

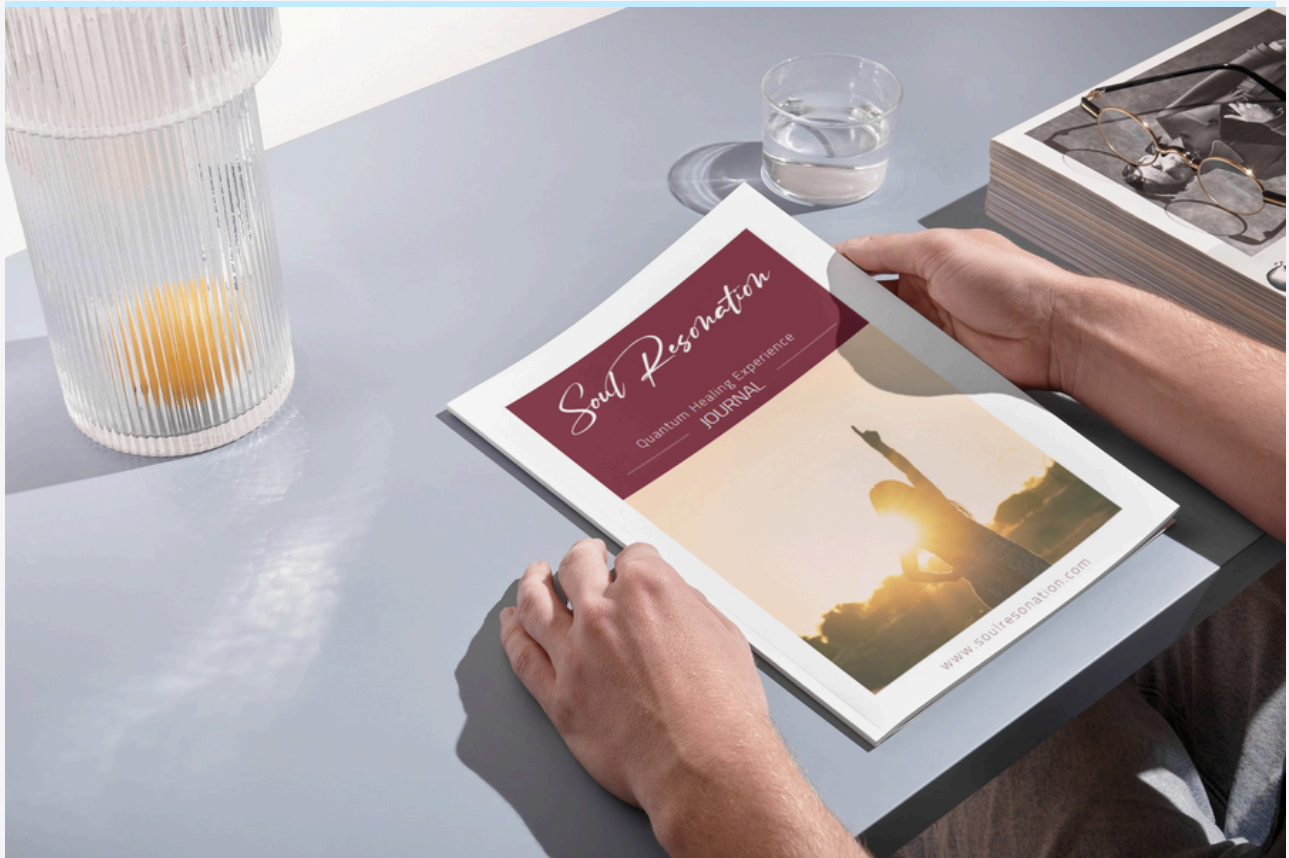
Soul Resonation

Quantum Healing Experience

———— JOURNAL ————



www.soulresonation.com



DAY 1

Introduction

Day one is all about getting comfortable with this journal and the SRQH Experience. Feeling ready and prepared to start learning about yourself. There is some reading and 4 videos to watch (total time).

