

FORGOTTEN WISDOM

Remember. Rebalance. Rejoice.

The "What If?" Game Unlocking Your Imagination

If you tend to approach life with a **logical, structured mindset**, you might wonder how to **strengthen your creativity and imagination**—especially if you're preparing for a **Quantum Healing Hypnosis (QHHT) session**.

Luckily, your right brain—your creative, intuitive side—can be **exercised and expanded** just like a muscle. One of the most fun and effortless ways to do this is by playing **The "What If?" Game!**

How to Play

Each day, take a moment to **ask yourself a wild "What If?" question**. These can be as silly, surreal, or profound as you like. The key is to allow your imagination to **run free**, without overanalysing or dismissing ideas.

Try a few of these:

- **What if you had a magic doorway that could instantly take you anywhere—where would it lead today?**
- **What if gravity didn't exist for five minutes—how would you experience the world?**
- **What if you could design a restaurant that only served food in one colour—what would be on the menu?**
- **What if you woke up one morning with the ability to talk to animals—which one would you speak to first, and what would they say?**
- **What if you had to take care of a baby dragon for a week—how would you keep it entertained?**



There are **no right or wrong answers**, no need to write them down, and no one grading your creativity. Simply **playing with these ideas** gives your brain a much-needed workout, **expanding your ability to perceive, create, and visualize**.

Why This Helps with Hypnosis

Engaging in exercises like the "What If?" Game **loosens the grip of rigid thinking** and **trains your mind to receive information in a more fluid, imaginative way**. This is exactly the state of mind that allows for deep insights during a QHHT session.

In fact, let's try a few **What If? questions tailored to hypnosis**:

- **What if you could travel to any past life—where would you go first?**
- **What if your body could tell you exactly what it needs for healing—what would it say?**
- **What if your soul could whisper your true life purpose to you right now—what would it reveal?**

Final Thoughts



Playing with imagination **warms up your subconscious mind** and **prepares you for a more vivid, insightful hypnosis experience**. Whether you do this while **driving, cooking, or brushing your teeth**, even a few moments of playful thinking each day can make a huge difference.

So, **what if you tried it right now?** 😊