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###### thankful souls

#### After learning about Quantum Healing Hypnosis I felt that it can really help people. In my six years of practice I saw it transforming various aspects of people’s lives, offering insights and giving us means to change and heal.

Aco Vidovič

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[How Does It Work?](http://www.12densities.com/en/assets/about-quantum-healing-hypnosis/)

## [How Does It Work?](http://www.12densities.com/en/assets/about-quantum-healing-hypnosis/)

[Learn more](http://www.12densities.com/en/assets/about-quantum-healing-hypnosis/)

## Quantum Healing Hypnosis

##### [Quantum Healing Hypnosis Technique℠](https://www.qhhtofficial.com/) (QHHT®) is a technique of hypnosis that assists in providing guidance and healing to people.

##### Created by [Dolores Cannon,](http://dolorescannon.com/) QHHT® proved to be a powerful tool that helps us improve the quality of our lives and understand events in, and around us.

##### Dolores refined her technique through 45 years of her career as a regressive hypnotherapist, working with thousands of clients all over the world. QHHT® moves beyond the Past Life Regression and reaches our deepest and highest consciousness. It can bring forth answers to questions people have about their lives. It can bring healing to the body, mind and heart on multiple levels.

#### Past Life Regression

Past Life Regression is a component of the [QHHT® session](#session) where an individual is brought and guided through an appropriate past life. Starting from the first scene that we see, we move through various periods until the last day in that life. The individual’s Subconscious selects what past life to show while the QHHT® Practitioner guides them through it. Past life is related to a concept of [reincarnation](https://en.wikipedia.org/wiki/Reincarnation) which existed even in [early Christian writings.](http://www.near-death.com/reincarnation/history/early-christianity.html) The selected past life is always in some way relevant to the current life otherwise we wouldn’t see it. It is quite common for multiple past lives to be shown during a single session. The Practitioner navigates through a past life using a series of questions to help understand the time period, social setting of the life, main life themes etc.

#### What Happens in the QHHT® Session?

Fascinating transformations happen during the session, both in the individual hypnotised and the surrounding environment. The most important changes take place once communication with the individuals’s [Subconscious](http://www.12densities.com/en/assets/what-is-the-subconscious/) is established. Our Subconscious is our best advisor and a great healer. This is because it knows everything about us and it always has our highest good in its mind. Our Subconscious actually *is* Us on a much, much higher, broader and deeper level of consciousness. When the Subconscious enters the conversation those who are present often describe it with feelings of euphoria, intense excitement, immense power and love.

## The Subconscious – Our Higher Self

##### The Subconscious that is contacted by QHHT® Practitioners is not the same as the subconscious referred to in psychology and conventional medicine.

##### During her early years as a hypnotherapist, Dolores learned that through her unique [hypnotic induction](https://en.wikipedia.org/wiki/Hypnotic_induction) technique she was contacting and communicating with the person’s consciousness that indeed belonged to them, yet was far above the level of their conscious mind which they used to interact with others on a personal level.

[So What is The Subconscious?](http://www.12densities.com/en/assets/what-is-the-subconscious/)

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[Learn more](http://www.12densities.com/en/assets/what-is-the-subconscious/)

[How Is Quantum Healing Possible?](http://www.12densities.com/en/assets/how-quantum-healing-works/)

## [How Is Quantum Healing Possible?](http://www.12densities.com/en/assets/how-quantum-healing-works/)

[Learn more](http://www.12densities.com/en/assets/how-quantum-healing-works/)

## Quantum Healing

##### The Subconscious has the ability to identify any relevant problem it detects within a person on a physical, emotional or mental level. It can explain to the QHHT® Practitioner the causes of this problem, be it from the current life or a past life.

##### The Subconscious is then asked if it is suitable for [healing](https://en.wikipedia.org/wiki/Healing) to occur during the session. If it is, the Subconsious can do the healing instantaneously. Often, simply understanding why a disease is present or why a particular problem is being experienced is sufficient for it to be relieved and removed by the Subconscious.