- Video 1: An introduction to the SRQH Experience (minutes)
- Video 2: 10 Healing Basics (4 minutes)
- Video 3: Healing Alignment (29 minutes)
- Video 4: Testimonials of clients experiences (minutes)

Introduction



The SRQH Experience includes:

1. This **Discovery Journal** accompanies the pre-healing resonance videos.
2. The compulsory **Pre-Healing Resonance Videos** are found on the website.
 - These videos have been designed to take a minimum of 7 days to complete or longer.
 - They must be completed before attending the Quantum Healing Session.
 - You need a device with Wi-Fi to watch the YouTube videos.
3. **The Quantum Healing session** which you need to book your spot at least 7 days from purchase. Follow the email link instructions you received from the purchase.
You can reschedule a session up to **48 hours in advance**.
 - This can be online or In-person. Online technical requirements are found in this Journal.
4. **The follow-up Integration Session** which you will need to book your spot.
 - I recommend booking this at least 2 weeks after your Healing Session.



This Discovery Journal:

- Has everything you need to know/complete before your session, so please read it all.
- You can print it out and complete your self reflection in writing.
- Or you can edit it online as you go.
- Or you can simply write down your notes on a separate piece of paper.
- You need to have all **your journal notes available during your healing session**.



Useful Information:

- Page ___ in this Journal is a preparation checklist for things in advance and on the healing day.
- Page ___ in this Journal is an online session technology checklist to ensure a quality session.
- The Soul Resonance Code of Ethics and privacy policy can be found on the website.
- You will find a list of frequently asked questions (FAQs) on the SRQH website.
- I will ask during the session if you want to give your permission to share your story.
- The Healing session is recorded. In-person is audio only. Online can be video/audio. Mostly, i send the recording file to you via google drive to you after the session. Let me know if you prefer another method. It is vitally important you listen to the recording regularly after the session.
- It is important to hold no expectations, apart from “I will know more of myself”. I cover this in the pre-healing video: Fears. It covers: Outcome, Distractions and the fear of the unknown.
- The session is uniquely and perfectly tailored to you. It will not be like another other experience.



Is there any difference between a healing In person or Online?

- It is all energy and distance, time and space make no difference. Think of the online device screen as peaking through a window, to see your true self energy reflecting back to you and to choose it.
- I can feel so much energy within me, even if a person is on the other side of the world.
- The only difference is that i cannot hug or wrap my arms around you. (Im a hugger!)



Is a SR Quantum Healing Session Safe?

- Absolutely it is safe. I only offer energy to be experienced within LOVE & LIGHT.
- I wrap you in your own energy of love in the beginning of the session and throughout.
- Being in a state of love enables each person to look without fear on any subject or topic.
- Your Soul is remarkable at giving a person exactly what they need to uncover for their healing.
- If you are holding a dense energy, then this is perfectly designed to support you to release it.

Support

Contact Email: anna@soulresonation.com

www.soulresonation.com

Quantum Healing Session Checklist

The SRQH Experience is such a special gift and opportunity to transform yourself. To help you feel at ease, open, ready and willing to expand, there are a few important things for you to be prepared.



Requirements for everyone to read:

IN ADVANCE TO THE HEALING SESSION:

- Start thinking about 10 significant questions you are wanting to ask your Soul. See pg ____
- This is a private, personal and individual experience. No other person can be in the session with you. You need to be free to speak and express your truth.
- Anna has a small white dog that sleeps during sessions. Notify Anna in advance if you have an allergy or believe you will be affected by a dogs presence.

ON THE QUANTUM HEALING SESSION DAY:

- You will watch the final video on the morning to help you to be open, ready and excited.
- Limit consumption of caffeine, drugs and alcohol on the day.
- Drink heaps of water leading up to the day, but not much water on the morning of session. You can have an easy to drink, no spill, bottle of water next to you during the session.
- We will chat for an hour at the start, then we will take a quick break to prepare. This break can be used for: toilet, smoking, eating - You can have snacks ready
- Wear clothing you find comfortable.
- I recommend having a completely free day after the session with no appointments. This really supports the healing integration process afterwards by staying relaxed and clear minded.
- Have all your journal notes available to hand for the session as i will be asking you about it.
- It is perfectly safe to drive after having the session.

WHAT HEALING RELEASE CAN LOOK LIKE:

- The Healing release process is unique to each person. Almost everybody cries (have tissues).
- Some people release energy through their system by peeing a lot. It is perfectly fine to go to the toilet during the session. You are in control of managing your allowance to relax - so just tell me.
- Some people release energy by purging vomit. Have a bucket or pot next to you just in case.
- It is so easy to break out of the natural state and re-enter or recreate the state quickly again.

