

**Here are a few guidelines regarding your QHHT session with
Chantal Guillou-Brennan IEMP, CHT/CQHHT • 203-980-4103
Location: 9 Crown Street, Milford, CT 06460**

Please come with a list of 10 questions (preferably typed) regarding anything you wish to know, and **a flash drive or blank CD** to copy your session (mp3 format). **DO NOT LISTEN TO IT IN A CAR.**

There are essentially 3 steps to the session:

The initial interview enables me to know you better, so as to be able to ask the appropriate questions while you are viewing a past life or conversing with the Subconscious. We will go over your questions and any issues that you might want to address, whether emotional, professional, physical or spiritual.

The hypnosis follows our discussion. I will proceed to bring you in a deep state of relaxation/hypnosis. As long as you are willing, no special skills are needed to be hypnotized. Together, we will be accessing the part of your brain that stores memories and images, so all you need is to be able to visualize and describe what you see. Your conscious mind might try to take over at times, and you might find yourself trying to analyze what you're seeing, wondering whether you're "doing it right".

The key is to relax and keep going back to the images/thoughts without questioning them, regardless of how strange or unusual they may seem. You may also have the feeling that you are making up all the answers yourself, and this is normal. Sometimes the answers seem to come from your conscious mind, but are actually being given to you by the Subconscious. Just go with it. This makes perfect sense once you realize that you already have all these answers, but are generally unable to "listen" to them or are quick to dismiss them while in your conscious state. Another point to remember is that you should come into the session without any set expectations as to what might happen, as this may lead to frustration and disappointment if the outcome is not as expected. The reality is that every session is unique and it's impossible to predict which direction it's going to go.

Once I've determined that you're in trance, I'll ask that you be taken to the most appropriate past life holding the information which relevant to solving your issues/concerns in your current life.

Keep in mind that you'll only receive information that you are meant to receive at the time. If certain questions are not answered, it is either because they wouldn't benefit you in any way or because the time is not right. After we have visited a relevant past life (or lives), I will access your subconscious, which is in reality everyone's collective Subconscious and has all knowledge (it will be speaking through you). This is when your questions will be answered (if appropriate) and when any health issues will be addressed, explained, and (if appropriate) resolved.

Lastly, once we have concluded the session, we will review and discuss the information brought forth by the Subconscious and how it can be applied to your current life.

You'll be given a copy of the recording on a flash drive and may choose to share it with whomever you want. I suggest that you listen to it first on your own, since as is often the case, you might not remember everything that was said during the session, and personal information may come up.

The goal of the session is to help you identify the source of any concerns or blocks you might have, acknowledge them, and overcome them so you can live your life to the fullest. There is no judgment involved and **all information shared during a session is strictly confidential.** This is an opportunity to connect with your Higher Self and hear what it has to say. I'm sure you will enjoy the experience.

Best regards,
Chantal Guillou-Brennan, Certified Licensed Hypnotist & QHHT
PS: Don't forget your flash drive or blank CD!