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Sessions Transcribed and Released By [Ras Namaste](#) on Monday, 7 October 2013 at 04:22
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Since this QHHT Session the Clients life has made a massive shift into the positive and the healing of some ailments was instant!

Many thanks to Kay for allowing me to share this amazing session with you all, this is the second time I have come across these beings whilst doing this work... Imagine, your real body is on a craft out there somewhere in space and you have literally projected yourself, the essence of your consciousness, down into this game we call "Life". Earth was purely for the evolution of the Human Soul until some humans lost their values regarding their home planet and all Life upon it. The Human Soul, after many incarnations seemed to create more Karma than they came in to fix, this would have led to the destruction of this planet, which could not be allowed. So the Universe called to any who would be willing to assist and all who were able, so here you all are. Most of the time these beings are very gentle and that persons energy is emanated into the Earth Matrix for all to share. It is our duty to look after these beings in the same way they are looking out for us (for free!). They are here to Enlighten the Human mind en mass and teach what is good for all. Was this a past life, or simultaneous? You decide, what a wondrous thing to ponder as the implications are huge! This account is incredibly profound, I'm sure you'll agree!

Simultaneous time? - An ET Account

(QHHT=Quantum Healing Hypnosis Therapist)

QHHT: What do you see?



Client: All I get is a dark tornado really.

QHHT: A dark tornado?

Client: Yes, a whirlwind sort of thing.

QHHT: And what do you see below you?

Client: I see sort of fire but it looks like a devastated land, there was a tornado that... It's... very dark really

QHHT: So there was a tornado and a fire and that's the first thing you saw?

Client: Yes.

QHHT: Well look around you and can you tell me what else you see?

Client: I'm stepping over things; I'm stepping over um... (big sigh) it's dark (as if stepping over something gruesome - dead bodies?)

QHHT: Is it night time?

Client: No, it's daytime actually, it feels light but it's dark, like I'm stepping over death really, it's sad! It feels sad to me but I'm not sure, it feels like a landfill site, that's the only way I can describe it but the tornado tells me that there's been devastation, something's happened

QHHT: So this place where you're at is possibly in the path of the tornado?

Client: Yes, the tornado was right in the centre of it

QHHT: Was it a storm?

Client: Feels like it yes.

QHHT: Ok, look down at your feet, what are you wearing on your feet?

Client: I can't see my feet.

QHHT: Ok..

Client: I can't see my feet at all, nothing! I know I'm there but I can't see me! (laughing) but I'm aware I'm walking around!

QHHT: That's fine.

Client: It's funny isn't it, a strange concept, walking round and being like that

QHHT: That's fine, we won't judge. But is it too dark to see your feet?

Client: Ok... Alright, I see... Right!.... I see... White down there, I still feel like I'm being attached to something but I don't see any feet.

QHHT: Ok, well do you see a body? Do you have a body?

Client: No! (Giggles)

QHHT: That's perfectly fine. So you're not sure if you're male or female?

Client: I'll tell you what it feels like, it feels like I'm in the shape of a cone, it reminds me of like telly-tubbies (UK TV Programming for kids) really walking about but it's not telly-tubbies, I'm white though. (Giggles)

QHHT: Ok..

Client: Feels like "That's white, I'm white" (Laughing)

QHHT: So you are white, you have a different form

Client: Mmm Hmm. (yes)

QHHT: Than other beings in the Universe, so do you have a gender?



Client: No... It's bizarre because now I'm seeing an Aliens face & I don't know why I'm seeing that.

QHHT: That's fine.

Client: But it's white though, all white (said gently), dark eyes and all white. He's looking at me now! (Laughing)

QHHT: That's fine.

Client: (Laughing) It's looking and smiling at me, it's saying "What you do"....You know, "Come on!"

QHHT: Are you psychic?

Client: Yes, I don't know, I think I am. I think this being is speaking to me but it's me! (giggling)

QHHT: So are you the same form as this other alien?

Client: Yes.

QHHT: Excellent, so what's your relationship to this person? It is a person? I'll take that for granted.

Client: It feels like we're twins really, we sort of merge. (giggling), it's weird we can merge and know what the other one's thinking

QHHT: Excellent!

Client: Mmm (yes)

QHHT: So, do you think there would be any chance that you might choose a future life with another person in such a manner?

Client: I would Love to so much, that's what I'd love, I'd love that

QHHT: Ok, so does your body feel healthy?

Client: Oh gosh yes!

QHHT: Are you young or old? (silence) Is that a concept?

Client: No (laughing), you could be a baby, in our.. You could be a baby, you could be an older person but you're not, you're all, you're all, you're "all" really.

QHHT: Yes.

Client: You are all, "All Things"

QHHT: Agreed.

Client: It's mad really.

QHHT: We are completely connected (to Source) on that level.

Client: Mmmm (yes)

QHHT: Yes, it's not unusual for beings to be connected, it's only in the earth dimension that we are disconnected & the veil comes down

Client: (Giggling) Mmmm, laughing that one is now (laughing)

QHHT: Excellent, does it hear what your speaking and what you're thinking?

Client: (Giggling) Yes.

QHHT: So I could be in fact talking to them at the same time

Client: Yes, he's laughing at you.

QHHT: Excellent

Client: (Laughing) You said that.

QHHT: Well does he actually agree with what I'm saying?

Client: Yes totally

QHHT: Well that's a blessing then

Client: (Louder laughing)

QHHT: Tell him "Thank You!" Is it a him? I'm taking it for granted. (client mentioned it 1st)

Client: It feels male to me

QHHT: Ok, so tell him thank you for that.

Client: Awww,

QHHT: For that confirmation

Client: He's nodding (giggling)

QHHT: Well it's a blessing for me to actually do such a thing

Client: Awww

QHHT: And from where I'm speaking to be able to open up a line of communication across dimensions and across time is quite a new thing, for me anyway.... Give thanks.

Client: Sure!

QHHT: Can you describe where you are standing?

Client: Standing on a ledge at the moment, feels like I'm holding this ones hand but we're not holding hands but we're linked if you know what I mean?

QHHT: Yes.

Client: Standing on a ledge, a platform

QHHT: So that's a feeling that you're both together yes?

Client: Mmm Hmm.

QHHT: What else can you see around you other than the ledge platform?

Client: Um, I know it might sound crazy but I can see planets and I can see Earth but I can't decipher really what I'm focussing on but I saw it as a flash.

QHHT: Well let's go back to the flash & freeze frame that image. Am I correct in assuming that you are choosing a planet to go to maybe experience on?

Client: Yes, I'm deciding, which one, I'm choos'... I'm definitely thinking, well we're both thinking... Where to go really.

QHHT: Ok, so do you know that you're actually speaking to someone from Earth?

Client: ... (Hesitant to reply) Yes! I do know that, I do know that yes.

QHHT: Excellent

Client: We're nodding really.

QHHT: It might be a good choice if you needed like a fail-safe plan to get out because there's a very big challenge on this planet, (karma) we can get stuck so it's a good one for a fail-safe plan if you need to get things in order at a certain time of life. Apart from that, the challenges are supremely great and there's so much to learn here and you must be a Master class spirit or soul to be here I think. So you got

to make a choice ok? (not sure how those words came out, I am not in the habit of telling anyone what to do)

Client: Mmm Hmm, it's just taking that leap of Faith isn't it.

QHHT: Yes, you know it.

Client: (Chuckles) Got lots of, I'm getting loads of, cor blimey! Wooaah! (Woosh sound) Ping Ping, like white light... (Woosh sound) Ooo it's in my eyes, it's affecting my eyes, what's that all about then?

QHHT: It's a good thing, a positive thing.

Client: It's like a "ch ch ch ch ch ch ch" almost like "Yeah Party!"

QHHT: (Laughs)

Client: That's why I took these (glasses) off, I don't need them, (laughs), it's funny that isn't it?

QHHT: (Laughs)

Client: I wouldn't say that, well I would possibly

QHHT: Well that's fine because we're in two minds at the moment

Client: That's what all those Lights were wasn't it? Flashing I think, I don't know.

QHHT: You may be getting Healing but as it is we'll just go with the lights and we'll see the planets and there are a few to choose from aren't there?

Client: Yes, there's one, I can't remember, what's the dark one with the sphere round it?

QHHT: Saturn? A sphere around it?

