Guide Book

Your Quantum Healing Hypnosis Session

A manual & guide to help you know all about what a hypnosis session is, what it can provide you, and what to expect before, during & after your session.

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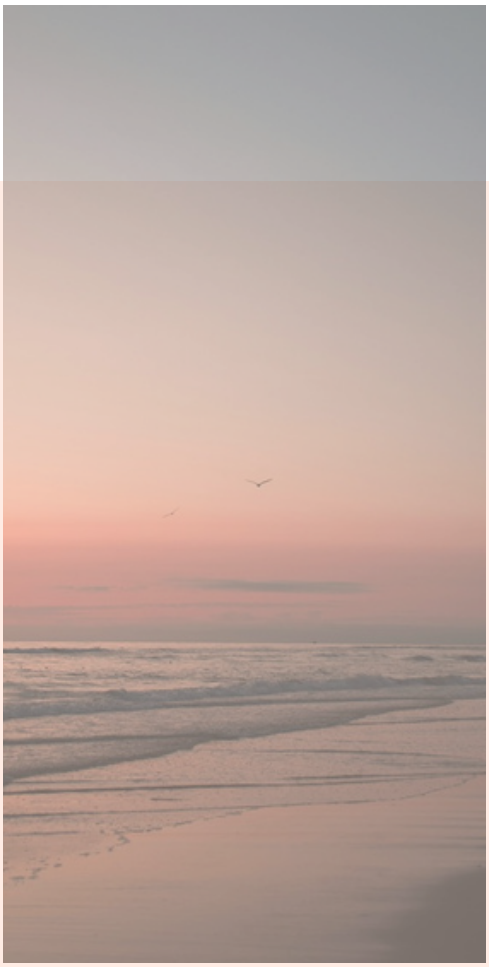
What's Hypnotherapy for, and why should I try it?

Just a few examples pulled from hundreds

- **Hypnotherapy is effective in eliminating pain** https://pubmed.ncbi.nlm.nih.gov/30790634/
- **Hypnotherapy has been shown to shift biological factors** https://pubmed.ncbi.nlm.nih.gov/8698945/
- **Hypnotherapy has been shown to break addiction patterns** https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD001008.pub3/full
- **Hypnotherapy has been used to effectively address PTSD** https://pubmed.ncbi.nlm.nih.gov/26855228/
- **Hypnotherapy has been shown to contribute to overall mental health** https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2023.1330238/full



My Personal Experience with Hypnotherapy

It was 2017, and I was in the midst of awakening, changing, and questioning my reality, my purpose, and my understanding of my physical and spiritual nature. At that point, I had undergone many years of therapy, but still did not feel like I knew who I was or what my purpose was. I had put on a lot of weight, just undergone bankruptcy, and was dealing with major anxiety. I had decisions to make to move forward, and decided to get connected more with my inner world: my subconscious & unconscious mind through hypnotherapy.

My session was not exactly what I had expected. I traveled through time and space to ancient experiences, connected with various beings, saw the future, and received strange messages that did not make sense to me until much later. Although I have had many, many sessions since the first one, that first session gets replayed many times. This is because there was a theme in my sessions. And that is commonly what occurs, as I've witnessed with repeat clients.

