



The Ogre & The Highest Aspect (The Light)

During this session my conscious mind was attempting to say that this was a bit of a fairy story but when confronted by the images I was shown I could never consciously attach them to anything I have ever witnessed in this life-time, of course I've heard about ogres and seen illustrations in books but what do they "really" look like? I really have no clue and I only call it an Ogre because that is the only word to describe it in modern terms, if Shrek showed up he would become a tasty snack to this being. This is yet another regression that I had that confirmed that it is natural for me to feel completely at home in the woods alone, it also explained in much better detail why I love "Peace" with a passion, not the opposite to war kind of peace, just complete peace of mind, just "being" in creation with no "have to's", this being seemed to embody Peace completely, the only reason one of these would attack you is either you look edible, or that you made a noise, the creature in this account loved absolute peace, anything else was unacceptable, I had a very strong feeling that even the leaves dare not rustle with me around. The only issue it had was with noises or disturbances, god knows what it would be like in a thunder storm... If one dared to happen!

(QHT = Quantum Healing Hypnosis Therapist)

QHT: Are you still a point of consciousness within the waves of Light?

Chris: Yes but there's a blackness now though, it does look very black but I don't know what it is..

QHT: Can you move around in the blackness?

Chris: Trees, dark night... Maybe it's night, I'm in the forest

QHT: Night time in the forest?

Chris: Yes, the picture come out at me.

QHT: Is it very dark?

Chris: Yup, the moon is out but you can just see the floor

QHT: What are you standing on?

Chris: Leaves...

QHT: Can you see your feet?

Chris: Nothing...

QHT: Are you aware of your body? *(at that moment I had 20/20 vision and seemed to zoom in on my feet, I could see the creases and in my foot and it was so super-magnified I could see the hairs, as if my eye was 2" above my foot and still being able to see with mega-magnified crystal clarity)*

Client: Nothing, on my feet, My body... I don't know, it's more like I'm a bit of a cave man



QHT: What are you doing in the forest?

Client: I don't know, it's dark, I don't know... Yet.

QHT: Does the body feel young or old?

Client: It's quite old but it's still quite strong.

QHT: Does it feel male or female?

Client: Male, It's a bit "Cave man", it's a bit pre-man

A few words about the ogre image to set the record straight; The first images I saw were me flying through the air towards the back of such a creature as in the image (left) so I didn't actually get to see its face, so whether it looked fearsome or not is unknown to me, all I know is that if you look at the image from behind it would definitely look very similar. From behind, the head and the shoulders look almost like one object, it wasn't green it was just a dark(ish) shade of human and I couldn't see the neck through the muscle - I felt at least 12 feet tall whilst in it - Unlike the image I felt no need for nose rings or earrings, no need

for war paint and no need for company until the mating season, this thing lived naked on its own, in its own dimension in complete and absolute Peace until it needed to eat. - As in all of my past lives I seem to "Merge" with the beings, never small babies as yet. *(Whilst writing this I am reminded that I have a memory of when I was very young, maybe 2 or 3 years old, I remember vividly that there was a party going on and I saw people looking down at me, as if I was in a perambulator (push chair/pram), maybe it was then that I merged with this human form... It all went black after that.)*

QHT: Are you carrying anything?

Chris: I want to say "bone" in my right hand but that would make me a bit of an ogre, hmmm...

QHT: What do you use that for?

(in that moment I had a flash memory of a small young Bambi type deer coming into my personal space which disturbed my Peace by rustling leaves. At lightning speed I moved and with one swipe of my "6 foot" long bone, that I felt I took from a

Dinosaur, mashed the poor thing into the ground with one swipe and then quickly gobbled it down, Peace was once again restored)

Chris: I think I bash stuff with it, it's a bit strange, I think I'm an Ogre.

QHT: I there anything else in the forest with you?

Chris: No!...

QHT: How are you feeling?

Chris: Alert and Aware..

QHT: Do you know what you're doing there?

Chris: I just might be.. "Being" there.

QHT: Are you aware of anything else around you?

Chris: The Trees

QHT: Only Trees?

Chris: I can scan the whole Forest, there's nothing here. *(the whole forest lit up as if it were daytime when I scanned the forest)*

QHT: Just trees & you?

Chris: Yup...

QHT: Are there any nocturnal creatures out?

Chris: Not when I'm about! *(I had the distinct feeling that nothing would disturb my peace, an even stronger feeling that I would silence anything that did disturb my Peace, with my 6 foot Dinosaur bone)*

QHT: So you have the whole forest to yourself?

Chris: Until I need food yes. *(It felt like I actually owned this dimension that I was in, there was nothing but stillness, no wind, no bird sounds and it felt like when I wanted food I would just phase into another dimension that occupied the same space at the same time which was inhabited with creatures, birds, wind and all of the things we know in the 3rd dimension. Then I would eat, then I simply phased back into my own dimension. It may be a very strange concept to get ones head around)*

QHT: Are you out looking for food in the dark?

Chris: Not yet, not yet, I'm just in the woods, I have to do scans *(of other dimensions)*, I can see everything, I'm not just a thug Ogre... *(Meaning, "I am using some serious Ogre body technology right now!")*

QHT: How do you see in the dark?

Chris: Because I know anything, anything in a radius, I can see a whole radius around me in one thought... There is "nothing" there.

QHT: Would you like to move to where there is something?

Chris: I'm not hungry!

QHT: There's no other reason why you'd scan the forest other than food?

Chris: It's lit up, when I think about what's around me, it lights up, the whole forest, if anything like a human or anything like that come by they would not stand a chance in the night! I can see clear as day without eyes, I can see it with my mind, with a thought. *(I had the image of a human come into my mind, maybe it was a memory but when I compared its size to myself in the Ogre body, the human was almost half the size, to the ogres mind, humans are like squidgy rag dolls)*

QHT: Do you know what you're doing there yet?



