

# Steps for Quantum Leap Hypnosis

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## Pretalk

1. Determine the client's issue.
2. Explain the opportunity to move them beyond the time of their issue.
3. Discuss and decide whether to move them ahead or go back in time and bring that state of being to the present.

## The Steps:

### 1. The issue:

Let's think about examples: Fear of speaking, headache, grief, tired, illness, depression, self esteem whatever.

### 2. Ideal time:

What is the perfect time to get beyond the issue: two weeks? A year? Forward? Or bring back a previous time.

Examples: ... headache move ahead to a time without the headache maybe a day ahead, for a migraine maybe a week ahead.....

1. Fear of speaking - move them ahead maybe a month or a year in the future when they see themselves smiling, at ease giving a seminar.....
2. Say the issue is depression then determine when they were in a healthy, happy state of mind before and go back to that healthy time and bring it forward to the present... It may be 6 years old.

### 3. Additional suggestion

Is anything else needed for an effective change to complete the ideal quantum leap. ....

For example today, we are going to choose your healthiest age maybe 17 or 36 or 12, .... whatever age you were the most healthy. .... If you choose 12, you do not want to bring your 12 year old mind to the present. So, we would bring the optimum knowledge mind and combine it with the healthy 12 year old body.

So, think about the issue you client presents. Say it is the 6 year old who is not depressed, Remember to combine it with the healthy, happy

frame of mind and the adult ideal mind with a feeling of wellness would complete the change.

#### 4. Time Warp Symbol

You need a symbol for the Time warp....

....Example A rushing stream and moving from a bank of the stream representing the present ..... across the stream thru the time warp to the time void on the other bank ..... to make the change needed ..... then bring changed client back to the present on the original bank.

#### 5. Use the Senses

In your script, use as many senses as possible to lock in the shift. Have them feel the shift in their new state of being. Go thru your script to see where you have addressed their senses.

#### 6. Homework for client

##### Replay the Leap for 7 days ....

To be the most effective and lock in the time shift the client should repeat this Quantum Leap experience every day for a week. Either listen to a recording of the session or replay the session in their mind using as many senses as possible. They should sense the change. What does the change feel like?. What does it look like?... Etc. And, say, " I see myself \_\_\_\_\_ (insert the change)"

[They could record the session on a smart phone or recorder and listen to the audio.]