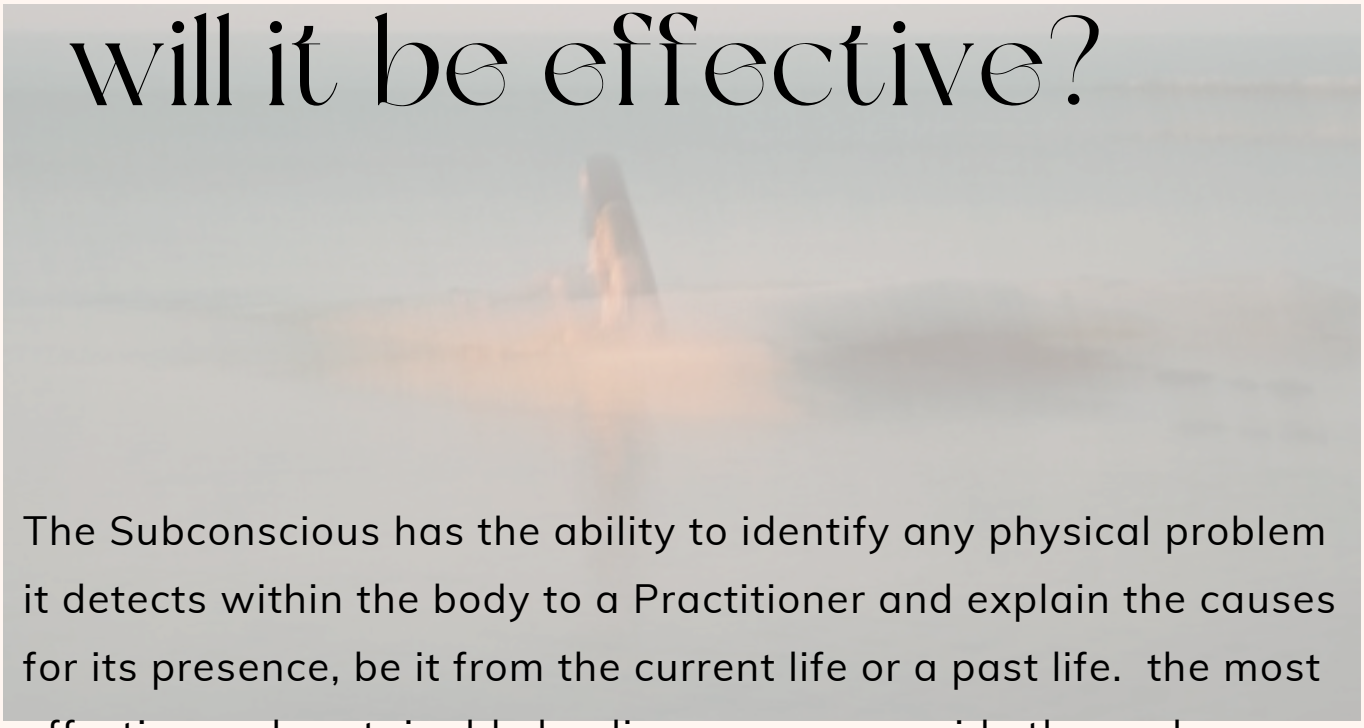
The subconscious mind has an operating system with various programs that are running through it, which impresses upon the conscious mind.

Through social conditioning, we have come to believe that evidence begets truth; “seeing is believing”. The subconscious mind does the opposite. Our reality and truth are created from the subconscious belief systems and structures that interplay on an unconscious level.

Logic and the development of logic are helpful in discerning actions, consequences, and moral obligations.

Logic is a function of the conscious mind; however, logic is also based on the unconscious awareness, patterning, and reality. What plays out in front of us occurs much after the subconscious/ unconscious mind has determined its chosen experience.

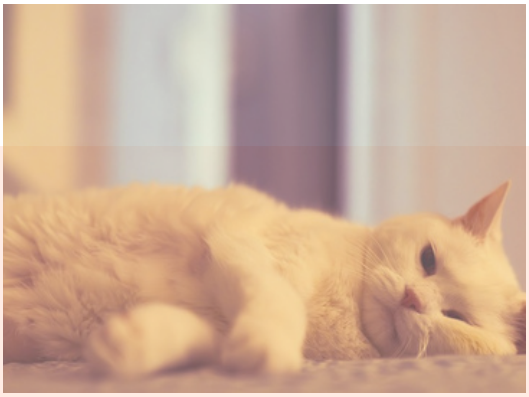
What will I be experiencing, and how will it be effective?



The Subconscious has the ability to identify any physical problem it detects within the body to a Practitioner and explain the causes for its presence, be it from the current life or a past life. the most effective and sustainable healing one can provide themselves comes from deep within themselves, as they step further into their birth-given power, freedom, wholeness, and sovereignty. I hold space for the amazing transformation to occur within each client. My focus becomes you and your path of self-discovery and growth. I do the back work of clearing, purifying, protecting, and shielding the space for you to feel safe to travel as far as your soul and subconscious feel ready to traverse.

1st Stage: Achieving a relaxed theta state, ideal for deeper journey work.

- Since the subconscious mind is the deeper layer of consciousness that holds our memories, beliefs, emotions, and energetic patterns — the unseen blueprint shaping our daily experiences. The conscious mind operates in the waking, analytical beta state; the subconscious becomes more accessible when the brain slows into lower-frequency states, such as **alpha** and **theta**.



The theta state serves as the bridge between the conscious and the multidimensional self. Here, Spirit and psyche communicate through symbols, sensations, and knowing. the mind becomes a clear channel through which the wisdom of your deeper self can speak.

- The **theta** state occurs as we drift into sleep and just as we awaken. We are lucid, conscious, and awake; however, we feel as though we are in deep meditation.

- We will initially go through about 20-30 minutes of guided meditation to allow you to relax into this induction state deeply. This stage is preceded by a water alchemy ritual, fully infused with your intention, which we will perform together to prepare for a successful session. If you have any challenges coming up with intentions, we can do that together as well.