Client: Not a sphere it's slightly slanted, I don't know my planets really

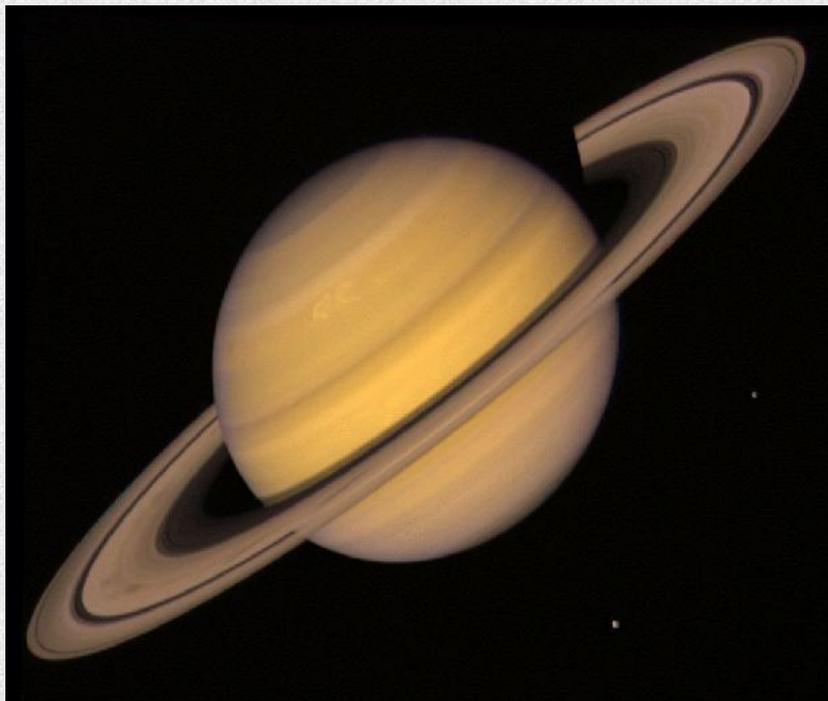
QHHT: Saturn has rings round it.

Client: Yes but it's got a sphere around it, it's not a ring it's a sphere

QHHT: A sphere? (Atmo-sphere)

Client: Well, how do you describe... If I had a bit of paper I could draw it for you

QHHT: Ok.



Client: I can do it now, can I have a piece of paper?

QHHT: You certainly can!

Client: It's blue it is

QHHT: There you go..

Client: (drew the picture with eyes closed) It's got a yellowy tinge all around it but the actual planet is blue, midnight blue (The picture looked like Saturn with rings but there were 2 circles drawn, the inside circle "the planet" was a deep blue, the outer layer or atmosphere has a yellow tinge to it. Although Neptune is a dark blue, it does not have this yellowy tinge ALL around it, it may be suggesting that under the yellowy tinge the planets atmosphere, Saturn is indeed Midnight Blue)

QHHT: Excellent, and that's one of the choices.

Client: I'm seeing the lights again (laughing)

QHHT: Excellent, well it should be healing and positive.

Client: I think that's the one that's come to me, because there was others but it's like, um, cor blimey, there was lots of little squares and each little square was a planet, that was too vast but this one flashed up and I didn't know what it was called.

QHHT: There are different dimensions and universes and square planets

Client: There's stacks, and stacks, and stacks and stacks of many many many many many many many...

QHHT: Dimensions & Universes, you are aware that there are many many many many.

Client: Mmmm, Gosh yeah!

QHHT: So you're going to make a choice, are you going to choose the dark planet?

Client: I'd like to, yes.

QHHT: And what do you think would be the benefit of choosing that?

Client: Probably healing I think, there's some healing there, I think.

QHHT: I would like you to go to the place where you live...

Client: Deserts!

QHHT: Are you still holding hands together, are you still with each other?

Client: (sadly) No.

QHHT: You still have the cone form?

Client: I can't really see myself but I can see, I see white robed, people in white robes (on Saturn?)

QHHT: Okay. Are we still back on the platform?

Client: No

QHHT: Well let's go back to the platform and I would like you to go to the place where you live and look outside of it

Client: Oh yes, the severe, that midnight colour, is that where you mean, back there or inside of it?

QHHT: Where ever you live, do you have a specific place where you live?

Client: Well, I think I was being shown to go and look down on that you see, I was on that top of the ledge with.. But I think you wanted to know what was inside that planet? But I don't, I'm sorry, I'm so sorry!

QHHT: I am curious & I would love to know, and yes I did want to know because you will be making a choice but the thing is just before you make your choice as to what planet you choose, I'd like you to go to the place where you live, and if you do live in a particular house, can you tell me what the front of your house looks like, can you do that?

Client: It's not a house, it's a ship (giggles)

QHHT: A ship? Excellent! So can you describe your ship for me? Are you outside of the ship at the moment?

Client: Yes it's white

QHHT: Can I call it a craft?

Client: Yes.

QHHT: And is it a space faring craft?

Client: Very much so, it's very very fast!

QHHT: I have every confidence that that is true. Now how do you go inside of this craft?

Client: Door!

QHHT: Can you go inside and describe to me what you see if it's appropriate.

Client: Lots of dials and squares again really, squares.

QHHT: Are they buttons, push buttons?

Client: Mmm Hmm. (yes)

QHHT: Ok.

Client: They're different colours

QHHT: As you look around, can you see outside of the craft? Are there any windows?

Client: Yes there is actually.

QHHT: Can you see windows from the outside?

Client: No (chuckles)

QHHT: Aaah, that's brilliant, I love that! Ok, so does it have more than one floor?

Client: Yes, there's definitely more than one floor, I think there's three floors

QHHT: And can you see many windows?

Client: At the moment I can only see two.

QHHT: Ok, so where do you sit?

Client: I sit in front of these dials here, that's where I am

QHHT: And can you see any other rooms from where you are?

Client: Well yes, there's definitely a tunnel.

QHHT: Ok, so the dials in front of you, can you describe your purpose on the craft & what these buttons do?

Client: I navigate it, I navigate it.

QHHT: Is that through different star systems?

Client: Yeah!

QHHT: And at super speeds?

Client: Faster than anything... (we have here on earth?)

QHHT: I have every confidence that that is true

Client: Mmmm (yes) There's those lights again.

QHHT: Well hopefull they're healing or maybe it's a side effect of space travel, I don't know.

Client: It's Zingy lights I know that much, like dots, "dot, dot, dot, dot....." Tracers! I get all these tracers

QHHT: Healing, well we can enjoy those.

Client: Mmmmm (enjoying them)

QHHT: Ok, so you're a being, Now see yourself eating a meal, can you describe to me what other food you see on the table?

Client: I can see pretend food for some reason

QHHT: Ok, well you know that it's maybe replica.

Client: Yes. I don't feel we... I don't think you eat really, to be honest

QHHT: Well that's fairly normal, certain species do but many many many species do not. So, "Light", you must get energy from somewhere

Client: Mmm Hmm

QHHT: Do you know your source of sustenance?

Client: Mmmm! (big yes)

QHHT: So you can describe that to me?

Client: It's in the craft!

QHHT: Excellent, so it gives you energy

Client: Yep! It does (chuckling)

QHHT: So the craft itself is a living being?

Client: I will just say, "It gives you your being" (laughs) - *(Please take the time to figure out exactly what that statement could mean, it matters)*

QHHT: Do you have a living, I guess you don't work for money?

Client: No.

QHHT: What do you do with the majority of your time?

Client: Observe

QHHT: See yourself doing it, can you describe to me what you're seeing?

Client: I'm looking at hands, human hands, I'm moving the fingers about even though I don't have any (laughs) moving fingers, Lights again, the light are great, feels like I'm telling the truth (laughs out loud)

QHHT: I absolutely believe every word that's coming out of your mouth right now and you know the truth, that's it! But the lights, are they for healing?

Client: (Said very gently) Yes. Like, you know, like thunder?

QHHT: Yes

Client: It's like that, it's just like a shake, like a shock... Wake, wake, wake up! When I talk to you it's like "Wake up!" I must wake up (this is not the first person who said this, it's becoming quite common)... It must be for healing.

QHHT: You are very awake & very wise

Client: Mmm

QHHT: So you're on the craft (Yes) and you're an observer. Hopefully the light is for healing, if the light energy is for healing, it would be nice "if appropriate" that you can have that energy to use to heal others and to heal yourself. That is if it is for healing energy or it's to raise the vibration

Client: Mmmm (big yes)

QHHT: If it is appropriate.

Client: Yes

QHHT: That would be good, and then if you could give "client" instructions on exactly how to use this for healing and how to implement that in daily life then that would be good because we need it on planet Earth right now. That would be a blessing, so if it's appropriate you can do that.

