



WHAT TO EXPECT

Session Structure

A QHHT session is a guided, in-person hypnosis experience designed to help you access your subconscious mind for **insight, clarity, and healing**.

Sessions typically last **4–6 hours** and begin with a private interview to discuss your goals and questions. You're then guided into a deeply relaxed hypnotic state—you remain aware and in control the entire time. **Every session is recorded (audio only) and confidential.**

Your Experience

Once in a hypnotic state, your subconscious leads the experience, often through meaningful memories, symbolic scenes, and past-life experiences. We then invite the subconscious to respond to your questions. Some people feel aware the whole time, others have no memory of the session. You'll receive an audio recording of your session afterward.

Please reach out with any questions:
mariana@resonancehypnosis.com

HOW TO PREPARE

Before Session

Prioritize rest, hydration, & self-care. Prepare a simple written list of questions you'd like to explore. **Avoid caffeine, alcohol, and recreational substances for 24 hours prior.**

Day of Session

Eat normally, plan for a light meal beforehand. Wear comfortable clothing and keep your schedule open so you're not rushed. **Arrive with an open, curious mind—you can't do this wrong!**

After Session

Allow time to decompress & integrate. Stay hydrated & take it easy if you can.