2nd Stage: Guiding Your Inner Journey

- The heart of the hypnotherapy journey will be led and guided by your subconscious, with my assistance within that process. You will connect to your inner experience through the imagery and imagination that comes through you, and you will be expected to share it along the way. I will assist in that flow and transition between various experiences.

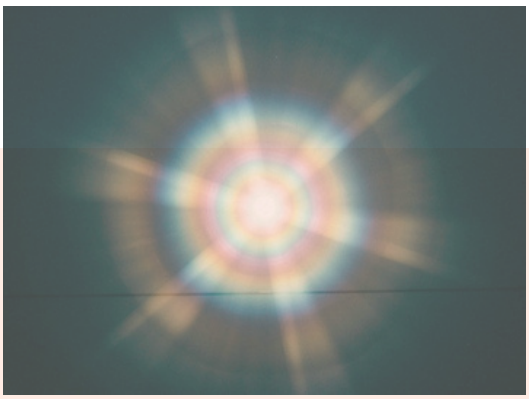
- This primary journey, where you will travel through timelines, dimensions, lifetimes, parallel realities, and delve deeper into yourself, typically lasts around 1-1.5 hours.

"The language of Spirit is imaginal. It paints truth in feeling, color, and symbol so the heart may understand what the mind cannot name. Images are how Spirit remembers. They rise from within to remind us of what the soul already knows."

- Sometimes, clients may fear they are making it all up themselves and will invalidate the experience, making it seem as thought it's not working. Yes, your mind will make up the imagery and story, but those images are archetypal images that are initially formed primarily deep within the subconscious, and relay very importsnt information for us to bear witness.

3rd Stage: Connecting to your Higher Self

- It's important to start intending, from the moment you decide to schedule an appointment, to communicate clearly and directly with that part of you that can provide healing and information. This part of you is what we call your Higher Self.



"The Higher Self is the quiet intelligence guiding every session - revealing only what the soul is ready to see, and healing only what it is ready to release. Each session unfolds under the guidance of the Higher Self, whose purpose is always gentle remembrance - the awakening of the truth that you already are whole."

- The Higher Self can be interchanged with your Spirit, Source, and, alternatively, your Subconscious and Unconscious Mind. This aspect of self tends to carry the deeper wisdom codes necessary to achieve the intention that was initially set for the session. This is usually a more subtle or silent wisdom that can oftentimes be quite surprising with the information it brings forth,

- Repeat this intention either silently or out loud throughout your day and most importantly, right before you go to sleep. As you do, the appropriate synaptic connections are brought forth, further adding to the overall success of your session

How to Prepare for Your Session

Try to think about your **intention** for the session and what you'd like to get out of it.

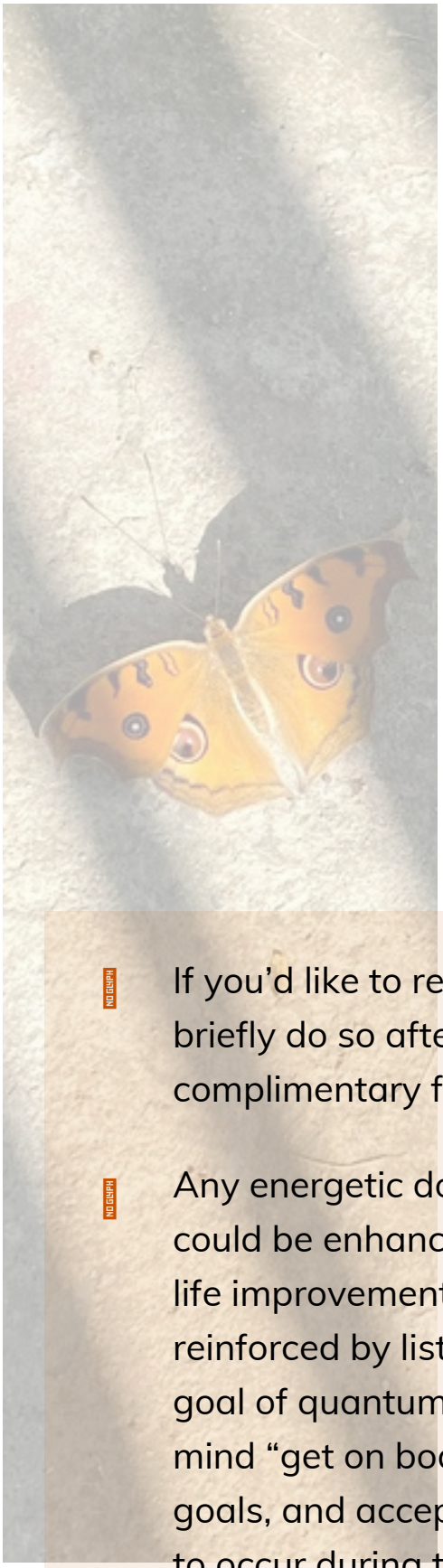
Prepare a **list of questions** you'd like answered through the session, approximately **5-7 questions.** These questions can be anything you'd like more information and insight on.