Client: It's key now that they're being shown a key

QHHT: Excellent, so you know the purpose of this key?

Client: Yes! (laughs - very sure)

QHHT: Can you explain the purpose of the key to me?

Client: Well it's, it's an old cliché but (chuckles)

QHHT: Ah, Ok.

Client: It's, humans, need to find the key really

QHHT: Yes I know, they're a bit of a pain.

Client: Chuckles

QHHT: There are a lot of distractions..

Client: I'm looking at the key and I'm thinking, well.. it's um.. It can be done (laughs) with the key.

QHHT: With the key.

Client: Yeah!

QHHT: So as long as you can have the key & keep the key that would be great

Client: Mmmm (yes)

QHHT: If that's appropriate! So you understand the key?

Client: Oh yes! (Completely)

QHHT: And is there any way we can give the key to "Client"?

SC: (spoken very graciously) Yes, we can do that

QHHT: Excellent, if that's appropriate then that would be lovely, and, will this key be used for healing?

SC: Yes (this voice was as gentle as an Angelic)

QHHT: And can you give "client" instructions on exactly how to do that?

SC: Yes (very very Angelic tone)

QHHT: Thank You, and then she will be able to help others

SC: Very much so, yes,. She Loves flowers she does (chuckles)

QHHT: We all do yes.

SC: She is a flower (laughing)

QHHT: So this healing, how do the flowers relate, is it through Love?

SC: Mmmm! (chuckling big yes) Very much so, and smiles, yeah they respond

QHHT: Yeah, it's all alive, I agree. If you could give "client" back her healing power that would be great, so "client" can go out and continue to help others and spread the energy

Client: It's going, there's a mist from me which, I'm the Alien but there's mist going to the key, it's like a, well very fine, it's a pure mist it is, it's a pure mist.

QHHT: Pure mist

Client: Mmm (yes)

QHHT: I like the word "Pure". So does this mist have an intention, is it part of your energy?

Client: Yes!

QHHT: That you transmit?

Client: Yes!

QHHT: And this will help heal others?

Client: Yes, everyone!

QHHT: Amazing, we Love the sound of that!

Client: In the ether it is, in the air, it's everywhere, just breathe it in. It is, I'll just show you a small (word sounded like "prep") - Deep Breathe - It's everywhere, honestly!

QHHT: I absolutely agree, it's just we forget sometimes just to stop & breathe, for just that little time. Ok, so you've shown "client" how to use that healing in everyday life, can you make that automatic?

Client: Yes!

QHHT: Thank You! Now if that has been done, can we move forward to another important time in this life?

Client: Mmm Hmm (yes)

QHHT: The let's move forward to another important day, a day that you consider to be important..

Client: Aaah!

QHHT: When something is happening.

Client: Yes I've got a lovely dress, pink... I'm at a dance (chuckles)

QHHT: Perfect, you do love to dance

Client: Mmmm (client loves to dance)

QHHT: So we have now moved forward to an important day what else is happening & what else do you see?

Client: Um, I see dancing.

QHHT: And you are dancing?

Client: I'm dancing, lots of people are dancing, got big floaty dress's on (chuckles)

QHHT: Ok, there's lots of people there, so is it some sort of party?

Client: It's a ball.

QHHT: Ah, a ball, so it's a special occasion then

Client: (head nods)

QHHT: Excellent, so can you look down at your feet and tell me what you're wearing?

Client: (laughs) I haven't got any feet again, it's black, it is it's gone! My feet have gone!

QHHT: That's fine, so...

Client: But the dress is still there

QHHT: Are you young or are you old?

Client: I'd say I was sort of in my 20's

QHHT: Ok, so does your body feel healthy?

Client: Very!

QHHT: Well you might like to keep some of that healthy feeling. Do you have any jewellery or ornaments?



Client: Yes I've got an emerald necklace on.

QHHT: An emerald, does the emerald hold any significance?

Client: Yes!

QHHT: Can you tell me what it is symbolic of?

Client: It's healing again, it's green emerald

QHHT: So the green emerald is...

Client: Very very healing for me

QHHT: Excellent!

Client: Mmmm, very! See the lights, lights, lights again, funny when I say things like that

QHHT: That's a confirmation about the healing again, when you mention the healing and relate that to the emerald does that give you the lights?

Client: Yes! It came straight after saying that, they were like, ch, ch, ch, ch, ch! (laughs)

QHHT: Well we'd like to stay with that and we'll stay with the emerald, it's for healing.

Client: Mmm (yes)

QHHT: There is a way to connect to it & transmit energy, can we use it to amplify energy?

Client: Um, amplify energy? Yes! (Emphatically) That's vibration!

QHHT: That's vibration?

Client: Yeah! (Smiling)

QHHT: To raise vibration?

Client: Mmm Hmm (said as if expecting the question) Yes!

QHHT: And is it through crystals that we can transmit or do crystals transmit through us? Can you describe how that works?

Client: It's that, it's like, it's invisible to the eye

QHHT: Yes

Client: (laughing) But it's, I can see it clearly, what it looks like to me is a mist, but it's not a mist it's like dots but it's an energy, it's little, ch, ch, ch, cheew!

QHHT: Is this mist emitted from the crystal?

Client: Yeah!

QHHT: And it's an etheric mist?

Client: Yep!

QHHT: And is it directed through consciousness?

Client: Yes! It's linking it to the, I see, see that, saw that go to a forehead, so...

QHHT: It's the intention that guides it?

Client: Yes! It's.. And belief, and belief and if you believe something is going to happen and you believe it to be, it's going to happen if you believe it (Law of attraction)

QHHT: Well from some perspectives we can see that really clearly but this life can be sometimes quite challenging on the earth-sphere and it's almost default to lose sight of that...

Client: Yes, I know it's sad

QHHT: Yes but those are the challenges that we're faced with but we are hopefully here to make things better.

Client: Yes, Oh yes!

QHHT: And raise the frequency

Client: Yes!

QHHT: So the emerald, if you can give "client" knowledge of the emerald power, how to use that, the instructions, the concise manual (as it were), the concise instructions that would be good.

Client: Yes.

QHHT: This is also so “client” can tell me as I’m actually very interested, so if you could give “client” more knowledge so as they can expound on what has already been said that would be amazing

Client: I’m seeing, so the thing just looks green, but it goes into a sort of sharp crystal, sort of, a clear light so, it’s not really meant to be bright green I don’t think but it’s known, emerald is known for being green

QHHT: Yes, that’s a common sense.

Client: Yes.

QHHT: We can’t normally see anything beyond the green, all we see from a human perspective, not your perspective, all we see is a piece of rock with shiny sides and it reflects light in a nice way of different colours.

Client: WOW!

QHHT: That’s all we can see, we can’t actually see, from my perspective, we can’t see this without imagination, opening the 3rd eye and practising visualization

Client: Mmm Hmm

QHHT: Well if you can give that information to client then that would be great.

Client: Well I’m seeing it sort of being spun (laughs)

QHHT: The crystal is being spun?

Client: Yeah

QHHT:Excellent!

Client: That’s from this mist again anyway, it’s from up there! (chuckling)

QHHT: Is it manifested from the mist?

Client: Yes! (as if it was a good question)

QHHT: So is that a duplicate?

Client: Mmmm (pondering)

QHHT: Or is it a different new one?

Client: I think it might be a new one

QHHT: Well I suppose that’s normal then, spinning new ones out of mist

Client: Mmmm, exact’.. Well yeah because, well I’m seeing water now, water can turn into crystal

QHHT: Is that through our thinking?

Client: I think so but I just see, I saw water flowing and then it forming into crystal, and then I saw, but prior to that I saw the green emerald spinning, don’t know what that means really but..

QHHT: So the water... Maybe it’s showing that the evolution of water is to crystallize

Client: Mmmm (interested)

QHHT: Because if we don’t evolve and keep on evolving, we kind of stagnate a little bit

Client: Very much so

QHHT: And that may not be the best structure for water, because we are water beings on the planet earth is that correct?

Client: Yes!

QHHT: We are made of mostly water,, and if thoughts effect water, then maybe good thoughts crystallize water is that correct?

Client: That’s it! That’s it yep! (said like - “you got it!”)

