

Quantum Healing Hypnosis Preparation Guide

Name: _____ Session Date: _____

1- Daily Meditation

Meditate in a recumbent position for 15 minutes daily. Lie on your back for 15 minutes early on in the day. Focus on the sound of a ticking clock, your breath, the air conditioner, or some simple noise. The purpose is to quiet your mind as much as possible.

2- Daily Breathing

Raise your hands to your heart, take some deep breaths, and imagine that you are breathing through your heart. You are very in touch with your heart. Do this daily.

3- List of Questions

Make a list of questions regarding your life, relationships, life choices, life purpose, health conditions, life direction, etc. There is nothing off-limits. Please bring 2 copies of the questions to your session. I will keep one of the copies.

4- Water

Please increase your water intake. Drink your water on an empty stomach and between meals. Increasing your water intake is very important.

5- Eat light

Increase your intake of fruits and vegetables. Decrease or eliminate your consumption of meats, animal products, fried foods, processed foods, and sugar-laden foods.

6- Dress Comfortable

Please wear comfortable clothes for your session. You will be sitting for a portion of your session and then will be lying on your back for at least 2 hours.

7- List of Sounds, Foods, Smells, Locations, Touch, and Sights

Make a list of 3 sounds or songs you enjoy, 3 foods you like to eat, 3 smells you enjoy, 3 locations you enjoy, 3 things you like to touch, and 3 things you like to look at or observe. Please bring 2 copies to your session. I will keep one of the copies.

Please call or text me at 404-775-9642
Dr. David

List of Questions:

Use reverse side if need more space or print off a copy of your questions

List of Sounds, Foods, Smells, Locations, Touch, and Sights

3 Sounds or Songs you enjoy:

- 1
- 2
- 3

3 Foods you enjoy

- 1
- 2
- 3

3 Smells you enjoy

- 1
- 2
- 3

3 Locations you enjoy

- 1
- 2
- 3

3 Things you like to touch

- 1
- 2
- 3

3 Things you like to look at

- 1
- 2
- 3