

FORGOTTEN WISDOM

Remember. Rebalance. Rejoice.

Dear Left-Brained Thinker,

First things first—**this isn't your fault.**

You've been trained, from the time you were a child, to rely on **logic, structure, and facts**, often at the expense of **your creativity and intuition**. Society has told you that imagination is frivolous, that coincidences are just random, that daydreaming is a waste of time.

Think back:

- Were you ever told to **stop pretending** or that your imaginary friend wasn't real?
- Did someone ever dismiss your feelings or insights as **just your imagination**?
- Have you been rewarded in life for being **rational, analytical, and structured**, but not for being **creative, intuitive, or spontaneous**?

If so, you're not alone. **Most people have been conditioned this way.**

But here's the thing—when you rely only on **logic and analysis**, you're only using **half of your mind's power**. Imagine trying to fly a plane with just **one working engine**—you might stay in the air, but you won't be soaring the way you were meant to.

And for **Quantum Healing Hypnosis (QHHT)** to work at its best, we need **both engines running**.

Reactivating Your Right Brain

The good news? Your **right brain**—the part responsible for **imagination, intuition, and creativity**—is still there. It's just been a little neglected, like an old bicycle that needs oiling before it can ride smoothly again.

The solution is **simple, but powerful**:

☞ **You need to trust your imagination.** Completely.

That means letting go of overanalyzing and allowing your mind to **flow, create, and explore without hesitation.**

And yes, that might even mean doing something that sounds *completely ridiculous* to your logical side:



💡 **You might have to make it up.** 💡

That's right. You might have to **pretend, to imagine a story, to let your mind drift into a dream-like state** where things unfold naturally.

Because here's the secret:

! What feels like "making it up" is often just your subconscious finally speaking freely. !

A True Story of Healing Through Imagination

During an advanced training session with **Dolores Cannon**, a QHHT practitioner volunteered to be a demonstration subject. She suffered from **severe esophageal pain and reflux** for years.

As the session progressed, she didn't feel like anything was happening. She was aware of the students observing her, taking notes, analyzing every word. Her logical mind took over, whispering:

"This isn't working. I don't feel anything."

But then she remembered what Dolores always said: **Trust your imagination.**

So, she **decided to play along.** She **made up a story** in her mind. She imagined thick streams of **black energy leaving her throat**, dissolving into the air.

And then, something shocking happened—**it didn't feel like she was making it up anymore.** It felt real.

When she awoke from hypnosis, her pain was **completely gone.** It **never returned.**

Her imagination had **unlocked the door** to healing.

Preparing for Your Own Hypnosis Session

If you want to get the most out of your QHHT session, **start exercising your imagination today.**



- **Daydream.** Let your mind wander, without controlling or questioning it.
- **Make up stories.** The wilder, the better.
- **Play the "What If?" game.** (More on that in another article!)
- **Meditate or visualize.** Imagine places, experiences, and energies.
- **Break your routine.** Do something spontaneous, creative, or different.

The best part? **You cannot do this wrong.**

The only way to fail is to **not try at all.**

So go ahead—**wake up your right brain.** It's been waiting for you.