

# QHHT - Best Practices & FAQ

WITH TIM

## What is QHHT?

QHHT stands for Quantum Healing Hypnosis Technique, developed by Dolores Cannon. It helps you access your higher self to receive deep insights, healing, and answers regarding physical, emotional, or spiritual challenges.

## Best Practices (Most Important)

These guidelines will help you prepare for a powerful and transformative session:

### 1. Start Morning Pages (1 week before)

Write 3 pages of stream-of-consciousness each morning. Don't judge or censor what you write — just let it flow. This helps you recognize your “inner critic” and practice the same spontaneity needed in the session.

### 2. Write Down Your Questions

Prepare clear questions for your Higher Self. You can explore:

- Health (illness, symptoms)
- Emotional or trauma-related healing
- Relationships (family, romantic, karmic)
- Career, money, creativity blocks
- Life purpose & clarity

### 3. Practice Meditation (optional but helpful)

If you already meditate, continue.

If not, morning pages are a good start.

Meditation helps you quiet the mind — essential for going deeper in hypnosis.

### 4. Complete the Spiegel Eye Roll Test (mandatory)

This test is required before attending your session.

🧠 It helps estimate your hypnotizability.

📸 Please try it in advance and optionally take a photo or video.

📌 Can be found here: <https://tim-salomon.com/hypnosis-quiz>

## 5. On the Day of Your Session

- Be relaxed but not sleepy
- Avoid expectations or comparisons — every session is unique
- Have an open heart and a willingness to explore

## 6. During the Session

- Describe everything you see, hear, feel, and imagine in vivid detail
- Say whatever comes to your mind first — nothing is wrong or weird
- Treat it like an experiment — you cannot fail
- Trust that everything you see has meaning

## 7. You Will Be Very Relaxed

Don't worry about performance. Just let go.

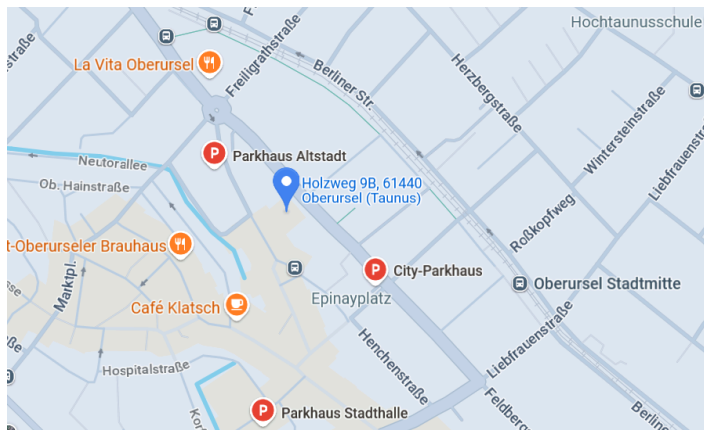
## 📌 Location & Parking

Session Address:

Tim Salomon

Holzweg 9b

61440 Oberursel, Germany



**P** Parking Options:

- Street parking directly in front of the house

- Free public parking 1-2 minutes away on foot

## Zoom Sessions (Optional)

In-person is preferred, but remote sessions are possible if you prepare carefully.

Checklist:

- Fully charged headset (preferably wired)
- Plug your laptop into power
- Close all apps, sounds, and notifications on computer and phone
- Use a quiet, undisturbed room
- Lay down with a pillow and blanket
- Position your webcam so I can see your face clearly
- Be aware of the Zoom recording notification sound

## ? Frequently Asked Questions (FAQ)

Q: What's the structure of a QHHT session?

A: Sessions last 3-5 hours. We begin with a pre-talk, then move into deep relaxation and past life regression. Your Higher Self is contacted for guidance. You'll receive an audio recording after.

Q: Can QHHT help with healing?

A: Yes. Many clients report emotional breakthroughs and physical healing.

Q: Are there any contraindications?

A: QHHT is not suitable for:

- Alzheimer's
  - Schizophrenia
  - Bipolar disorder
  - Hearing or vocal impairments
- Pregnancy is okay.

Q: I don't think I can be hypnotized.

A: Hypnosis is a natural brainwave state. Everyone experiences it during the day — e.g., while watching TV or daydreaming.

Q: I struggle to open up to people. Will it still work?

A: Absolutely. You don't need to "open up to me" — I'm not a therapist. QHHT connects you with yourself. I'm just the guide.

Other questions and answers can be found here: <https://tim-salomon.com/was-ist-qhht>

## ✨ Final Notes

Bring openness, curiosity, and trust.

You are the healer — I help you remember that.