QHHT: Thank You

Now we move to another important Life time

Now it appears a Hindu Life was chosen here on Earth to live alone and learn patience and acceptance, although I mention Shiva a lot during this part of the session, I do not actually know which deity the client is actually referring to as it appears both Krishna & Shiva are male in gender, Popular Goddesses worshipped in Hinduism are Lakshmi, Saraswati, Parvati, Durga, and Kali. I am now also aware that Sarasvati, Ushas, and Prithvi and "Adi Parashakti" Adi Shakti is the concept, or personification, of divine feminine creative power, sometimes referred to as 'The Great Divine Mother' in Hinduism (Kundalini) - Wiki: http://en.wikipedia.org/wiki/Hindu_deities - Please correct me if I'm wrong. I'm, sure you'll agree that this account is very enlightening and quite amusing.

Extra Data: Thank you [SaiLeela Mangu](#) for blessing us and sharing this extra information with us; *"It can be any Shakti form . Maa Durga (Combined of all the power there is) or Maa Parvati (Shiva's Wife). Since you said its a priestess its close to Maa Parvati . She is a Yogini / assumes the form of Priestess . This looks like from eastern part of india where Brahmins eat fish. Also eastern part is more known for praying Shakti forms . The great Saints like Ramakrishna Paramahansa , Vivekananda , Paramahansa Yogananda (the author of Autobiography of a yogi, divine romance and whispers from the eternity etc), Lahari Mahashaya are also from the same region"*

The Sadhu

QHHT: Are you carrying anything?

Client: Red beads

QHHT: Red beads? Can you describe the meaning?

Client: They're very very powerful

QHHT: What are they made of?

Client: Wood!

QHHT: Just wood? I'm not saying wood is not as good as crystal but I'm a bit surprised. So they're very powerful, is that because it's an "Earthly" object?

Client: They "are" Earthly (yes)

QHHT: You can know what's significant about them, can you tell me anything else?

Client: Well I'm using them (starts laughing) I'm cross-legged!! (laughing)

QHHT: Are they prayer beads?

Client: Yes, I'm going like this (using prayer bead motions with hands)

QHHT: I do it often myself

Client: I do it (laughing)

QHHT: So you're sat there cross-legged, can you describe what you're wearing on your feet

Client: Sandals

QHHT: What are you wearing on the rest of your body?

Client: I have, it's like a skirt but it's obviously covering up my male..... And I have a white beard.

QHHT: And you are middle aged or beyond?

Client: I'd say I'm in my 60's

QHHT: Even though you're only 60, does your body feel healthy?

Client: Oh gosh unreal!

QHHT: Unreal-y healthy?

Client: Mmmmm (yes)

QHHT: At 60 and still feeling good, that's a blessing. Are you wearing any jewellery?

Client: Something like a talisman or something like that on my wrist, I can't decipher what it is.

QHHT: If you look closely at the symbols you should be able to know what it's used for

Client: I don't know what Knights Templar is actually but it's saying to me "Knights Templar", I don't know what that means...

QHHT: Is there a symbol?

Client: I can't see a symbol but it's Love anyway, I feel, I look at it and, this symbol means Love really. I can't really see....

QHHT: That's ok. Are you carrying anything?

Client: Well I have got a stick behind me.

QHHT: Can you describe where you're standing?

Client: Rush, like Rush leaves I think, water rush is it called? It's leaves, matting, it's hard stone floor with rush leaves

QHHT: From outside, can you describe your house for me?

Client: It's in between a temple but a mud hut at the same time, I can't really describe it... Because when I was inside it, it looked like a temple but from the outside it's like a mud hut, it's in between that!

QHHT: I know what you mean...

Client: I can't describe it, but it's in between the two

QHHT: You've got a shrine possibly set-up inside it

Client: Mmm Hmm (yes)

QHHT: And is this any particular deity that you look towards for guidance and inspiration?

Client: Yes! (Emphatically)

QHHT: Can you describe who that is?

Client: It's a priestess I think, um, it's Indian, it's an Indian princess I'm not sure but she's in white and she's got arms like bent like that (using hand mudras) with loads of arms

QHHT: She's got loads of arm, is this Buddhist or Hindu?

Client: Hindu

QHHT: Is this Shiva?

Client: Yes, I think so, I want to smoke a... I got a big thing... I'm smoking now.

QHHT: Like a chalice?

Client: That's it! Yes, I'm outside doing that (starts chuckling)

QHHT: Well then possibly then you're a Saddhu or just a wise man in the hills maybe?

Client: Well it's funny you should say that because I saw hills when I was in that space ship, and that explains it to me now, thank you.

QHHT: So do you use your prayer beads a lot?

Client: Yes, that's all I do actually, I just sit down and just "be" (Chuckles)

QHHT: Just to be..

Client: Yes. It's nice, it's lovely, the birds, it's just... I don't know, it's lovely (laughing)



QHHT: I know exactly what you mean, your describing paradise to me, sounds peaceful..

Client: Oh yes!

QHHT: No worries, nothing, and you use mantras I guess?

Client: Yes!

QHHT: And the mantras are for the benefit of the whole world?

Client: Yes!

QHHT: So you are supremely wise, you gained a lot of Wisdom in your years, and you may well practice Yoga then?

Client: Yes I do do Yoga

QHHT: And forms of meditation

Client: Meditation all day

QHHT: All day? Wow!

Client: Not everyday, well, you have to do it regularly

QHHT: Yes

Client: You have to do it regularly

QHHT: To get any benefit from it.

Client: Yes, it's sitting in silence & it's lovely though, it really and truly is lovely when you do it and you know how to do it

QHHT: You know about Karma then?

Client: Yes.

QHHT: Now as you're back inside, in front of your shrine...

Client: There's benches to sit, there's different rooms but I'm just looking at this one and there's benches, a bit like a church really but not like a church really, there's just sort of benches where you sit and contemplate really, there, in that room you do anyway

QHHT: Wow! It's peaceful

Client: It's peaceful, it's lovely!

QHHT: Can you tell me what other objects you have in the room?

Client: There's lots of bowls

QHHT: Singing bowls?

Client: Yes!

QHHT: And the singing bowls are there to help you in your meditation?

Client: Yes.

QHHT: Now see yourself eating a meal, can you describe what you see on the table

Client: We eat a lot of fish, white fish, beautiful beautiful white fish, and it's so good for you, and vegetables, you don't use (knives and forks)...You just eat with your fingers, it's lovely, you all sit down and you're all sat round and you're all happily eating there in silence.

QHHT: Sounds amazing to me

Client: Tastes lovely! (laughing)

QHHT: I bet, enjoy it while you can

Client: Yes.

QHHT: So are there others with you?

Client: Yes

QHHT: Is this your family or a community of like minded people?

Client: Yes, a community of like minded people, not my family.

QHHT: So you're all on the spiritual path?

Client: Mmmm (yes)

QHHT: And you all meditate. And Shiva is a good guide for us?

Client: Yes, very much so.

QHHT: I agree

Client: She's the priestess, she's beautiful! She's bathed in Light!

QHHT: Can you see her in your meditation?

Client: Oh yes!

QHHT: And she radiates onto you?

Client: Oh yes, it's like Light and Love, shimmering, she is truly truly truly beautiful!

-CHOOSE LOVE-

QHHT: So she has manifested to you for guidance on the internal level is that correct?

Client: Yes!

QHHT: Ok, so you can understand exactly what you're doing there, and why you were shown these scenes?

Client: Yes definitely!

QHHT: Excellent, well lets move forward to another important day...

Client: I'm seeing fighting, I don't really like it actually

QHHT: Ok, well this physical form won't be affected by anything in that scene

Client: Sure, I just see fighting.

QHHT: There is a reason why we're shown these things, we won't go too far into that and we won't connect emotionally to it.

Client: Yes, it's not very nice

QHHT: No, well we will stay distanced, there is a reason and we'll only stay there for a short time but if you can be given the knowledge and understanding as to why you are being shown that scene...

Client: It's two males!

QHHT: Ok, so it's a relationship thing

Client: Brothers I think...

QHHT: And they are not having a good time?

Client: No, they don't like each other at all, well, they're like that one minute and they Love each other the next but they're fighting at the moment

QHHT: Ok so it's a Love/hate relationship...

Client: Yes! Very much so, love/hate

QHHT: Sooo, that's quite balanced!

Client: Yes!

QHHT: Good for experience in a way, as long as we both make it to the end of our journey...

Client: Mmm Hmm (yes)

QHHT: Safely, that would be the ideal circumstance. But you know there's something not quite happy about this situation but you can understand why you are being shown that event, and understand the reason completely and gain some perspective and use the information that you're being shown for healing.

Client: Yes

QHHT: Excellent, so as you look at that scene, can you tell me what there was to learn from it?

