

# FORGOTTEN WISDOM

## Awakening Your Imaginative Mind

In today's world, imagination is often undervalued. We're taught to focus on logic, structure, and facts, leaving little room for creative exploration. However, when preparing for a **Quantum Healing Hypnosis (QHHT) session**, engaging your **imaginative** mind is essential.

A hypnosis session works best when you can tap into **your right brain**—the side responsible for creativity, emotions, and storytelling. But what if you don't consider yourself imaginative? The good news is that imagination is like a muscle—the more you use it, the stronger it becomes! Let's explore how you naturally perceive information and **exercise your imagination** to prepare for a deeper hypnosis experience.

### 1- The Visualisation Exercise

Take a moment to settle in. **Close your eyes** and imagine yourself stepping into a new environment.

**Picture this:** You are in an **ancient stone cottage** tucked away in the mountains. The air is crisp, and the faint scent of burning wood fills the space. There is a crackling fireplace, a wooden table with flickering candles, and a window with a soft glow from the setting sun.

Now, ask yourself:



- What do you notice first?
- Do you feel warmth from the fire?
- What sounds can you hear—perhaps the rustling wind or distant footsteps?
- Is there a particular **emotion** that emerges as you stand in this space?

**Let's add a twist:** Imagine you notice a **book on the table**. As you walk closer, you see that it has your name on the cover. You reach out and open it.

- What does the first page say?
- Is it blank, or does it contain something meaningful?
- Does it feel old, new, heavy, or light?

Take a deep breath and absorb the details. Allow your mind to **freely create** whatever comes.



## 2- How Do You Perceive Information?

To assess the right brain access a client has, I have them imagine an image like the one below. I have them practice entering a scene, which is (most often) how a Quantum Healing Session begins. I encourage them to allow their imaginations to take over. I tell them, “Here you are, standing right here in this scene.

What can you tell me?”

*Image courtesy of Salvatore Vuono at FreeDigitalPhotos.net*

The way a person answers this question gives me much information and allows me to make suggestions that will help make for an easier session. Today I want to share with you an image and some typical responses to the image. Play along, especially if you have a Quantum Healing Session coming up. You can get your right brain moving, or moving again with this simple exercise.

Again, I have the client look at the image and I ask them what they can tell me.

Before you read the responses below, look at the image yourself for a while. Imagine you are there. What can you tell me? Write down everything that comes to mind as you immerse yourself in the image. Done? Good! Now here are three typical responses.

### ***Client 1: More left brain and “locked into logic”***

Client 1: I see an old room. There is a fireplace and some furniture and some candles on a table.

Me: Is that all?

Client 1: Well, there is a chair on the floor turned over. Yes I guess that is all. Oh wait, there is a wagon wheel just outside the door.

I usually give them some more time to view the image and see what else they can come up with on their own, but Client 1, like many people are looking here just to provide the “correct” answer without any embellishment or details. They usually look to me at that next moment as if I were a teacher and they a pupil and want me to tell them if they were right or wrong. If I have this type of client, we spend a lot more time with the photo and questions and attempts to tap into the imagination.

### ***Client 2: More balanced perception***

Client 2: Oh, I am standing in an old stone house. The floors are stone and there are wooden beams on the ceiling. There is a fire on the hearth and dinner is cooking. Stew. Venison Stew I think. There is furniture, simple and candles on the table. There is a chair overturned on the floor. Looks like someone might have left in a hurry. There is a wooden wagon wheel outside the door.

Me: Anything else you notice? Anything more you can tell me?

Client 2: Its almost dark outside. Even though there is a fire going, its kind of cold in the room. No one is here but me. I think I might be lonely.

Client 2 has definitely more right brain involvement in the exercise than Client 1. Details not discernible from the image are provided. The type of stew in the pot, the temperature of the room, the time of day. There is a tentative description of themselves as actually there standing in the room also this is a very good statement: "I think I might be lonely." At this point I encourage a bit more discovery from the client by asking more questions.

### ***Client 3: Right brain dominant***

Client 3: I am in my Grandfather's old stone home. I actually helped build some of this house when I was just a little boy. Its winter and I just arrived here by horseback after a long journey. I am sitting on a chair. I just took off my wet leather boots. There is a vegetable soup simmering on the fire, I am so happy to be here. We were just about to set the table to eat dinner when we heard the old cow mooing in distress. Grandfather was in such a rush to check on her he overturned his chair.

Me: Where is the old cow?

Client 3: Oh she is in the little wooden lean-to barn just outside the house. I think she is about to give birth. Its so good to be back in the country again. I actually remember that old cow, her name is Rosie. I have really missed country life, and I have missed Grandfather so much. He still looks the same though, strong and healthy.

If I have a client like Client 3, at this point I know I probably won't have to spend much more time encouraging them to use their imagination, because they have done so already in a very nice way. There is emotion, relationship, a story, and a willingness to create other characters and scenes outside of the room where they are located. Some clients begin their "actual" session in just this way.

So how did you do? Were you more like Client 1 or Client 2 or the very imaginative Client 3?

**Different people experience this exercise in different ways.**

**Which category do you fall into?**

1. **Literal Thinker (Left-Brain Dominant):** You may have noticed only the **physical aspects**—a room, a fire, a book—but without much added depth. If this is you, try allowing **more details to emerge naturally** rather than analysing whether they are “correct.”
2. **Emerging Imagination (Balanced Thinker):** You not only saw the scene but also **felt the warmth, heard the sounds, and noticed emotions**. This is a great sign that your right brain is engaging, making hypnosis much easier.
3. **Fully Immersed (Right-Brain Dominant):** You stepped into the scene **as if it were real**, possibly experiencing memories, sensations, or even a full story unfolding. If this happened, fantastic! You are already in tune with the process of deep visualization.



**The Key:** However you experienced this exercise, **there is no right or wrong way** to perceive information. Your subconscious mind speaks to you in its own unique language. Trust what comes naturally.

### **Strengthening Your Visualisation Skills**

If you found this challenging, don't worry! Here are some ways to improve:

- **Engage in storytelling**—Make up small stories in your mind and see how much detail you can create.
- **Use guided imagery**—Listen to short meditation exercises where you visualize different scenarios.
- **Play with your senses**—Next time you eat, close your eyes and focus on **textures, smells, and flavours** to strengthen sensory perception.
- **Try automatic writing**—Describe an imaginary place without filtering your thoughts, letting images flow freely.

### **Final Thoughts**

Your ability to visualize will **naturally expand** with practice. By embracing your **imaginative side**, you prepare your mind to **effortlessly receive** messages, images, and insights during your QHHT session.

The deeper you allow yourself to explore, the richer your hypnosis experience will be. So, let your mind wander, create, and most importantly—**trust whatever comes**.

Would you like to practice more before your session? Try different environments, such as a **forest, ocean, or ancient temple**, and see what details emerge.

**Your subconscious is ready—are you?**