AFTER THE HEALING SESSION:

- You have your follow up session coming in a few weeks. Don't forget to book it in.
- It is vital that you continue your healing from the guidance given to you by your Soul by listening to the recording of your session regularly. It is a powerful to recreate your preferred state of being and continue to align with your belief that healing has occurred and changed something.

Pay attention to:

- What experiences now come your way,
- Your Soul will continue to communicate with you long after the session. Be open and aware of signs and styles in ways you are being given information. Try not to negatively dismiss information.
- Synchronicities of events, people and divine timings,
- How your mind talks about your healing experience and measures it,
- Your continued ability and practice of your state of alignment and any challenges,

SRQH Online Specific Requirements

The SRQH Experience is such a special gift and opportunity to transform yourself. To help you feel at ease, open, ready and willing to expand, there are a few important things for you to be prepared.

Online Quantum Healing Session Set-up Requirements:



IN ADVANCE TO THE HEALING SESSION:

- We must be able to hear each other clearly. I use a headset with microphone. **You will need a headset or earphones with a built-in mic** close to your mouth. Some are cheap to buy or you can borrow one in advance. This enhances the quality of your audio recording i give to you.
- You will need to download the Zoom app on your device. Test Zoom in advance.

ON THE HEALING SESSION DAY:

- Find a quiet room where you can lay down comfortably for 2 hours.
- You will need to have a device that can remain on charge for the entire session.
- The device will need to be close to you facing your upper body during the healing. I need to see your chest and face. If it will become nighttime, have a dim lamp on so i can still see you.
- You will need stable Wi-Fi for the whole session. Minimise other household use.
- Consider pillows and blankets to feel warm and cozy. Have water in a bottle close by.
- Ensure you have close easy access to the bathroom during the altered state.
- Don't forget that going to the toilet during the session is perfectly normal. Just ask.
- Also have a bucket next to you as some people purge vomit during large healing release.
- No other person can be with you in the room during your session. It significantly restricts your ability to feel free, speak your truth and express yourself fully and honestly.
- Ensure you will not be disturbed by other members of your household. Let me know at the beginning of the session if other people are nearby so that we can discuss your comfort.

ONLINE TECHNOLOGY CHALLENGES:

- If we lose connection it was meant to be. As the beginning of the session i have already asked your Soul to manage this flawlessly, knowing it will be a co-creation of what we need to learn about ourselves.
- If you are in a deep state you will naturally fall asleep. I will get you to set an alarm just in case. If you are in a light state, you will know and be aware of it. So, you can reconnect the call when you are ready. It is very easy to recreate and re-enter a state quickly.
- If our session is significantly interrupted by technology, we will book another session.

Watch Videos 2 & 3: Healing Alignment Information

THE WAY

YOUR WAY IS WHAT YOU CHOOSE TO BELIEVE IS TRUE FOR YOU

- 1**

 - ALLOWING
 - NATURAL TRUE SELF WAY WITHIN
 - WITH YOUR SOUL TO SHINE

2

 - RESISTING NATURAL SELF
 - SELF-MADE-SELF WAY
 - LAYERS AND BAGGAGE
 - THE MINDS IDEAS
 - CONSTRICTS THE TRUE SELF



- YOU ARE THE WAY
 - RIGHT NOW
 - YOU CANNOT BE FOUND, YOU ARE
 - YOU CANNOT TRY, JUST BEING
 - GIVE UP WHAT YOU ARE NOT
 - WHAT IS, IS NOW
 - WHAT IF, IS SEEKING OUTSIDE
 - ITS A UNIQUE PERSPECTIVE
 - ITS AN EXPERIENCE
 - ITS POWERFUL