Client: That we can all love & hate each other at the same time but we'd much rather choose to love one another than hate one another, really, hate doesn't exist, and I don't like hate anyway and I don't like arguments at all, it makes me sad really, (emotional) I'm not going to cry but as I feel so sad about it, I don't believe in arguments really.

QHHT: Yes, that is totally totally understandable! (considering the clients Soul has such Loving origins)

Client: I want to cry but I feel so strong hearing this actually

QHHT: That's fine, you don't really need to cry because you understand, you have a greater understanding and you can see it from a much larger perspective, that they are learning tools, and no matter how difficult and challenging things are, we learn! Our Soul, will always learn from the experience.

Client: Yes

QHHT: And it is sad that a lot of humans are like that, we'd like to help a but sometimes it is best to allow them to evolve on their own...

Client: I know.

QHHT: We'd like to pull them up the ladder a bit but

Client: Yes! I'd like to, I'd like to show people the happy.

QHHT: Well we'll ask the subconscious if you can have the energy & power to do just that.

Client: Thank you!

The End of that Life

QHHT: Well let's just leave that scene and move forward, to the end of the life of the white bearded man. What was the purpose of those lifetimes?

Client: I had to learn Patience, and Belief and Knowing, patience first, then belief, then knowing, that's how it goes, three things.

QHHT: Is this the law of manifestation?... Is this how we manifest things into our life?

Client: Yes!

QHHT: Ok, so you've given her the key to manifestation and she can have that information?

Client: Yes

QHHT: Ok, so as you look back over those lives, is there anything else that you learned from those lives and those experiences?

Client: Acceptance

QHHT: Allowing?

Client: Allowing, acceptance and being “just so”, in the moment, and not being affected but being accepted.

QHHT: Excellent, and belief and know...

Client: Yes, once you have the belief, you know, then you are set free

QHHT: And then nothing can stop us from getting exactly what we wish.

Client: Yes!

QHHT: So all goals are achieved with that simple instruction alone.

Client: Yes.

QHHT: Thank you! Now as you look around, you've left the form, and we've looked back on those lifetimes and learned, can you see anyone to greet you.?

Client: Yes (Spoken Gently)

QHHT: Can you describe the person? Is it a person?

Client: Yes, funnily enough it's a young girl, I don't know...

QHHT: There is a relationship.

Client: Yes

QHHT: They are appearing to you as a young girl

Client: Yes.

QHHT: Do they have any message for you, because you've just..

Client: It was my daughter

QHHT: (A new perspective and ideas about time travel appeared in my head) Ok, so she's come to greet you.

Client: Yes.

QHHT: Ok, and did you do well through that life? Are they happy?

Client: She's smiling when she see's me

QHHT: I bet!

Client: (Laughs)

QHHT: Coming to life can be a bit of a challenge sometimes

Client: Yes (laughing)

QHHT: Well they've come to greet you to move you on yes?

Client: Mmm Hmm (yes)

QHHT: You've done well, do they have a message for you?

Client: She's saying “I believed in you” (very loving tone)

QHHT: So you won the game did you?

Client: (Starts laughing) Yes I think so.

QHHT: Excellent!

Client: (Still laughing) She's got a big smile, she's got fair hair, “Goldilocks” I would call her (Chuckling) Golden hair

QHHT: So if you go with her, have you known her in other lives as well?

Client: Yes! (the ET's above)

QHHT: So was she with you holding your hand?

Client: Yes!

QHHT: So you were separated for a short time.

Client: Yes

QHHT: And she has a form as a little girl.

Client: Yes.

QHHT: This is not her true form is it?

Client: No.

QHHT: It's because you are a different type of energy being aren't you?

Client: Mmm Hmm (yes) Manifestation you see..

QHHT: Exactly! And that's how we get into Earth, through the power of manifestation.

Client: Yes.

QHHT: Ok, did that person go to life with you?

Client: No.

QHHT: Have they ever gone to a life before?

Client: No.

QHHT: Aaah, so they're going to learn from your experience.

Client: Yes

QHHT: Well they're going to have fun listening to you aren't they

Client: Well I think so, (starts laughing) I hope so, I don't know.

QHHT: Ok, so if you want to move on into the Light so as you can get all healed up, if you need to and exchange information. Now can you see the Light?

Client: I can see the Light, definitely!

QHHT: Excellent, so we want to move into the Light

Client: Mmm Hmm (yes)

QHHT: You might notice your feelings or vibration change as you go into it, can you describe what you see on the other side, if it's appropriate.

Client: Vast white! White everywhere!

QHHT: And are you out the other side of the Light?

Client: Yes!

QHHT: And the Light has no form?

Client: Vessel came into my head because I thought I was going through a long vessel (giggles) with ridges on it, like a, not a tunnel but a vessel? I could draw it.

QHHT: Ok, well you could draw that afterwards and that'll be fine, we can recall that image and get it down on paper

Client: Mmm, I can see it in my minds eye

QHHT: Yes well you will be able to recall that image and draw it exactly how you saw it for all to see. Ok so you've gone into the Light and there's light everywhere and you mentioned an object that you go through, do you go to a place of healing at all first?

Client: Well I'm met by all these figures, they're see-through

QHHT: Translucent?

Client: Yes, translucent, they're all right there when you come out of the vessel, they're all there, loads of them! (chuckling)

QHHT: So, have you been in healing?

Client: Yes, I believe so, yes I do, they've come to see how I am.

QHHT: Because we can bring some garbage over from our earth experience and that needs to be cleaned out before we can communicate correctly with others.

Client: They're looking at me, yes, they're checking every part of me (laughing)

QHHT: Checking you out?

Client: (Laughing) Yes! Checking me out all right!

QHHT: Excellent!

Client: They are just making sure that I AM ALL RIGHT! (Giggles)

QHHT: So they're a bit overjoyed to see you then are they?

Client: Very! But they've just... I've come Home!

QHHT: Exactly, yes. So do you expect to go back for any more life challenges?

Client: I would love to go back for more life challenges

QHHT: Even though some will become more challenging?

Client: Um, I think challenges are good but, they are good, they're necessary I think, all lifetimes are necessary good or bad and we learn through them all so I would definitely, definitely like to.

QHHT: So no doubt you'll have that chance in the future many many times, until you've learned all there is to learn "if that's possible", I'm not sure, but to be like the Light, how do we do that?

Client: You have to look inside, easier said than done but... For some people it is (hard) and for some people it's very very easy, you know.

QHHT: Ok then..

Client: They're all nodding at me now

QHHT: They Love you that's why

Client: (Starts laughing) I feel Loved, I don't know

QHHT: What was that sorry?

Client: I feel Loved! Yeah, it's unusual.

QHHT: Well that's where you come from really, and that's why earth life can be so challenging really because it seems like we're away from that for a bit too long...

Client: Gosh yes!

QHHT: And we get back and it might be a little bit Alien

Client: Mmm Hmm, Yeah!

QHHT: But you've gone to healing and corrected your soul matrix "as it were", so you should be in tip top condition

Client: Mmm (yes)

QHHT: Back to a super being again with infinite knowledge, if you so desire, so you can feel the energy of being in that place

Client: Yes

QHHT: Is it a party, are they sort of having a celebration of your returning?

Client: They are but they're just sort of gone off now and they're cataloguing things like, it's dark... Just dark dots, "D, D", I don't understand the language but it's a language I think, it's, they are cataloguing it, what I've done

QHHT: Yes because you've had a life experience and you've learned certain things from it, we can't really experience limiting factors over that side can we?

Client: No, no, no, I mean, it's just... (looking for the word)

QHHT: Infinite possibilities

Client: Exactly that! Infinite Possibilities and... Aliens are helpers

QHHT: Yes.

Client: They are helpers, they want to... They oversee things and they want to help more than anything really.

QHHT: Well they have had a policy of non-interference for a while haven't they

Client: Yup

QHHT: If we ask for help can we get it?

Client: I believe so

QHHT: Excellent!

Client: I truly believe so

QHHT: It would be nice. So do you have any instruction that we could get to make communication, I know there's some people working on Earth to do that (*Google CE-5*)

Client: Yeah, um, well the Crop-Circles, they're sort of, um..

QHHT: A communication?

Client: Yeah! You have to be... I think it's really evolved souls really... They don't want to interfere, they don't want to destroy, they don't want to ummm, it's difficult to describe really, they want to step in (chuckling) but they, they have to hold back because they, they're watching and observing and... They have to observe but they do want to come, they want to "be seen" really, that's what they would like

QHHT: Yes, it's up to us as a species to demand that "in a way"

Client: Yes.

