

Quantum Healing Hypnosis – An Overview

By Lynn Savage

Quantum Healing Hypnosis is a technique pioneered by Dolores Cannon.

Dolores is author of dozens of books relating to her sessions as a hypnotherapist. She began practicing hypnosis in the 1960s, but in 1979, she started specializing in past life therapy. The material from many of these sessions went in to her earlier books such as *Between Death and Life*, *They Walked With Jesus*, *Jesus and the Essenes* and *A Soul Remembers Hiroshima*.

Clients had also begun coming to her to seek information regarding suspected UFO encounters, and while traditional hypnosis could often recover many details of these experiences, she began to suspect that the ETs were intentionally shielding her clients from the full story. Sometimes beneath the client's conscious screen memory, yet another layer of implanted screen memory seemed to be recalled under traditional hypnosis. While some researchers were satisfied with this level of recall, she suspected there was more to the story. An investigator with insatiable curiosity, Dolores became intrigued and motivated to uncover the full truth for her clients. She began to experiment with a deeper level of hypnotic trance, and found that a deeper source of knowledge could indeed be accessed.

While in the deeper trance condition, which she terms "somnambulistic state", Dolores found that she could follow her client's soul from the past life death scene back to the spiritual abode which we all originated from. At this point, higher level entities would sometimes speak up, such as the client's guides, or various angels & ascended masters. She could sometimes obtain answers for the client's questions from these entities, but eventually she discovered that simply accessing the client's own subconscious is the quickest and most reliable method of gaining answers. The subconscious mind is actually a portal to the higher self or oversoul, which is that portion of our souls that remains anchored in the spiritual realm when we incarnate as humans. Accessing the subconscious mind is the core of what defines Quantum Healing Hypnosis.

Regarding the ET phenomenon, Dolores discovered that it is complex and multifaceted. While the classic "Greys" and "Reptilian" may be of a relatively lower level, the higher intelligences calling the shots are generally highly advanced spiritual beings. The very term "ET" may be a misnomer, because we are essentially all souls who originate from a higher source. As it turns out, many of us incarnated in past existences on distant planets or star systems, and in some cases, in forms we would presently find unfathomable. The ETs orchestrating the encounters are essentially fellow souls from a higher level of vibration, whose primary mission is to observe or to help us evolve through the present ongoing "shift".

Dolores doesn't take credit for developing the deeper trance technique; she says that has traditional hypnotists have known for many years that it's possible to take their subjects deeper into trance, but that rumor had it that "weird things happen" at that level and many are afraid to go there. Indeed, weird things happen, but it's a matter of perspective whether that's desirable or not. I suspect that Dolores was one of the first to realize the potential of hypnosis for spiritual exploration.

Why the name "Quantum Healing Hypnosis"? My guess is it's just a catchy name. The term "quantum" is used loosely in metaphysics. It has specific meaning in physics, and the link to metaphysics is a long discussion in itself. Suffice it to say that hypnosis is a portal for accessing higher levels of reality.

Why Quantum Healing Hypnosis works

To begin this discussion, we must first review the basic premise of what it means to be living as humans in this physical realm:

The universe consists of but one singular consciousness. This is most often referred to as God.

This one consciousness, being the embodiment of all-that-is, has unlimited creative potential. Not being content to simply spend eternity pondering its potential, this conscious being chose to actualize itself by exploding outward into countless pieces. Modern physics theorizes a “big bang” origin of the universe, which is probably an apt analogy.

The countless pieces of the Whole congealed into souls, and that’s where you and I originated eons ago. As the souls became aware of their own existence, and took on various personalities, colors and flavors, they began to create. Many levels of creation were started and they continue to expand. The physical universe that we experience is but one of countless myriad of levels and dimensions.

At some point, our physical galaxy took form, and then our solar system and planet Earth. When conditions on Earth stabilized enough, souls specializing in such things took it upon themselves to provide the seed for life. Dolores Cannon covers material on this topic in her *books Keepers of the Garden, Legacy from the Stars, The Custodians, and The Convoluted Universe* series.

