

# "Seeing" Exercise

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The following exercise may be helpful for those planning on having a regressive hypnosis session.

First of all, it must be said that there are many ways of "seeing". As a matter of fact to use the word "see" can at times be misleading. A better word might be "perceive". There are many ways to perceive, in other words, and one may not "see" a thing and yet be able to perceive and relay information in great detail.

People get information in many ways. They can see it, imagine it, hear it, feel it, know it (and even taste or smell or feel it in a tactile way.)

In a Dolores Cannon QHHT Session, the very first thing a Practitioner does is to have you close your eyes and then asks, "If I were to say to you 'see a red bird' could you see one for me?"

The majority of clients answer yes, and off we go, on an adventure of a lifetime! This article however is not being written for them, but is for those people who, for whatever reason, may stumble a bit upon that very first question and struggle with what is actually meant by the word, "see".

Do some people literally "see" a visual image or picture of a red bird hanging in the air behind their eyelids? Well, yes, some people do! But I find that is fairly rare. Rather more people see the bird "in their mind's eye" which is something altogether different. And so what does that mean exactly? It means they can use their imagination and have an impression, somewhat visual in nature, of a red bird and be able to describe the details if asked.

Play along with me for a short exercise. Let's use the suggestion of a red bird. Ready? Close your eyes, (or not, as it is not really necessary to play), and follow along with me. Now, see a red bird. Next, see it with a hat on its head.

Take a moment and note any impressions you have about details.

Now for some questions! Let's see (pun intended) how you did~

Was your bird a red cardinal? Or was it a red finch? Maybe it was huge, more like a red ostrich or a red penguin? Maybe it was small, a red hummingbird or it could even have been a red cartoon bird. And what about the hat? Was it a black top hat? A brown felt hat? Maybe it was a fancy woman's hat with a dozen multi-colored silk flowers?

What kind of hat "appeared" on your bird's head?



Maybe you did not perceive anything visual, literal or in your mind's eye. Maybe you just knew your bird was a red finch with a black top hat, and it certainly was nothing like a red penguin with a fancy flowered hat.

Information is information. We really don't care how you get your information delivered to you in a QHHT session, just that you are able to find the information for which you are looking.

How do you perceive information? And what kind of hat appeared upon your red bird's head?