QHHT: But it is quite difficult because people are really distracted by the world, it's got all these gizmo's and gadgets in it, we get sucked away.

Client: Mmmm (interesting)

QHHT: But, with this work we can get people back can't we?

Client: Oh gosh yes! It's going to be healing, it's going to be forward and amazing

QHHT: Absolutely, that's what I'm feeling.

Client: It's just a matter of time, that's the only thing really

QHHT: We'd like to speed that up

Client: Mmm (yes)

QHHT: Because it can get a little bit scary down here sometimes

Client: We appreciate that, we know that, we, we try and...There's not much we can do really at the moment.

QHHT: Because it's free will isn't it.

Client: It is yes.

QHHT: And that's a bit of a problem, all these distractions and all these controllers, it's said that there is a need for them, "to teach us how not to be!", is that a good way to look at it?

Client: Who are you talking about?

QHHT: Um, our beloved leaders, that like to go round and instigate wars all across the planet? Are they teaching us how not to be?

Client: Yes! (Spoken seriously) They haven't evolved themselves, they don't know how really, it's to an audience.

QHHT: Ok

Client: That's the thing , if enough is said, I don't know, it's belief really... Enough people turn their back, then they will be no more but it's fundamentally down to the people, each and every one.

QHHT: Every individual.

Client: Yes, they have to take a responsibility

QHHT: Excellent, they need to know this.

Client: Yes.

QHHT: So you have a message to give them.

Client: Everyone, everyone in the world has a part to play you know

QHHT: Yes, and we all have free will.

Client: Absolutely!

QHHT: And it's not right that people should attempt to take that away but...

Client: No

QHHT: But is there a reason for that? Can you see any reason why people should want to do that? Take the free will of another.

Client: Power, I'd say it's power.

QHHT: But is it really worth it?

Client: No! It's not worth it at all but...

QHHT: Are they deluded?

Client: Yes! (Absolutely!) They haven't been awakened and,they will not be awakened until they realize that what they're doing (is wrong?)... (deep breathe) They need to wake up, the thing is, it's down to the people.

QHHT: The individuals

Client: The individuals, "Do I believe in what they are saying, Yes or No?" (With regards to our leaders)

QHHT: And that's all it takes.

Client: Yeah, and they have to stand by that, each and everyone has got to stand by what they believe in, that will catalyse change

QHHT: I have confidence that it will be so. So if everyone...The more the merrier eh? The more people we get the more power there is

Client: Sure!

QHHT: If we get everyone...

Client: More vibration... The bigger the vibration the more collective, the voice, you know?

QHHT: Yes, it will become massively amplified

Client: And it will be over-ridden then but it's, it's all power, it's power hungry, it's power hungry, it's not Love

QHHT: It's the love of things or the love of destruction, I don't really know what to call that and I don't really like to go there at all but

Client: They can't see it (Chuckles), it's not worth worrying about that because the people will make the difference you know, it doesn't matter whether they are doing what they are doing but it's down to the people... You know?

QHHT: Exactly! So the more people we can activate the better

Client: Very much so!

QHHT: Healing is the way forward

Client: Yes.

QHHT: Absolutely, both for the world and all of the people

Talking to the SC

SC = Subconscious (also known as Higher-Self or Over-Soul)

I must mention that previously I wrote that the Subconscious (SC) randomly came in, for some reason I feel it more appropriate to say that it was a Council of that particular star-system, galaxy or planet. The telepathic nature of these beings could also verify this theory. The only reason I say this is because every time I think about that particular section I seem to be internally corrected by the idea of the Council. Another theory was that the client was being "ALL" of their self, or even their other self (I wrongly assumed gender), that is assuming they created a duplicate of themselves to stay home whilst the other half went off to experience the trials of life, just like Angels stay in the heavenly realm never to be contaminated by the lower, more dense realms (just a theory) - These being appear very gentle in nature regardless, this causes the human physical form to be very sensitive, especially to negative influences but that is why they are here, to experience limitation & learn what it's like to be human. Regardless, their soul matrix is very powerful and as such it affects the world in a very positive way.

During the SC part of the session you will notice that the Client (we'll call her "Kay" for this section) refers to herself as "I", in this session you will notice a switch between "I" and "we", when she refers to herself as "I", it is indeed her "Higher Self", "We" could either be a Council (telepathic link) or the Subconscious. They both appear to have the same healing power, we know this because the healing's afterwards were quite miraculous. Enjoy.



Note to Self!

QHHT: Can you show Kay how to move forward in life confidently

SC: She needs to get up in the morning and believe in herself, she needs to set good intentions and move forward and she is going to do that.

QHHT: Perfect! And you are going to give her all the help she needs.

SC: Yes.

QHHT: Thank you very much, she will appreciate it so we look forward to that. Can you give Kay messages in dreams to give her guidance when needed?

SC: Absolutely!

QHHT: That would be a blessing and you would give her the ability to remember and recall those dreams?

SC: Every time!

QHHT: Ah lovely, that would be great. Ok, can you make it more noticeable that you are always there for Kay and that she is never alone?

SC: I can, I'm trying to get her to remember things, she needs to remember her dreams... If she does meditation, she needs to slow down her thinking and do meditation, meditation will be the key to unlock her and to help her move forward

QHHT: Beautiful, Perfect! And does this advice apply to everyone?

SC: Absolutely everyone!

QHHT: So meditation itself then is a key to the inner world of manifestation?

SC: It's to find insights

QHHT: And you will be able to give insights?

SC: Yes! I can do, yes I can!

QHHT: Thank you, that would be a blessing because it gets quite challenging on this earth plane and we can get lost sometimes.

SC: Yes, very much so.

QHHT: Thank you. That would be an absolute blessing so we give thanks for that... Can you also give Kay energy, strength and guidance when it is needed?

SC: Yes I'm always here, I can do that.

QHHT: Beautiful, that would be amazing. And can you assure her that everything is going to be fine?

SC: Yes, I can, we're nearly there I can... She's nearly there (laughing)

QHHT: That's ok

SC: I can show her I can give her thumbs up

QHHT: Excellent, she will appreciate that a lot I'm sure. So I know Kay has a few health issues, can you explain how they manifested and how we can prevent them from happening in the future?

SC: Yes, she takes on negative energies, she listens well, she listens to every problem but sometimes she needs to step back and say no, she needs to be at peace and to think and to have time to herself and to just think, and to relax and to meditate... She will have this guidance.

QHHT: Thank you! Now can you do a body scan and give us information on the physical body?

SC: Yes.

QHHT: Can you describe for Kay what you're doing so as she can listen back on the recording?

SC: Well, we're giving her sort of invisible healing really, around her head. She could do with going and getting a massage, an aromatherapy massage for her neck and shoulders

QHHT: Ok, that would be good...

SC: She will meet those people

QHHT: She'll meet those people? (Yes) Ok, well I'm going to go through the list of questions now. The pins and needles, can you address that for me please?

SC: That's healing

QHHT: Ok...

SC: That's a reminder to heal

QHHT: Excellent! Ok, well the heavy head, can you explain that?

SC: That's the weight of the world and that's her... She needs to take quiet time and... She's very sensitive... Unless she meditates, she needs to meditate and she will learn to do that, she's found it difficult before but she will learn how to do it now.

QHHT: Excellent, and you will be there to help with that?

SC: Every step of the way.

QHHT: That's amazing... So the left shoulder, I know you said that it would be good to have an aromatherapy massage to help it but I know you can adjust the energy so that there is no more discomfort.

SC: Yes.

QHHT: So can you do that for us now?

SC: I can put a healing light over it.

QHHT: That will be great, and this will make it more comfortable to the point of perfection?

SC: Yes.

QHHT: That would be beautiful. And she can still go for a lovely aromatherapy massage anyway.

SC: Yes for maintenance.

QHHT: And there's people there she needs to speak to is that correct?

SC: Yes. (gave name of shop)

QHHT: Ok, so the left hip, can you describe why that has manifest?

SC: She stopped exercising

QHHT: And this was a way of moving forward?

SC: Yes, it stopped her moving forward by not exercising.

QHHT: Oh, so she would benefit from exercising.

SC: Very much so

QHHT: Ok, what about her past life, she did Yoga..

SC: She's forgotten how to do it but she's been seeking alternative therapies

QHHT: Ok, so the Yoga from a past life is that not useful?

SC: I think meditation is more.

QHHT: More useful?

SC: Yes

QHHT: Ok, so now we understand the left hip discomfort you can remove that and make it perfect?

