

Intention for a Session

A worksheet to accompany GET READY for your session video series by QuantumHealers.com

There are any number of reasons you may wish to experience a quantum healing session but homing in on the main intention can be very helpful. Quantum Healing is Consciousness Exploration- so really – almost anything you might wish to heal, know more about or experience can be addressed in a session. Going over some common intentions and questions below can help you in getting ready for your session.

Here are some common focus points for session intentions.

- Life Path or Soul Purpose
- Employment/Career
- Relationships Love Life, Family, Work, Neighbors, etc.
- Health Physical and/or Mental (This precludes some serious mental illness such as schizophrenia)
- Excessive stress any type
- Repeating Patterns of any type
- Connection to Higher Realms/Higher Self/Spirit Guides/Soul Family, etc.
- Mysteries or Missing Time
- Cosmic Focus ET's etc.
- Ascension Questions, Personal or Universal
- Root Cause of any problem or troubling issue

It might be helpful to go over this list and consider what issue or issues come up most strongly and regularly in your life and make some notes for yourself or your facilitator. Additionally, here are some question prompts to ask yourself that might prove useful in discovering why you are seeking a session in the first place. Use the space provided to write down some thoughts. Remember you can do this multiple times and in multiple ways. There is no right or wrong answers here and even the simple act of writing down some thoughts can bring clarity and improvements to your life.

• What would you prefer be different or improved in your life?

How is your physical health? Do you have anxiety or excess stress?

•	Do you have any "looping" or repetitive thoughts throughout your day?
•	Are there "patterns" in your life that you seem to repeat? Any addictions?
•	Do you have relationship patterns with others that you seem to replay over and over again?
•	Do you remember your dreams? Are they pleasant or disturbing?
•	Do you replay arguments or conversations with others in your head repeatedly?
•	Are there yearnings or dreams or goals that you have in your life that are yet unrealized?
•	Do you have a "direction" in your life that is fulfilling? Or, do you seem to spend a lot of time pleasing others or working towards other's ideas or goals?

•	Do you have abundant joy or passion in your life? What brings you joy? Are you missing joy?
•	Do you love your job or career or would you like to do something different?
•	Do you need help making a decision about something like what job to consider or if you should move house?
•	Do you have a great interest or curiosity about any specific subject in your life in which you would like more information?
•	Are you working on a skill or talent and would like to expand that skill or talent?
•	How would you like your life to be different than it is right at this moment?

Take some time to write out your answers to the above questions or write any relevant thoughts about your life to come up with a basic intention for your session. Remember that your intention for having a session may end up being different than the one with which you started. Additionally, sometimes your focus and intention can *change* before your appointment date. This is normal and actually quite wonderful. It means that your team and your practitioner's team have already heard you clearly and your higher aspects may have made shifts or adjustments already. This is just another super great reason to take the time to write out your answers to these questions long before your appointment day arrives.

We hope this exercise has been helpful. Best wishes to you on your quantum healing session!

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