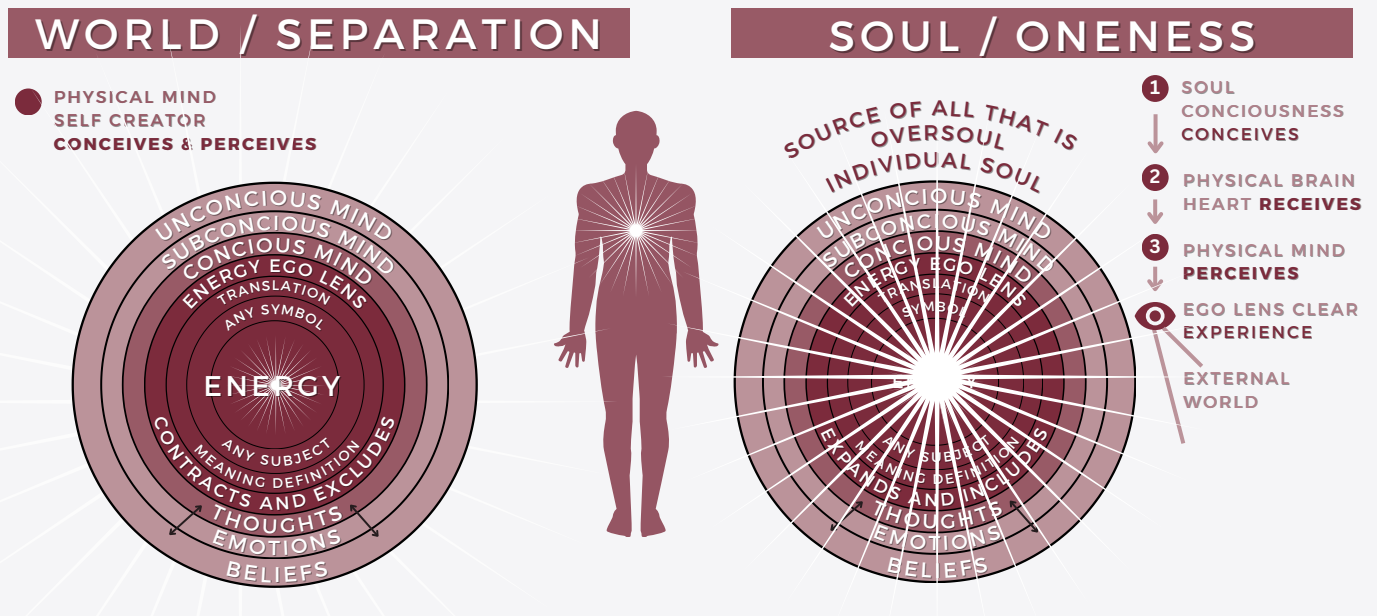
There are 8 billion different ways on the planet. Each has their own unique mix of beliefs, definitions, meanings, experiences and

Alignment of unconditional love with the all that is, can only be found within each person. The way cannot be found externally from you. Each person needs to undo what they have self made to find the way within themselves.

Learning to align is an everyday and every moment practice of honest self reflection. There are three things to practice which will uncover any negative beliefs you are holding onto. Being aware of those beliefs provides an opportunity to look at them and reach for alignment. Daily practice could include:

- 1) In every moment select a better feeling thought. A thought that evokes positive emotions like joy, peace or freedom. By purposefully pointing the mind to positive states of being, it affects your vibration, which creates your experience.
- 2) If you have a negative emotion, look at your state of being, your statement of who you believe you must be.
- 3) In every moment, act on your highest excitement, from a list of options, to the best of your ability. This is communication from your Soul showing you all your beliefs. Positive ones that you can follow it and also negative beliefs currently in the way. Excitement reveals your current state and ability to be free to follow it.

HOW MUCH YOU SHINE YOUR WAY



Soul Resonation



The Emotional Guidance Scale

The SRQH Experience Journal

Soul Communication



Watch videos 5, 6 & 7 now.

Read before video 8:

Most of us are familiar with leaning on some primary senses each day to translate the external world. You are energy first and physical matter is your second translation of energy. The external is translated from within you and you perceive from your energy. Your mind decides what senses to use and how they will be used. This is a contributing factor of why messaging from the Soul is filtered or blocked. But it is always there for you to allow. You just have to stop resisting it by opening up the mind to it.

If you have written your self-made-self in fear with the mind of who your eternal true self is, it is the mind that will take on the role of protecting you from that fear. So, it goes to work dismissing and rejecting information, compartmentalizing, hiding, avoiding and filtering what you believe to be more painful. This is an option of a belief to experience, but you cannot actually be anything other than your eternal true self. It's a distorted, yet valid experience.

