

Jovy Wan

Quantum Healing Hypnosis
Therapy Practitioner

Have you ever wondered who you were in your past life – or lives? Do you suffer from a nagging pain that's not from any injury but has 'just been there' all along? Joked about having been enemies with your mother-in-law in three past lives? As it turns out, you might find answers and explanations for all these through Quantum Healing Hypnosis Therapy (QHHT).

"QHHT is a process developed by my beloved teacher, the late Dolores Cannon, over 45 years of being a hypnotist. The process involves a practitioner guiding the client into a deeply relaxed state of hypnosis, where they bypass the conscious mind. The most appropriate lifetimes – be it past lives or future lives – will be shown to the client in their mind's eye, where they're able to establish a connection with their Higher Self. From there, we can discover and ask for answers from within," Jovy Wan patiently enlightens me.

LOOKING WITHIN

But how does getting in touch with your Higher Self or past lives *heal*? Jovy clarifies: "We are all responsible for our own wellbeing. All healings are really self-healing, that's why I prefer to be called a healing facilitator rather than a healer. I help to activate the healer within each individual, to help him or her 'remember'. It is then up to them to use that knowledge, in a positive

way, to create the life they want."

Once a marketing and communications professional, Jovy discovered QHHT back in 2009, when she began learning various healing modalities. "A few modalities resonated stronger than the others but there was nothing like QHHT. Everything felt so natural and I was amazed by how well the

session went even though I was a complete novice back then," she recalls. "Learning it was literally life-changing and I've since found my passion."

According to Jovy, there are clinical studies that prove this sort of therapy has profound psychosomatic results. These studies show therapies like QHHT



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JOVY'S ADVICE FOR FIRST-TIMERS:

1 Do your research. Armed with hard facts, you can easily get a 'feel' of the healer's energy and style. Move on if you don't feel comfortable.

2 If you have any questions, get in touch with the healer. Such correspondences can help you determine if he or she is right for you.

3 Read clients' testimonials. Expect to feel safe, comfortable and respected. Everything that happens during the session should remain private and confidential.

4 If the healer says or does something that makes you feel inadequate in any way, then he or she is not the right one for you.

5 Listen to your heart and trust your instincts.

can find originating causes of physical diseases and psychological discomforts. "Though I must say, science is rather limited in explaining all things that exist. Back in the 1920s, scientists laughed at the concept of quantum physics and even found it absurd. But look at what we've accomplished today and think about how much more we haven't!" she exclaims.

EXPECT THE UNEXPECTED

A QHHT session usually takes about four to five hours and it's a unique experience for each individual. Many will experience bodily sensations like heat or pressure; some may see lights and

colours in their minds. Some may not even feel anything, even though the therapy has been effective. Each session is more or less tailored to the client's needs. Some are looking for answers to emotional issues or relationship problems. Others seek help with physical pain or illnesses. "Clients should come prepared with questions they would like answers to, including health concerns," Jovy says. Here are some examples:

- **I have had asthma since birth. Why? Can it be healed?**
- **I am in a new relationship. Is this person the right one for me?**
- **I have a difficult relationship with my sister. Why is this so and can it be resolved?**
- **I had something strange (dream, vision or feeling) happen to me. What was it really and why me?**
- **Why am I so afraid of some things?**
- **Am I on the right path?**

OPEN UP

Like most alternative healing treatments, practitioners say you'll need both an open mind and heart for it to work. If you have negative thoughts about it, that energy literally blocks off any healing. You must have the intention of getting healed before you even begin. As Jovy describes it, "You need to open the window in order for fresh air to come in."

"A QHHT session is a transformative and powerful experience. I have personally

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I had issues with my back and neck for many years, which miraculously disappeared after the QHHT session. I am not questioning how that is possible and why I'm only enjoying a pain-free body at this stage. I now understand the deeper meaning of physical pain and how letting go releases it.

– Christine L.

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witnessed the instant healing of a client who had been in physical pain for over 20 years; clients who were healed of insomnia; uplifted moods; misplaced sense of purpose that was relieved; and phobia or fears that dissipated," she divulges joyously. Through word of mouth, these positive experiences have spurred others to open their minds to alternative treatments. But QHHT still has its fair share of skeptics. "There are some who still connect it to voodoo practices, or gimmicks with no real results," says Jovy. "But that's fine because everyone is entitled to their own opinion, right?"

“BEING ABLE TO FACILITATE HEALING AND POSITIVE CHANGES IN PEOPLE'S LIVES IS MOST HUMBLING AND REWARDING.”