Once Homo sapiens was evolved enough to support incarnation, souls began incarnating here. The purpose for incarnation is to provide an environment for the soul to develop and gain experience that would be difficult to gain elsewhere. In the process of doing this, karma is created, that must later be balanced and offset in a cycle that seems interminable. Thus we behold the human condition: We are thrust into this life as helpless babies, with memory of our higher level existence wiped clean. The memories of countless past lives, along with previous successes and failures, all gone. We begin with a clean slate, but the first experience is traumatic as we leave the warm comfort of the womb for what must initially seem a cold, insecure existence of deprivation.

Each soul comes into life with a purpose, a theme and agenda. All pertinent details are carefully chosen – the parents, genetic predisposition, location. Contracts are carefully drawn up with all the major players in life (“cast of characters” as Dolores calls them). Major events and turning points are predefined, although some outcomes are decided by our free will choices.

Beginning as it does with the cold, traumatic entrance, the soul’s primary purpose is to rediscover the love and security of the Source from whence it came. It can choose fear and accept deprivation as the norm, or choose love and rediscover the creative Source within. Thusly we summarize the grand adventure of human life.

Our individuality is but an illusion. We can’t be separated from the One Source, because we are holographic images of the Whole. Evil is also a necessary illusion in a polarized universe, because light casts shadows. Darkness is simply the absence of light.

As souls, we are natural creators, and in fact create the illusion of solid matter and physical space that we inhabit. On the spirit level, thought is instantly translated into creation. One reason incarnating here is a great learning tool is that there is a tremendous lag between thought and creation in this dense dimension. We have time to learn from causality and see the result of cause and effect.

Our bodies are the creation of the soul for use as vehicles. All physical attributes result from the template the soul provided. Although illness and disabilities can sometimes be chosen by the soul as a learning experience, most health

problems result from energetic imbalances that our lower level, ego-based minds have caused. Similarly, although our basic lot in life generally gets chosen by the soul, there is a tremendous range of outcomes that can be decided along the way.

Essentially, everything is energy. Underneath the hood, so to speak, every detail of our lives is governed at an energetic level of consciousness that our ego-minds are totally unaware of. Whatever aspect of life we are concerned with, be it job, money, relationships, health, various problems, everything has a corresponding mirror in the higher level energy and consciousness that we cannot perceive. Very little happens by chance or happenstance.

Most of you are aware of the concept of chakras – major centers of energy located throughout the body. The chakras form the anchor points for the human energy field, which extends several inches outside of the body and are the true template from which the physical body is formed. Whether healthy or ill, the body's status closely mirrors conditions in the etheric field.

When incarnating, the soul brings its template defining physical attributes it has chosen, and the physical form you see results from this. Sometimes physical attributes from past lives “stick” to the template and reappear. This is why physical ailments can often be traced to a past life event, and explains why past life recall can be instrumental in healing.

So much of our physical existence is governed by energies and conditions that lie beyond our physical senses. We tend to accept problems and challenges where we can't perceive the cause, because we generally lack the necessary tools.

Quantum Healing Hypnosis offers a method of piercing the veil, and seeing into that Unknown Country that we cannot ordinarily perceive.

Quantum Healing Session

Before beginning the actual hypnotic session, the hypnotherapist will conduct an interview to determine what the client's questions, goals and expectations are. The “cast of characters” will be developed, which refers to people with significant relationships with the client. This information will be helpful in guiding the client through past life scenes, because principal players tend to show up in life after life.

A typical session begins with suggestions for relaxing and inducing a hypnotic state. Once the client is in deep enough trance, one or more past lives are generally accessed. The subconscious knows which ones are relevant to the current life, and will guide accordingly. The client may see himself or herself interacting with people in past lives that are recognizable as people in the present. That difficult relationship with a mother in law might be revealed as someone that you caused discomfort or injury to while relating in different roles. That stabbing pain in the right shoulder might correspond to a jousting injury during the middle ages. Usually it's nothing too dramatic, but themes and tendencies can carry through from life to life. Understanding your cast of characters and the associated karmic relationships can be very helpful.

