

FORGOTTEN WISDOM

Remember. Rebalance. Rejoice.

Expanding Your Inner Vision:

A Pre-Hypnosis Visualisation Exercise

If you're preparing for a Quantum Healing Hypnosis (QHHT) session, you might wonder how well you'll be able to "see" the images that come to you during hypnosis. The truth is, **seeing** is just one way of perceiving information. Many people get insights through **feeling, hearing, knowing, or sensing** rather than purely visual images.

In a Dolores Cannon Quantum Healing Session, the very first thing a Practitioner does is to have you close your eyes and then asks, "If I were to say to you, 'see a red door' could you see one for me?"

The majority of clients answer *yes*, and off we go, on an adventure of a lifetime! This article however is not being written for them, but is for those people who, for whatever reason, may stumble a bit upon that very first question and struggle with what is actually meant by the word, "see".

Do some people literally "see" a visual image or picture of a red door hanging in the air behind their eyelids? Well, yes, some people do! But I find that is fairly rare. Rather more people see the door "in their mind's eye" which is something altogether different. And so what does *that* mean exactly? It means they can use their imagination and have an impression, somewhat visual in nature, of a red door and be able to describe the details if asked. It is more subtle, like when you remember a childhood memory or a dream.

Some people see vivid, colourful pictures in their mind's eye. Others might get subtle impressions, like a fleeting sense of colour or shape. Some simply "know" the details, even if they don't see them clearly. **All of these forms of perception are valid and useful during a hypnosis session.**

Play along with me for a short exercise.

A Simple Exercise to Strengthen Your Perception

Let's try a quick mental experiment to explore how you naturally perceive information.

1. **Close your eyes** (or keep them open—this works either way).
2. Imagine or see a **blue butterfly** in your mind.
3. Now, imagine or see the butterfly landing on your hand.
4. Pay attention—how did you experience this?

Now, let's expand the details:



- What shade of blue was the butterfly?
- Did you see its wings moving?
- Could you feel its tiny feet on your skin?
- Was there a sound, like the rustling of wings?
- Did you just “know” it was a blue butterfly, even if you didn't see it clearly?

Now, let's add a fun twist:

Imagine the butterfly wearing sunglasses.

Take a moment and see what comes to mind.

- Were the sunglasses big or small?
- Were they classic black, colourful, or something unusual?
- Did the butterfly look funny, elegant, or silly?

Whether you saw the details clearly, felt them intuitively, or just “knew” them without seeing an image—**that's your way of perceiving**. There is no right or wrong way, and any way you naturally receive information will work beautifully in your hypnosis session.

Why This Matters for Hypnosis

In a QHHT session, you'll be guided into a relaxed state where your subconscious mind can bring forward insights and experiences. You may see childhood memories, past life images, feel emotions, hear messages, or simply sense the knowing of what's unfolding. **The key is to trust whatever impressions come and describe them as they arise.**

Final Reflection

How did your mind present the butterfly and its sunglasses? Did you “see” it like a picture, feel it, or just know it? Recognizing how you naturally perceive information will help you feel more confident and relaxed during your session.



Your subconscious is already communicating with you in ways unique to you—this exercise is simply a way to sharpen your awareness before your hypnosis experience.