Opening to your Souls communication only requires you to give up resistance to it and allow it to be known. It is a thought reversal on what the mind has prioritized.

WORLD / SEPARATION

EXCLUDES

- PERSPECTIVE LENS = SEPARATION
- PERCEPTION MEANING = NEGATIVE ENERGY
- PRIORITY TOOLS = EGO MIND, BODY
- REALITY = FIXED, PRIMARY PHYSICAL EXTERNAL ONLY
- STYLE = LOUD, THOUGHTS, NEGATIVE EMOTIONS
- DECISION MAKING = SELF EGO MIND DICTATOR



LANGUAGE LIMITED

- SELECTED SYMBOLS ARE EXCLUDED
- PHYSICAL MIND THINKING
- PHYSICAL 5 SENSES
- SCIENTIFIC / MATERIALISM
- TIME AND SPACE
- EVIDENCE AND STORED MEMORY

SOUL / ONENESS

INCLUDES

- PERSPECTIVE LENS = UNION / ONENESS
- PERCEPTION MEANING = POSITIVE ENERGY
- TOOLS = ALL AND EVERYTHING IN ALIGNMENT
- REALITY = FLEXIBLE, EVERYTHING, MIRACLES, PHYSICAL
- STYLE = SUBTLE, UNOBSTRUSIVE, FLEXIBLE
- DECISION MAKING = THE SOUL



LANGUAGE UNLIMITED

- ALL ENERGY SYMBOLS INCLUDED
- SYNCRONICITY INTERNAL & EXTERNAL
- FEELINGS / EMOTIONS / SENSATIONS
- HEART MIND COHERENCE
- KNOWING INTUITION
- IMMAGINATION
- PASSION / EXCITEMENT
- 5 PHYSICAL SENSES
- MOVEMENT AND CHANGE
- PICTURES / IMAGES / VISION / LIGHT
- GEOMETRY / PATTERNS
- ALL SENSATIONS

Soul Communication

Read before video 8: The healing session Soul communication.

During The Quantum Healing session your Soul can communicate through you to me in a range of ways. Below are the three common ways and styles of Soul communication to heal.



The diagram shows a circular model of the soul with concentric layers. From the center outwards, the layers are: ENERGY, TRANSLATION, ENERGY EGO LENS, CONSCIOUS MIND, SUBCONSCIOUS MIND, and UNCONCIOUS MIND. The outermost ring is labeled 'SOURCE OF ALL THAT IS OVERSOUL INDIVIDUAL SOUL'. The inner rings are labeled 'EXPANDS AND INCLUDES', 'ANY SUBJECT MEANING DEFINITION', and 'THOUGHTS EMOTIONS BELIEFS'. A bright starburst is at the center.

SHINING BRIGHTEST

Direct Soul Communication:

- Allowing, embracing and trusting completely
- Expanded outside of the self-minds thoughts, emotions, beliefs
- Has let go of resistance completely - Shining Brightest
- Harmonic altered natural state achieved in union with Soul Oneness
- Deep state of heightened awareness achieved
- No focus on physical self, beliefs, thoughts, time, space
- Immersed happily in imagination intuition zone connection with energy
- Able to talk freely and openly about anything
- No conscious mind interference
- **Your Soul tells me when it is allowed full connection**
- **Your Soul can now speak directly out of your mouth to me**
- **Your Soul has access to your body through your consciousness and can discuss and heal anything that is appropriate where learning is completed**
- **Feels like knowing the information. It pushes through your mouth instantaneously without any thoughts or filtering process**
- **I ask your Soul your questions directly and receive answers. Usually, profound full detail and explanations given. All recorded.**



The diagram is identical to the one above, showing the layers of the soul from the center outwards: ENERGY, TRANSLATION, ENERGY EGO LENS, CONSCIOUS MIND, SUBCONSCIOUS MIND, and UNCONCIOUS MIND, with the outermost ring being the 'SOURCE OF ALL THAT IS OVERSOUL INDIVIDUAL SOUL'. A bright starburst is at the center.