If all questions are not resolved through past life recall, the hypnotherapist will then seek to access the client's subconscious. The questions, problems or goal are then brought directly to the subconscious for answers. Remember, this state of mind is directly connected to the God-Source, where infinite wisdom and limitless resources are the rule. The subconscious is aware of everything that is occurring in the client's life and the reasons why. Many times, intractable problems are resolved instantly upon request. If nothing else, the cause and reason for problems will be made known, and choices will be laid out.

There is a reason for everything that happens in our lives. Many of us seem to attract drama without ever realizing why. It's easy to say we don't want drama, or problems & challenges for that matter, but the soul's perspective is often different. We could have remained in a bucolic paradise on some astral plane, floating on a cloud of bliss, but chose to come here, to a polarized world that has a reputation as a tough school. Much of the drama we experience is set in motion by the various contracts with our "cast of characters" and often involves balancing karmic debts. The Quantum Healing technique at least permits an understanding of these contracts and perhaps allows us to avoid unnecessary drama.

Then there is the big shift. Dolores has tons of data on this in her books. In my humble opinion, this shift to a higher reality is already upon us. Those that choose this path will find that life is changing and expanding. The new human reality will consist of a fully actualized existence. We will live with one foot in physical reality and one foot in a higher dimension. We can begin to live that way now. Quantum Healing Hypnosis is a tool that can help open that door.

How it compares with Classic Hypnosis

As you probably are aware, classic hypnosis is a valuable tool for eliminating bad habits, relaxation, pain relief and achieving goals. Depending upon the client's needs and desires, classic hypnosis can be the appropriate choice. If there is a desire to go deeper, or resolve more difficult problems, then Quantum Healing Hypnosis is the way to go.

Other correlating sources – Dr. Brian Weiss

The work Dolores Cannon has done with deeper levels of hypnosis has been paralleled by other researchers, most notably Dr. Brian Weiss and Michael Newton. Much of Dolores' findings on the nature of the soul and existence on "the other side" has been correlated by these and other researchers.

One example I'd like to mention is Dr. Brian Weiss' introduction into metaphysical reality, which is chronicled in detail in his book *Many Lives, Many Masters*. He had a patient named Catherine, who was an attractive young woman afflicted with severe anxiety and phobias, especially the fear of water. Dr. Weiss tried traditional psychotherapy at first, without any visible sign of progress. After many months of unsuccessful therapy, he turned in desperation to hypnosis. Traditional Psychiatric theory holds that many problems stem from unresolved traumatic memory stemming from childhood or infancy. Dr. Weiss regressed Catherine backward in age, searching for the undiscovered trauma. When they had reached infancy with no sign of the causative trauma, out of frustration Dr. Weiss commanded "Just go back to when the anxiety started". He was utterly stunned when Catherine began describing a life a primitive Mediterranean village, where she was a young mother. Then she related how a huge wave of water engulfed the village, drowning everyone. This is where her fear of water began.

Dr. Weiss had been an agnostic who accepted traditional scientific theory that all memory and mental activity is the result of chemical reactions in brain cells. It was difficult for him to accept the alternate reality he had stumbled into, but the evidence was irrefutable. In subsequent sessions with Catherine, other entities began to speak through her, with messages intended for Dr. Weiss. He eventually realized that these were ascended masters and authoritative guides from the spiritual realm.

After just a few past life regressions, Catherine was completely transformed. All of the anxiety and phobias were gone, and she became vibrant and confident. Dr. Weiss was amazed that this "woo-woo" technique had succeeded so impressively when traditional therapy had failed.

Caroline Myss

Another example I'd like to cite is the medical intuitive approach of Carolyn Myss. Although this is not hypnosis, Caroline's work reinforces the premise that all illness is the result of energetic conditions within the body and the higher dimensional field that surrounds us.

