

BEYOND QUANTUM HEALING

What is BQH?

- Beyond Quantum Healing (BQH) is a technique combining a past life regression and connecting to one's Higher Self. It allows the client to get answers to various questions they might have related to their life path, relationships and their purpose, as well as to achieve deep healing on a subconscious level.
- Developed by Candace Crow-Goldman, BQH is a heart-based modality which focuses upon a creative, energetic approach to assist clients in self healing.
- BQH is heavily influenced by Delores Cannon's work, Quantum Healing Hypnosis Technique (QHHT).
- BQH uses relaxation and hypnosis techniques to help clients settle into a trance state and deep connection with their Inner Beings. (you may call that your Subconscious, Spirit, Higher Self, and/or God Self) This allows the analytical and critical mind recede into the background so clear guidance and understanding of their lives can come to the surface.

Questions:

Prepare a list of direct questions/concerns to ask during your session. A common number of issues/questions is usually around 7-10. Start by writing down as many questions as you have and then look to see how they relate to each other and how you can condense them.

Also expect your questions to change. They often do after you make your first list. Some of the answers can even come to you before your session!

Please write them down beforehand, ideally type them and send them to me already a couple of hours before the session.

Example questions include:

- *I have had asthma since birth. Why? Can it be healed?*
- *I really dislike my job and would like to quit and find a new one. Should I?*
- *I am in a new love relationship. Is this person the right one for me?*
- *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?*

- *Why am I here? What is my mission in this lifetime?*
- *Am I on my right spiritual path?*
- *Can I meet my spirit guide or guardian angel?*
- *Can I improve my intuitive or psychic skills? How?*
- *How can I create more peace or balance or abundance in my life?*

Preparation on the day of the session:

1. Meditate for ~ 20 min in the morning. Try to visualize and see a couple of regular objects while meditating, e.g. an apple, a tree.
2. Say to yourself the intention in the morning and throughout the day: "I have a clear and direct communication with my Higher Self." Note the tense of this sentence, it's not "I will have," it's "I have."
3. Don't drink alcoholic and caffeinated beverages before the session or the evening before, if possible. If you are a regular morning coffee drinker, please don't skip your coffee, but keep it to a minimum before your session.
4. 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 intention. We want your body relaxed, but your mind quiet, alert and engaged.
5. Clear your day for the session if possible. We begin by talking, going over the process, and your questions. Then you get relaxed and we begin the actual hypnotic regression. Afterwards, we go over what was experienced and I make sure you are awake and grounded. This entire process will take about 3,5 hours.
6. It will be most supportive if you come with your questions and intentions without being attached to the outcome. In this state of trust and openness you attuned to receive the gifts of this experience.

Technical preparation for an online session

1. You will need to install Zoom which is a secure and stable meeting platform.
2. A fast broadband connection is vital so that we are unlikely to get disconnected during the session.
3. You will need to have a good camera and mic on your laptop, tablet or quite recent smartphone, with the volume set to maximum, or wearing an earpiece or headphones if you prefer.
4. Your laptop, tablet or smart phone will need to be placed safely and securely, close to you and adjusted so that I can see your face and top part of your body at all times.
5. You will benefit from being in a comfortable reclining seat, or lying on your bed, propped-up by pillows.

6. You will need to ensure that you cannot be interrupted by someone entering the room, phone calls or doorbell ringing.
7. After our session, I'll send you a recording to listen to for integration purposes.

About Me

My name is Ola Kohut, and I'm based in Berlin. I'm an intuitive reiki practitioner and Beyond Quantum Healing facilitator excited to help people uncover and remove energetic blockages standing in the way to realizing their true purpose. Learning and practicing reiki and hypnosis made me truly realize that the outer world is just a reflection of our inner state. It makes me happy to see how sessions help clients to drop unnecessary limited beliefs and energetic blockages on their way to living their lives to the fullest.