A SHINING STAR

Indirect Soul Communication:

- Allowing alongside respecting the mind as it filters information
- Still drawing from self with minimal thoughts, emotions and beliefs
- Has let go of some resistance - A Shining Star
- A light altered state achieved and able to translate information
- A connection to primary internal senses are navigated
- Able to talk and reply. Sometimes hesitates as filtered by the mind first
- **I can ask to speak to your Soul and that can help bring the Soul forth**
- **Messaging is given through you, self-guiding with your primary styles**
- **This could be: visuals, a scene, a person arrives and talks, an object, a memory revisited, another life experience, a knowing, other planets**
- **Sometimes: orbs, light, geometry, beings of light, ETs, angels etc**



The diagram is identical to the one above, showing the layers of the soul from the center outwards: ENERGY, TRANSLATION, ENERGY EGO LENS, CONSCIOUS MIND, SUBCONSCIOUS MIND, and UNCONCIOUS MIND, with the outermost ring being the 'SOURCE OF ALL THAT IS OVERSOUL INDIVIDUAL SOUL'. A bright starburst is at the center.

A STAR LEARNING HOW TO SHINE

Experiential Communication:

- An experience of a different state is felt. A light trance. Day dream.
- Knowing you have the option and can feel its possible to expand more
- Bliss, peace and relaxation is experienced - a change in vibration
- The ego mind persona is actively narrating the experience with resistance
- Things like: Im making this up, whats the right answer, i dont know
- **I ask to speak to your Soul and permission to expand further is possible**
- **Messaging is given through you, self-guiding with your primary styles**
- **Often information messaging is received loosely and questioned**
- **These clients often understand it now and feel ready for another session**

Interesting information::

- I've had some clients connect to their Soul and it feels so amazing they burst out of the deep state laughing.
- Some clients enjoy the peace and bliss they have never had, they switch me off and choose to fall asleep.
- During a direct Soul connection i have heard body parts healing. Like bones moving into alignment.
- I've had clients who can go in and out of Conscious mind to Soul connection state repeatedly and quickly,
- Every client i have had, has learnt things about themselves they did not know prior to the sessions.

The SRQH Experience Journal

Soul Communication



Read before video 8:

All energy is within your consciousness. Many people think the Soul is in the body, but it is actually our body that is within our Soul consciousness. So, all energy is within us, all external energy is translated within us.

Use the list below and take a few minutes to ponder:

Q: How do i translate energy through my internal energy senses daily?

Q: What do i use as my primary senses to interpret the external world, and which ones do i use the least?

Interesting examples: A) If a tree falls over in a forest and no person is there to receive the sound, does it make a sound? Does energy require a giver and receiver?

B) If a scientist conducts an experiment using only the 5 physical senses to measure results, are the results filtered through the beliefs and perceptions of the people?

SENSE	ENERGY TRANSLATOR	DETAIL
SIGHT	Internal Energy Consciousness	The physical eyes translation of light vibration. External Images, objects, environment and people
HEAR	Internal Energy Consciousness	The physical ears translation of sound vibration. External sounds from the environment and own body
SMELL	Internal Energy Consciousness	The physical nose translating molecular vibrations. External scents from the environment and own scent
TOUCH	Internal Energy Consciousness	The physical body translation of vibratory sensations. Contact with external objects, environment and people
TASTE	Internal Energy Consciousness	The physical mouth translation of vibrational sensations. Example: Sour = 98Hz, sweet = 77Hz,
INTUITION	Internal Energy Consciousness	The Internal ability to use your energy to read a vibrational frequency. This is a sense of knowing, gut feeling, instant.
IMMAGINATION	Internal Energy Consciousness	The internal use of a combination of senses vibrating together to have an internal experience. Often with internal visions. To form an internal idea, concept or new perception
MOVEMENT	Internal Energy Consciousness	The internal translation of a sensation of your physical body moving through the external environment. The navigation and translation of orientation, direction, trajectory and balance.
BODY SYMPTOMS	Internal Energy Consciousness	The internal translation of body sensations that the mind assigns meaning and labels to.
EMOTIONS	Internal Energy Consciousness	The ability to create, replicate and navigate a wide spectrum of vibrational frequency. We assign meaning and labels to them.

YOUR TOP 10 SOUL QUESTIONS

Write below your top 10 questions, in order of importance, to ask your Soul for healing.
You need to have these questions available for your Quantum Healing Session.