SC: Yes, definitely!

QHHT: Thank you, she'll appreciate you for doing that, I know that you can work on more than one ailment simultaneously

SC: Yes

QHHT: We'd like to look at the heart now, if you scan the heart and repair anything that may have negated its function and describe to us how that could possibly have been caused

SC: Lack of Love really and, in this lifetime it's having too much love, she needs to find love within herself and to be, umm, hard to explain actually... Be careful of people who try to... Negative influences!

QHHT: Ah, yes, it's best to choose our friends wisely yes?

SC: Very much so, yes, you said that, it's, yes.

QHHT: Yes I do agree, some people aren't always beneficial to our well-being are they?

SC: No! They're takers really and they can do more harm than heal

QHHT: I do understand

SC: Their higher level will understand but... I wish I could talk to their higher level (laughing)

QHHT: We know we understand on some of the deeper levels, we know that we are all one

SC: Absolutely

QHHT: I guess they're doing a job showing us how not to be but it's best not to be hanging around those people too much.

SC: No, it's not to sort of cast them out, it's just a sort of knowledge them then walk away, by nurturing people and nurturing people will find you (chuckles)

QHHT: Yes, but some people aren't really receptive to certain spiritual information are they?

SC: No, they find that they're blocked.

QHHT: But sometimes that's only temporary isn't it?

SC: It can be yes but it's lower emotions, it's being stuck there really a lot of it. When you find an inner honesty then you set yourself free with the truth, and that's how you can self heal too.

QHHT: So it doesn't matter if the outside world trusts you it's whether you trust yourself.

SC: Oh yes! They don't matter, not really in the (grander) scheme of things, it's your beliefs, for yourself, their beliefs are their own aren't they

QHHT: Yes, we can give them a little guidance

SC: Little nudges yes, it's free will.

QHHT: Exactly!

SC: We can't make anyone do anything

QHHT: Just like the extra terrestrials, they do not wish to interfere

SC: No

QHHT: They would love to guide them away from certain experiences but they wouldn't become us if they missed out on our experience would they?

SC: Exactly

QHHT: Ok, so have you healed all that was appropriate?

SC: Yes

QHHT: And you did all of the work with Light?

SC: A beam of light

QHHT: And this beam is of Source energy?

SC: Yes.

QHHT: Beautiful! She mentions about skin sensations, skin crawling

SC: It's the Source (chuckling) trying to get through to remind her

QHHT: Oh right

SC: To wake up

QHHT: Oh ok, that new to us, that's good to learn, ok, so that's a sign from Source to Kay to say "Wake up!"

SC: Yes, sensations, in the upper body it usually is, you can get sensations in your head, you know, on your skull, it's a reminder I think, to wake up.

QHHT: Oh right, so it's not necessarily a bad thing then.

SC: No.

QHHT: Skin crawling, I would say "the hairs on the back of my neck would stand up", is this the same thing?

SC: Yes.

QHHT: So how come it is perceived as skin crawling when it is in fact an energy interacting with us?

SC: It is, it's sort of um... Yeah, it's... I can't... I'm not allowed to disclose it.

QHHT: That's fine.

SC: I can't say any more... Sorry!

QHHT: That's fine, I totally respect that.

SC: I nearly said it as well! (laughing)

QHHT: No, please do not! You're not allowed to blow the veil.

SC: (laughing) I nearly did, it's on the tip of my tongue I thought where am I going with this, I thought, then I remembered I'm not allowed to say it.

QHHT: Excellent

SC: Ok

QHHT: That's Source Energy just reminding us that certain things are appropriate and certain things are not.

SC: 100%

QHHT: We don't want all the answers; It's not a test with all the answers.

SC: No.

QHHT: So it's a beautiful message from Source, energy interacting, and does this energy give strength and healing?

SC: Very much so!

QHHT: So this skin crawling is a positive thing.

SC: Yes (chuckles)

QHHT: Excellent, so we can see that as a beautiful thing

SC: (answered before I finished the question - psychic response) Yes.

QHHT: Now, we spoke of an accident earlier on, did that affect Kay's future?

SC: No

QHHT: Ok, so that is an emphatic no, it certainly did not.

SC: No

QHHT: She is free to choose from this point on her own future.

SC: Yes.

QHHT: And manifest exactly that which she desires.

SC: Yes.

QHHT: Because you've given her the knowledge and the power of how to do that.

SC: (Very gently spoken) Yes.

QHHT: What a blessing, thank you very much. Ok, well we're a bit concerned about her mum, she's not having the best of time at the moment and she could really do with some healing, is it appropriate to heal her mum?

SC: No

QHHT: Ok, we respect that, if there is any understanding as to why that is not appropriate... Could we not alleviate some of the suffering?

SC: Definitely alleviate! (emphatic)

QHHT: Ok, well let's alleviate some of the suffering, well as much as you can but we do respect the power of the Subconscious & its decisions

SC: Yes

QHHT: We give thanks for ending or alleviating any suffering because that would be amazing (Yes) So are you doing that now?

SC: Yes.

QHHT: Well can you do a body scan on her mum for me

SC: Yes.

QHHT: And just heal all that is appropriate.

SC: Ok.

QHHT: Thank you very much. I know you can do things simultaneously; can you heal her mum as well as speak to me and continue healing Kay?

SC: Yes

QHHT: We give thanks for that aspect. Is being a nurse in Kay's future?

SC: Yes! (Emphatic)

QHHT: Excellent! So she'll get to help the people that she needs to help.

SC: Yes it will be hard work but she will get there.

QHHT: Will she be able to transmit healing to other people as well?

SC: Hopefully.

QHHT: Hopefully, it's a challenging job isn't it.

SC: Yes. She's cut out for it

QHHT: And her whole life may have been geared towards it?

SC: Yes.

QHHT: Ok, she's often spoken in gobbledee-goop in an alien language, um, I think we just confirmed possibly that she was of a different origin, from this Galaxy or this Universe?

SC: Not from this Galaxy

QHHT: Outside of this Galaxy?

SC: Yes

QHHT: So if you could allow her to keep some memories of what she called home that would be excellent. Will there be a time in the future when she will return home?

SC: Yes

QHHT: To stay home?

SC: To visit.

QHHT: To visit. But do we as beings, or as a consciousness, an infinite consciousness, do we get to end life, as in, is there anything more to learn? Can we become the Light?

SC: We can do yes, but we have to move forward, we have to go along the chain.

QHHT: Just like the Light did.

SC: Yes

QHHT: The Light has been here, done that.. (Yes) And sits silently within all of us. (Yes) unconditionally (Yes) And in Meditation we can draw closer to this is this correct?

SC: Yes (said more like "Most definitely yes!"), very close!

QHHT: That would be a blessing to feel that when one meditated, some people don't sit there long enough, I've experienced certain levels myself but people just haven't got the time these days

SC: That's the trouble isn't it, it's time

QHHT: That's a problem, especially on this side because time doesn't exist on your side

SC: (Chuckles)

QHHT: We shouldn't allow such things to get in the way.

SC: Well time goes far too quick anyway, so if you find a little bit of time to meditate, it's about the quality really, what you experience and then, you know it's practice but it's the quality, that's my truth on meditation really.

QHHT: Well that would be a gift to Kay so as she can meditate easier and find the time to meditate easier **(Yes)** Excellent, I know you can help with all of those things. Ok, so the alien language and the gobbledee-goop was because she came from a different universe

SC: Yes!

QHHT: The buzzing in her ears, is that related?

SC: Yes.

QHHT: I suspected so, so is this anything to do with raising the vibration?

SC: It is, it's raising the vibration and a, like a knocking at the door and will you answer me.

QHHT: Oh ok.

SC: It's like "I'm here!"

QHHT: And what should she do in those moments because I actually get high frequencies in my ears, what would be the best advice, what would you recommend..

SC: Get outside! Go outside into the air, go anywhere where there's water, where there's trees, where there's life where there's nature and then you will feel it.

QHHT: As well as hear it?

SC: Yes, it's all around

QHHT: The Love is all around?

SC: Yes.

QHHT: And this is what's interfacing with us.

SC: It's a reminder that's all, it's a reminder **(Strangely spoke as if speaking to the world... Fascinating!)**

QHHT: I am here! **(Yes)** You are never alone

SC: Very much so.

QHHT: Well that's a blessing for anyone to know... Now, there was a query about addictions, can you tell us the source of addiction please? Why do they happen to people?

SC: It's a numbing effect really, it's a poison, it's a toxin, it's to forget

QHHT: It doesn't work though does it

SC: **(definitely)** No it doesn't!

