feeling at peace, happier, lighter, and determined to live their life aligned with their heart's desires.

6) What is the Higher Self?

Some call it the Over-soul or super-conscious. It's a perfected part of you that is unaffected by any trauma or limitations of your human body self. It is your non-physical aspect, your higher dimensional aspect. It remains connected to the divine source and acts as a link between Source/God and your evolving soul. In any spiritual interaction, you first unite with your Higher Self. Then in that higher nature, you unite with your divine source – God. It is an immense resource of wisdom, intelligent insight and knowing that can bring real meaning, fulfilment and purpose to your life. Your Higher Self can answer any and every question you have about yourself if appropriate/ if knowing the answer is aligned with your highest good and the highest good of all. It knows everything there is to know about your soul's history and the life you are living now.



7) Will I remember anything?

You will be NOT be asleep. You will be conscious. Most people DO remember all or most of their session at first, but it's like when you wake up from a dream and remember it vividly but then it fades away as hours go by. For some, it may feel like you were asleep and are unaware of what was said but your Higher Self will still be having a conversation with you. A digital recording will be made of your session and sent to you after via email. You can listen to it and digest it fully at your convenience. Listening to your session often and gaining the wisdom and insights from it is just as important, if not more so, as experiencing it.

8) Will I lose control of what I say or do during a session?

No, you will never act against your best interests or values. Although you will be in such a relaxed state, you will never say or do anything that will leave you exposed or vulnerable. So, in this sense, you are totally in control. My role is to ensure that you always feel comfortable and safe in your session. If your conscious mind is concerned, at worst you would not be able to go into the relaxed altered state to begin with or may interrupt the session. It's important to note here that you will also have the opportunity during the interview process to get to know me and address any concerns. A high level of trust and respect is a vital part of a successful healing hypnosis process.

9) Will it make a difference if I don't believe in past lives or reincarnation?

No. In some sessions, we only visit memories from childhood. When it comes to what is defined as a 'past life', it doesn't matter if it is our imagination creating a subconscious story or as an 'actual' event, an analogy or as a metaphor. What is important is that it helps you in a way that is insightful and empowering. Whatever questions you may have, your Higher Self is the source of all answers and will help you in ways that will surprise you in a positive way during your session.

10) What is the best way to prepare for my session?

Drink lots of water, eat high vibe (fresh) foods and spend time in nature. The more meditation and grounding you do before a session, the better. Also, approach it with an open mind and the curiosity of a child, with zero expectations. Like anything, as soon as you release yourself from any expectations from a pending experience, it has the opportunity to pleasantly surprise you as it unfolds. Listening to Theta frequency [meditation music](#) also helps.