Carolyn Myss has the natural ability to sense the energetic state of the body and literally see where and why disease has developed. She found early in her career that many people become ill due to emotional and thought patterns that affect the flow of energy within their organs. She was frustrated, however, that many of her clients chose to ignore her advice and seemed curiously attached to their illness, even when terminal. For this reason, she shifted her approach to teaching so she could better help those who wanted it. She has published several books that I highly recommend, including *Anatomy of the Spirit*, *Why People Don't Heal* and *Sacred Contracts*.

Looking for Carroll Beckwith

For those who may have doubts concerning reincarnation and past lives, it may be useful to review some of the published material that seeks to prove its validity. In this particular case, Robert L. Snow was a captain on the Indianapolis police force who firmly believed that reality is restricted to the 5 physical senses. Aware that hypnosis was sometimes used in police investigations, he decided to try it out of curiosity. When his first session resulted in a past life from the 1800's being recalled with stunning clarity, he was intrigued but still skeptical. In a subsequent session he saw himself as an artist working on a painting in 1917. The scene continued to haunt him for some time afterward, until he happened to be touring an art gallery in New Orleans and came across the very painting he had seen himself paint in his regression. It was by Carroll Beckwith, a relatively obscure artist during the late 19th and early 20th century.

Snow felt nausea and vertigo as he considered the implications of the painting. Having had by now several hypnotic sessions that produced a great amount of detail concerning his past life as an artist, he set about to research the life of Carroll Beckwith. It's an engaging story in his book, but to summarize, Snow eventually found enough historical correlation to make a convincing case – from a police detective's perspective – that he had indeed been previously alive as Carroll Beckwith. His adventure culminated with the bizarre experience of standing at Carroll Beckwith's grave and reeling with emotional impact of that reality.

Conclusion

As I have stated, much of life is shrouded in mystery. Carolyn Myss' experience as a medical intuitive begs the question of why we make the choices that we do. It seems there is a higher level of consciousness where decisions are made and our course is set. There are forces that affect our lives that we seem to have no awareness of. The contracts that define our relationships with others could reveal a great deal of insight that explains why our attractions can result in intense drama or blissful contentment; why a brother in law can be such a pain in the butt, or why stressful work relationships continue to recur; why a second-grade teacher played such an influential role in your life. As I said, everything tends to operate by conscious design and there is very little true randomness in our universe.

Quantum Healing Hypnosis can be a tool for opening a door to peer into that higher realm that explains everything about our existence as humans.

Lynn Savage

Quantum Healing Hypnosis – Essential Facts

- Developed and taught by Dolores Cannon
- Utilizes a “somnambulistic” hypnotic state, deeper than traditional hypnosis
- Accesses past lives that have relevance for the present
- Accesses the subconscious mind, which is the portal to the soul or higher self
- Provides explanation of the cause for any problem in life – health, financial, relationship
- Often produces spontaneous healing or resolution of problems
- Provides guidance for life path and decision making
- Explains your life purpose and your soul’s agenda

Authors mentioned in discussion

Dolores Cannon – Convolutional Universe series, They Walked With Jesus, Jesus & the Essenes, Keepers of the Garden, Between Death and Life, Nostradamus series, A Soul Remembers Hiroshima etc. (many others)

Dr. Brian Weiss – Many Lives- Many Masters, Only Love is Real, Through Time into Healing, Same Soul-Different Bodies

Carolyn Myss – Anatomy of the Spirit, Why People Don’t Heal and How They Can, Sacred Contracts, Defy Gravity

Robert L. Snow – Looking For Carroll Beckwith

Michael Newton –Journey of Souls, Destiny of Souls



直傳靈氣

明大光

直傳靈氣

Earth & Water Wellness

18326-C Minnetonka Blvd
Deephaven, MN 55391
By Appointment Only
Phone: 612-508-9606
marie@earthwaterwellness.com
www.earthwaterwellness.com