Chris: Just Being...

~ Healing in the Light ~

This section seemed very unfamiliar ground to the therapist ~ QHHT practitioners are not taught of the implications of arriving into the Light and this was one of many sessions that was enabling me to understand and navigate any client, that goes to the same place, which is almost all of my clients. This enabled me to advance my own knowledge and Start Teaching my own method called Regression Healing, where I take all clients into the Light for Healing and Purification using the common standard "Spiritual" protocols), this would not have been so confusing had the practitioner been given just a little bit of insight. I'm not even sure the practitioner knew I had passed over into the hereafter, I was meant to go to another important day (I know it was) but normally you get to visit a few days in that Life, I know I said I was old but I didn't feel that old, LOL. Enjoy!

There are no pictures because we cannot picture it, However. Buddhists describe it perfectly "As a vast space-like emptiness" - This space goes on forever and we are eternally woven into this infinite void, it is the space between creation, all matter, and we are in fact "ALL" of it simultaneously, and when we reach the correct state of consciousness, we can access any space in any time period, it is just a thought away, just think it and you're there in an instant, and believe it or not, and it's incredible to think that everyone alive has that very same ability, you are all time travellers and you are more of the incredible than you could ever humanly imagine!.

This space also felt like we all need to go there to sleep and regenerate, I feel we become enmeshed in matter throughout our waking moments and that sleep helps us unmesh, of course many do other, more creative things to unmesh whilst their body is asleep and have a great time doing it. Enjoy ~ Chris

QHT: I'd like to move you forward, what do you see?

Chris: I don't know, feels like I'm resting again

QHT: Where are you resting?

Chris: The place of Silence....

QHT: And where's the place of silence?

Chris: (chuckle) It said "everywhere", I don't understand that. *(I didn't seem to understand much after being an ogre)*

QHT: Well you've obviously got a lot of relaxing to do.

Chris: Mmmmm, I don't know that it's relaxing, I think it's healing, I think it's healing, I don't think it's relaxing.

QHT: What's healing?

Client: I think that's what it is, healing.... Sleep maybe... Healing.

QHT: Is there anywhere you'd like to go?

Chris: I don't know, it's just the Light again...

QHT: And how does there Light make you feel?

Chris: (Chuckling) It makes you "not" feel.

QHT: Where's the Light?

Chris: Everywhere.

QHT: You said it was dark.

Chris: Yes, no it's everywhere, there's no such thing as dark, no such thing, there's only Light, and it's everywhere, its energy.

QHT: How do you feel in the Light?

Chris: You don't feel in the Light, that's the thing, that, is, the, thing, you have no need for the (*human*) emotion chip, you don't have any need for emotions, there's only One Truth, and that is the ultimate vibration... "Nothing" is a clearing to get to that aspect.

QHT: I don't understand.

Chris: Nothing is the gateway to that aspect.

QHT: What aspect?

Chris: The void, is the doorway, to the Highest Aspect, the nothing, is the gateway to the highest aspect, the highest vibration, the highest frequency, the most complex infinite... So feeling.. That's why you couldn't touch it with the human body. that's why I will explode... or implode... The big bang, there would be a big inversion... *(Such an inversion involved me imploding and sucking the whole of the universe in there with me)* The "Nothing" is the gateway to the highest aspect, switch off the mind and all of its concepts and ideas, and it's "there" and it's there?

QHT: What the gateway?

Chris: I am here, I am in a place, that if anybody was here, they would not budge a nano-meter!

QHT: And how do you get to the higher aspect? *(the highest aspect is of course The Light or God, I just couldn't find the human word for it, I am not even sure if I had even had a human life yet or not. Still, my human brain was doing very well at deciphering "Ogre". That fact alone is well worth contemplating as we all have the same incredible abilities)*

Chris: Know you're there... It's all over my body.

QHT: Your body?

Chris: It's energizing (mumbled)

QHT: Pardon?

Chris: It's energizing, what ever it's doing it's energizing me, every single cell in my body is being activated, it's doing something... Just being in its presence.

QHT: Healing & repairing?

Chris: I don't know, it knows best, it always knows best, that's why we always trust it because... Well we just trust it.

QHT: You trust what?

Chris: The highest aspect, everybody trusts the highest aspect or they wouldn't do the things they do, they wouldn't even come here if they didn't trust

QHT: And when do people come there?

Chris: To this planet Earth, they wouldn't even come here if they didn't trust in the highest aspect, they know that "that" is exactly what is needed... I think it's finished buzzing me up now, I think it's purifying *(Some people have chosen to do terrible things in this lifetime, as a pure soul it is hard to come here knowing that, so just before we enter the earthly realm, the Light surrounds us and allows us (for a moment) to KNOW that we are doing the right thing in coming, and that it will benefit all regardless of what they do because the Light simply does not make mistakes)*

QHT: Now what's happening?

Chris: It's given me a cold light, a cold crystal light, it's a Crystal Light, I am the Crystal Light... In Form... I think it's deleting...

QHT: Deleting what?

Chris: Unnecessary programs.

In my very first regression I was given the opportunity to make a form of my own choosing, this turned out to be a human form with hands but made out of Crystal Light, the crystal was not that complex and was made up of rather long, glass like shards, I then went through many life experiences and when I had another session I saw the crystal as if it were a skin on top of my current skin, but this time it was a very intricate and complex diamond type crystal. Seeing this gave me an amazing sense of evolution towards perfection and I was very happy that I was now pure diamond and not just pure glass!:-) [Chris](#)

The End

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most powerful ways know to man. *(albeit a little challenging sometimes)* then simply visit www.QuantumHealingCentre.co.uk

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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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