QHHT: It can make things worse though can't it.

SC: It can make things doubly worse! It's a pleasure and pain thing.

QHHT: So again the balance

SC: Yes **(chuckling)**

QHHT: Is there a cycle? Because we can release that cycle and go into the, not necessarily pleasure but more into the Love than the hate, focus on Love

SC: Yes!

QHHT: The God within everyone?

SC: Yes, focus on that!

QHHT: Because this world is a bit of an illusion

SC: You don't need to drink alcohol to find God (chuckles) or to... I'm afraid it's too readily available...

QHHT: It's a choice.

SC: It is a choice yes

QHHT: Not always the best choice (**No!**) They do say that in a whole tribe, if one person in an alcoholic, the rest of the tribe suffers because of it.

SC: That is a very very very true saying, because it has a knock-on effect

QHHT: To the rest of the people (**yes**) because they start worrying (**yes**) but is this also like a test to say, well he's entitled to his experience as well.

SC: It is that, it's just not wise to do it, no, it's very easy to judge, too easy to judge but people will choose what to do, for some it's not wise to do alcohol, if your sensitive it's not advisable to do too much alcohol

QHHT: But as the frequency of the planet goes up, is the Universe going up at the same time?

SC: Oh yes! (Chuckles)

QHHT: Is alcohol going to help, it's not really going to serve in that respect is it?

SC: It's not, it's not needed, you might as well just remove it really.

QHHT: Well if we could remove any potential dependency on it?...

SC: Sure, yes.

QHHT: Because it's external when we could be relying on the internal world?

SC: Absolutely!

QHHT: You mentioned about potential nursing in the future, but healing, it's all about healing is that correct?

SC: She has great healing with animals

QHHT: Aah, she did intuit that prior to the session, did you give her that?

SC: Yes

QHHT: Excellent, well that was a clue to me. Does she use the energies of the animals? Not vampire but does she work with the energies of the animals?

SC: Yes.

QHHT: Is she more compatible with that energy?

SC: More compatible with animals, she understands them totally

QHHT: Well they don't judge do they?

SC: Certainly! (Chuckles) They don't judge.

QHHT: I know someone else who has gone the same way, they would much rather heal animals than some people. So if you could give her the power to transmit healing to any animal that is in need, then that would be great.

SC: I will certainly try to do that

QHHT: If you could give her the understanding and the knowledge that would be epic

SC: Yes.

QHHT: Ok, we know she's a good listener but that comes from the observer is that correct?

SC: Yes

QHHT: Ok, She had a question, "why am I here and what is my purpose?" Now is there any Karma involved or is it specifically for healing?

SC: I think it's for healing

QHHT: Most people (clients) are that I am seeing. So Kay doesn't have any Karmic ties or links?

SC: No

QHHT: Excellent. Well what about other people, trying to bring her down?

SC: She's got a lot of that.

QHHT: Ok, so you can protect her from that.

SC: Yes.

QHHT: And can you protect her heart, can you put like an infinite shield around her heart?

SC: I can.

QHHT: Because that is what normally affects us is that correct?

SC: It is, it's the heart, it's the heart centre, the heart is... Well... It's got so much Love, so so much Love

QHHT: It does need protecting, so if you could protect the heart and surround it in a shield of white light or however you do it that would be great

SC: I can do that

QHHT: (Went through friends and possible past life connections and soul group) Ok, the lazy eye, can you fix the lazy eye, have you fixed the lazy eye?

SC: Yes

QHHT: Perfect. Can you give her 20/20 vision and can you explain why the vision was slightly impaired?

SC: She wasn't looking at what was right before her eyes, what was in front of her, she was always looking in the past.

QHHT: Oh, ok.

SC: She was looking to the past for answers

QHHT: And they're not there are they?

SC: Not any more no

QHHT: It's quite interesting to know that that can have an impairment to sight, there's so much that we're learning from this it's incredible, so we give thanks for all of that... Ok, so going back to Kay's mum, have you healed all that is appropriate?

SC: I'd like to do some more

QHHT: Can you do some more?

SC: Yes

QHHT: (Taken back by it, the SC said it couldn't heal her mum) You can do that then?

SC: Yes

QHHT: Do it! And if there's any other information that you can give Kay to further heal her mum, that would be good, if you could give that to Kay that would be amazing.

SC: Certainly

QHHT: Ok... Most of my clients have brought a healing power to Earth and Kay seems no different, so you've given her the power to heal back?

SC: Yes

QHHT: As an alien, or should I say, "another being", I don't like to call them aliens but as another being on another planet in another universe, did they naturally understand healing?

SC: Yes

QHHT: Aah yes, see, it's not good being away from it, we need the healing back on the planet

SC: Yes

QHHT: In a big way! And did Kay agree to be activated for healing to assist others with ascension into the new Earth?

SC: Yes

QHHT: So you're fully aware of the ascension into the new Earth

SC: 100% tenfold! That word ascension, Yes!

QHHT: It's a lovely word

SC: It's a beautiful word

QHHT: It's about time

SC: Yes

QHHT: We've been at this low eb and flow for a bit too long but it was a good learning tool while it existed

SC: Yes

QHHT: And hopefully most of us can move out of that dimension now and into the more loving, compassionate, gratitude filled world that we deserve

SC: It will happen

QHHT: Bit by bit, slowly but surely... Are we coming into a quickening period? **(Yes)**, An acceleration period

SC: Yes yes yes, very much so like time stands still but you're moving millions and millions times, very fast, I can't explain it but time has stopped but you're still moving, it's happening!

QHHT: Excellent!

SC: Mmm, it is

QHHT: And the world will see positive changes

SC: Very much so, very positive changes

QHHT: And people will enter into a world of freedom and peace?

SC: Not straight away

QHHT: Ok, but does the storm get hectic before it calms down, Or are we at the end of the storm?

SC: I would say that we are at the end of the storm

QHHT: And everything will die down?

SC: Not necessarily die down but things will get easier

QHHT: Slowly but surely **(Yes)** And we just have to have patience **(yes)** And Heal!

SC: And heal and Love

QHHT: Much Love, that is the key, we need to respect each other don't we

SC: Very much so... Lacking, it's in severe lack, very much so

QHHT: Well how can the extra terrestrial even start to think about turning up if we can't even sort out our own differences

SC: This is the truth you know, it's so fundamental and so simple but for some it's hard to achieve and for others it's so easy to but we all need to believe in that, we all need to believe it's possible

QHHT: Am I correct in assuming that negatives are attracted to positives?

SC: Yes!

QHHT: And on the electrical level, because I was experimenting with electricity (Crystal Batteries) I witnessed negative sacrificing themselves to become positive, is this the nature of electricity?

SC: Mmmmm, nearly there (chuckles)

QHHT: Ok, so I'm getting close

SC: Yes (laughing)

QHHT: So if we as humans became extremely positive, could we not be affected by surrounding negative energy?

SC: It's a difficult one really, you can't say "let's just be positive" you've got to truly believe in being positive and everything, but negativity will come in, it can either penetrate or be repelled, so it's like electricity isn't it (yes) If you're really strong and positive in yourself you repel negativity but if you're kind of weak and vulnerable then you're going to invite it in so, Mmm (yes)

QHHT: That's a good way of seeing things because we're electro magnetic beings as I see it, we're energy beings and positive and negative, (duality) is the world we live in (Yes) it's our learning tool

SC: Yes, you can't have one without the other one but at the same time it's got to be a balance

QHHT: I do understand. So again, if you could release Kay from any residual Karma, I know you said she has very little karma...

SC: I can do that.

QHHT: And that will clean the slate will it?

SC: From this lifetime it would do yes.

QHHT: Excellent, so Kay can start with a totally fresh slate? (Yes) That'll be beautiful, that will be amazing, she will be over the moon with that one! We've spoken about forgiveness but if you could give Kay the power to forgive herself and the understanding of how to do that because that would free her from anything that's holding her back possibly.

SC: I will shine the Light

QHHT: Thank you very much, she will appreciate that... Do you have any final message for Kay?

SC: That's she's a beautiful being... This has been a hard one but she will get through it all and she will move on.

THE END. (And yet, now it begins)

QHHT Practitioner: Ras Namaste (Chris')

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Dedication: I would like to thank everyone who has inspired me, used me as a QHHT Guinea Pig, all of my incredible clients, those who've encouraged me and helped me both near and afar, seen and unseen, future and past, you will know who you are, YOU are the true Heroes and Heroines! Stay Shining!

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