Examples: Health, body, relationships, purpose, passion, event, curiosities, key people, fears, addictions, etc

1

2

3

4

5

6

7

8

9

10

Space for any additional comments or notes:

Soul Resonation

CODE OF ETHICS AND PRIVACY POLICY

The aim of this document is to provide clarity to the client of the services offered from Soul Resonation. Certified by IAOT and QHHT, Anna Medway is a certified resolution therapist, soul session counsellor and QHHT level 1 intern practitioner. Anna labels herself as an expression of her soul, which can be labelled as a spiritual teacher, healer and soul guidance counsellor.

Act with integrity:

- I respect all persons beliefs and cultural needs.
- I respect the clients' beliefs of medical professionals. My support is supplementary and complimentary to licensed health care professionals.
- I state clearly that i do not do any healing. I offer an opportunity for the client to self-heal. I cannot guarantee any outcomes or specific results. I cannot guarantee the level of consciousness and altered natural state a client can allow access to. I cannot guarantee direct Soul connection.
- Only the clients Soul through their mouth gives opinions of root causes for conditions.
- I conduct a professional environment with no sexual inappropriateness.
- The clients' comfort and safety is priority.
- My authority for information is through my alignment with my Soul and Source. I continuously work on my own healing, development, self-reflection, qualifications and empowerment to the benefit and continued growth of others.
- I will withdraw my services from the client when it is clear in good faith the client can no longer benefit from continued service.
- I conduct business in a responsible and respectable manner.
- I uphold an obligation to the well-being and comfort of the client at all times.
- I maintain safe and hygienic premises of practice and personal grooming and hygiene.

Confidentiality and privacy:

- Soul Resonation will protect the clients identity and privacy when information and media files are gained from sessions. The Permission to Share Form outlines this policy and will be discussed with each client prior to the start of a session. Also available to view on the website prior to booking. The client can accept or decline at the beginning of the session.
- All online SRQH sessions on Zoom are recorded and given to the client within 3 days of session completion. All Soul Guidance sessions are not recorded unless the client asks for this.
- All video and audio recordings will be deleted after 14 days of the session to save storage space.
- The clients is given a copy of their recoding video/audio via google docs.
- Media files as testimonials can be used for future promotional material as per the permission to share form guidelines. Clients have the option to opt out.
- Clients have the right to ask for any personal information store by Soul Resonation. This can include after session practitioner notes about the session that are stored on the secure Wix database.
- If a client is recognised as at risk from the disclosure of their intent to harm and requires further support outside of my services, the practitioner will make a referral.

Soul Resonation

PERMISSION TO SHARE YOUR STORY

It is a wonderful gift to share your Soul Resonation experience with others. This helps others grow curiosity to expand their beliefs and experience too.

I _____ (Client Legal Name), hereby give my permission for
_____ (Practitioner Name) to share what they received from my Soul
Resonation session story with other Practitioners and potential students and clients, in the following ways:

Please tick or cross your permission.

Sessions with other clients:

The client gives permission to share their personal story and their experience to the public. The purpose is to benefit other humans with real testimonial examples of change and healing to encourage others to believe they can change. The types of things to be shared from a session are: *A testimonial, revelation, concept of discovery, healing release, healing in real time, the Soul communicating, experience, images, diagrams or belief systems.*

Media:
In the form of an edited video, clips or documentary interview. This may include the client's face.

An audio file containing their voice.

The story written and published.

Anna speaking about an example experience where no name and detail specifics are mentioned.

By signing below i the Client have read and understood the following:

- I must confirm if i want to opt out of displaying my first name, town/country.
- I can ask for complete confidentiality and all details will be generalised to he/she.
- I understand I have the right to review and approve the story/file before it is published.
- I understand I have the right to refuse a specific or personal portion of my story to be included. A copy of the video, audio or document will be sent to the client in advance to being published or shared. This is the opportunity for the client to request specific changes to be made where they are comfortable to release. All communication of this will be in writing.
- I also understand I have the right to refuse to participate in the sharing of my story specifically on social media platform.
- I can change my mind at any time and cancel this permission in writing but cancelling it will not affect any information that has already been released.
- I understand that I do not have to sign this form, and that I should only sign it if I want my Practitioner to share my story.

Client Signature: _____ Date: _____

Parent Signature: _____ Date : _____

(if client is younger than 16 years old)

Practitioner Signature: _____ Date: _____

Client email for communication: _____