## Structure of the Session

[1. INITIAL INTERVIEW](#1491831092576-b1dfc930-6b81)

[2. CORE SESSION](#1491831092656-fbf6ddce-0c2a)

[3. CLOSING DISCUSSION](#1491831183825-e9fd36d0-01f8)

##### [1. INITIAL INTERVIEW](#1491831092576-b1dfc930-6b81)

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##### 1 – 1.5 HOURS

The whole QHHT® session takes about 3-4 hours: 1-1.5 h interview, about 2 h core session and 1/2 h closing discussion. In short, clear an afternoon for this life changing session, it is worth every bit of it.

We begin with an interview. The goal of the interview is getting to know you and pivotal events that have shaped you. We look at your list of questions that you want answered. Most often people ask questions about their health (physical, emotional or mental), their life path or purpose, their partnerships (personal or business), how to tackle a particular situation in their life and what future will bring them. But there is no limit in what kind of questions you may ask.

During the interview I will also answer all of your questions about the technique, and explain the process in detail.

##### [2. CORE SESSION](#1491831092656-fbf6ddce-0c2a)

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##### 1.5 – 2 HOURS

You will be taken back to one or more past lives that your [Subconscious](http://www.12densities.com/en/assets/what-is-the-subconscious/) picks for you. No matter how many and which lives that will be, they will always address relevant issues that you are experiencing in your current life. We begin by getting acclimated to who you are and your surroundings. We move through several important days and then to the last day of that life. The death scene is usually important to see but you don’t have to worry about it. You can be taken to an ‘observer’ viewpoint where there is no physical or emotional trauma. Then we take you to the spirit side to see greater perspective on that life as a whole in order to find out its purpose and what lessons you have learned.

Then we bring forth your Subconscious. Some call this Higher Self, Higher Mind or some other name. Whatever you call it you can think of it as the larger part of you that has been with you forever – since the very beginning of time. The Subconscious explains why it showed you those particular lives that it picked for your past life regression and answers every question. Then it scans your body in order to heal and repair it. Your Subconscious has always only your highest good in mind. It can explain the root causes of problems and is so happy to finally have a chance to speak to you. Much healing takes place at this point.

##### [3. CLOSING DISCUSSION](#1491831183825-e9fd36d0-01f8)

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##### 1/2 HOUR

We will review some information that came through during the session. A QHHT® session is a transformative and powerful experience. It opens minds, hearts and imagination. It brings larger perspective and clarity about our life and allows adjustments which support our soul’s growth.

[How to Prepare for the Session?](http://www.12densities.com/en/assets/how-to-prepare-for-a-session/)

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[Learn more](http://www.12densities.com/en/assets/how-to-prepare-for-a-session/)

## Important Notes for Clients

*mic*

### Recording

I will record the session for your benefit, and send you a copy of the recording by email. It is highly recommended that you listen to the recording afterwards as more information will be available to you on the conscious level and more integration will take place. In many cases you will receive detailed instructions of what you need to do, so pay close attention and follow your own higher advice.

*touch\_app*

### Healing yourself

In this guided experience it is your Subconscious not the QHHT® Practitioner that is healing you. The practitioner facilitates the process with a goal to assist you in receiving information you seek. The power of this experience is in You telling Yourself what the root causes of issues are and ways to heal them. Every session is unique so are the outcomes. Rest assured that the session will bring up only those topics you can heal and deal with at the moment. Your Subconscious will never bring you more than you can handle. From my side you have a promise that I will use all my skills and experience to help you through this exciting process.

### Shift your life

The insight and wisdom you get from this session are priceless. This experience will aways stay there ready to help through your life – if you choose so.

## Contact

Aco Vidovič

#### Aco Vidovič

QHHT® Practitioner. Trained and certified by Dolores Cannon.

Location: Domžale, Slovenia.

Sessions available in Slovenian, Croatian, Serbian and English.

Your Name (required)

Your Email (required)

Subject

Your Message