Stay away from drugs, alcohol, or too much emotional, mental, or physical stimulation about 24 hours prior to the session.

- If you drink a cup of caffeine every day, then it is entirely acceptable to have caffeine that day. Avoid skipping anything you'd normally do to avoid potential headaches.
- Dress comfortably and have a comfortable bed or sofa to lie down on, making sure that I can still see you through the camera. These sessions can sometimes be emotional, so you may want to go easy on makeup, or skip it altogether.
- Please use headphones with a microphone attached. Noise cancelling headphones are ideal.

Review of Quick Tips

- Learn to quiet the mind with meditation
- Create intention and Begin affirmation - You are connected to and can easily communicate with your Higher Self
- Leave expectations behind
- Practice by listening to recorded regressions
- Practice visualization - imagination
- Read and understand common hypnosis myths
- Create a list of 5-7 questions and concerns
- Clear your day after the session. most need rest/ integration time
- Light exercise before the session
- Light meal or snack before the session
- Limit caffeine (do NOT ELIMINATE if a regular coffee or tea drinker. just limit)
- Online sessions- Familiarize yourself with Zoom and ALL of your equipment prior to the session.
- Wear a microphone pr have one near your mouth for the duration of our session.
- Recordings are not kept long. Download your audio file immediately!



Upon Session Completion

We will review aspects of the session that you remember or those you'd like to understand on a deeper level.

Your session will be recorded for you via Zoom, so please be sure to use the most updated version, as the Ai Companion provides a very helpful outline for you.

It's very common to feel tired post-session and need to take a nap to assist in integration. Please be gentle with yourself.

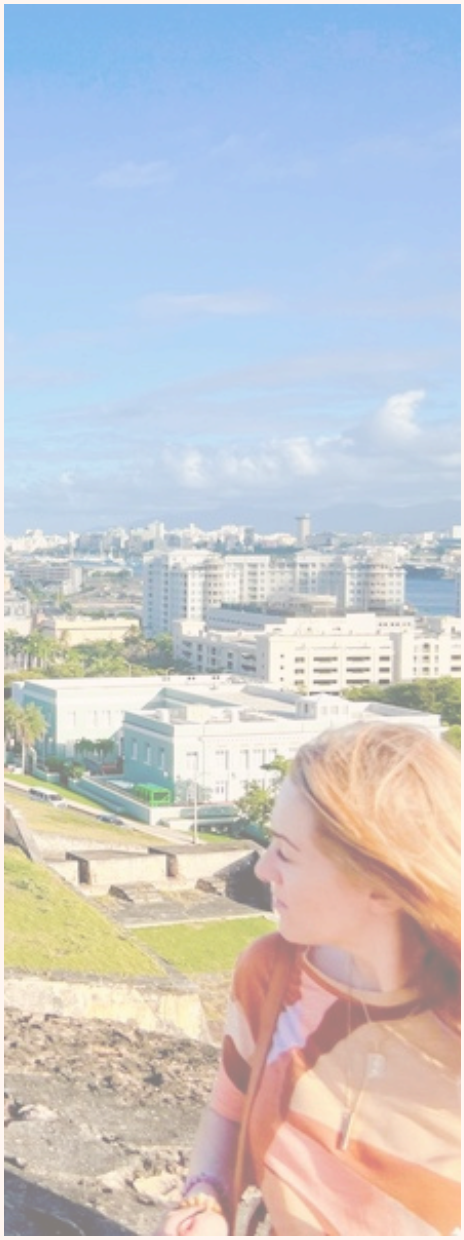
- If you'd like to review your astrology charts, we may briefly do so afterward. This is optional & complimentary for you.
- Any energetic downloads received during your session could be enhanced by repeat listening. Any healing or life improvement suggestions can and will be reinforced by listening repeatedly to the audio. One goal of quantum healing is to have your conscious mind "get on board," align with your Higher Self and its goals, and accept any changes or healing you intended to occur during the session.

Post Session Integration

You will be welcome to ask as many questions or discuss any experiences you had during, post, and days after the session to assist in your integration process.

The session experiences aren't always straightforward and can sometimes take days, weeks, or even months to make sense fully.

Paying attention to your dreams and synchronicities after your session is helpful because your connection with your Higher Self will be intensified & much stronger.



With Cosmic Love!
Meriam Miyara