



## INNER RADIANCE CONNECTION

Create a Life That Brings You Joy

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### What Is Illuminated Quantum Healing?

Illuminated Quantum Healing (IQH) is a multidimensional energy modality where, you, the client, are in complete charge of your healing process. Together we incorporate energy healing, meditative practices, and hypnosis skills to communicate with your inner wisdom. Through this work, we uncover subconscious patterning and beliefs that no longer serve you. Once identified, you then release what you're ready to let go of. Upon completion of the energy work, we take some time to integrate instantaneous healing and wisdom from your higher Self.

Through this work, you expand and explore your consciousness and bring the light of awareness to anything hidden that's inhibiting your creative flow and personal empowerment. You then are better able to align with your highest potential timeline.

### What Makes IQH Unique and Effective?

**Flexibility** - Sessions can be done in-person or remotely. Julie intuitively customizes the session to ensure your needs are met.

**Control** - You are sovereign in your healing process. Julie facilitates the session framework. You and your Inner Wisdom guide your responses.

**Variety** - IQH incorporates a variety of meditation and energy awareness practices. No two sessions are alike.

**Options** - Multiple sessions and mentor programs are available. Healing is multilayered. You are given what you need at the moment. Multiple sessions have multiple benefits and often go deeper.

**Divine Energy** - Julie is a conduit for transmission of Divine Energy for healing both in person and remotely.

### How Does an IQH Session Work?

As humans, we rub elbows with so many other beings here on Earth. It's easy to pick up energy from others and carry it as if it's our own. There is validity to ancestral energy patterns; taking on emotions from others in our daily life; as well as subconscious

societal conditioning. If we don't identify and release what doesn't belong to us, we can carry it around for years wondering "what's wrong with me"?

Hidden in the shadows of our subconscious mind are the keys to our healing awakening. Unconscious patterning and limiting beliefs from our past experiences in this and other lifetimes are imprinted in the subconscious mind. This is the birthplace of reactive emotions, triggers, and negative thoughts. These imprints make up our biases, versions, attachments, desires, and other patterns that keep us in cycles of suffering and limitation.

The healing power of the IQH session comes through your connection to your Inner Wisdom. Your Divine Self is connected to the Higher Realms, Source/God, your Spiritual Guides, and Star Families that serve the Higher Consciousness. This part of your consciousness is vast, eternal, and always loving.

Your Inner Wisdom uses emotions, internal imagery, and intuitive messaging to communicate through you. Your Higher Self guides the session, delivering the most appropriate healing frequencies and reveals profound insight and information for your path of awakening and mastery.

Illuminated Quantum Healing uses the power of your subconscious mind and the connection to your Higher Self to discover the root cause of illness, patterns of limitation, and states of suffering.

Once the appropriate information is revealed through the session, rapid multi-dimensional healing occurs as the Higher Self, Spiritual Guides, and Star Families repair and upgrade your entire system with new healing frequencies. Clients describe feeling, sensing, and seeing light and energy moving through them as multidimensional regenerative healing occurs, creating a feeling of radiant wholeness.

### **How Do I Prepare for a Session?**

The initial session will be scheduled for up to 5 hours. The actual time will take approximately 3 to 5 hours based on your needs. Subsequent sessions, should you desire to schedule them, will be shorter and could run from 2 to 3 hours. The length of time you're asked to set aside is important to provide enough space to explore everything you want to cover.

To prepare, be sure to set aside a day where you will have time not only for the session but also for integration time afterwards. You will have a much more effective session if you have nothing pressing to distract you. Please do not make any appointments for after your session. Knowing you have to meet a schedule could be distracting to your process.

In most cases, you'll be in your own home. This makes it more comfortable for you. If you're local, I can come to you if you prefer to meet in-person. The work is just as effective when done remotely. So, we can do it over a Zoom call.

Do not invite anyone else to attend the session with you as this could take attention away from you. If that means having someone to care for children or pets, it's important to make those arrangements ahead of time. If others will be in the home while you're having a session, please ask them to keep the noise level down and to not come into the room during the session. Interruptions of that kind could be distracting to you.

Please wear comfortable clothing. Have a blanket and pillow available (if needed) for your comfort during the hypnosis portion of the session. Drink extra water prior to and after the session. Eat lightly before the session. If possible, avoid caffeine. If you will be jittery without it, try to limit the amount on the day of your session. Five hours is a long time. You may require bathroom breaks during that time. Please be sure you have easy access to a restroom.

Write out a list of questions you'd like to have answered and send me your list within 48 hours prior to the session. It's likely they will be answered before having to ask. These questions can be on anything you desire. Once the intention is set to have a session, the Higher Self will start to "show" you the topics to focus on during the session.

**Some common topics include:**

- Purpose and Path
- Relationship Questions
- Career/Employment
- Life Decisions
- Stressors
- Self Defeating, Self-sabotage Patterns
- Dream explanations
- Connection with Higher Realms/Higher Self/Guides/Star Family
- Closure with beings who have passed on
- Strange events, time missing
- Phobias or fears
- Ascension and New Earth questions, both personal and collective
- Health Issues, including ones that you have accepted as hereditary or "for life."

The session will be recorded and I will send you a link to your recording as soon as possible after completion. It is advisable for you to view the recording several times over the next few days. This will help you integrate the information you received.

**Why Does it Take Five Hours for a Session?**

The initial session will be scheduled for up to 5 hours. The actual time it takes will be between 3 and 5 hours. During that time, we will be getting to know each other and you will be connecting with your Inner Wisdom. The structure is as follows:

**Initial Meditation** - to help you feel grounded and get in touch with your Higher Self.

**Setting Intention** - we will talk about what you would like to achieve in our session. We'll review your questions to be sure we're on the same page about what you would like to know.

**Interview** - this could take 1 to 2 hours based on how our conversation goes. During this time, we'll talk about your overall health, your family and relationship history, any experiences you may have had that are influencing your current life. This is a relaxed and open conversation. During this portion I will get a feel for who you are, what patterns may be in need of discovery and repair and limiting beliefs that may be lying under the surface. It's possible that unexpected emotions may come up during this time. Whatever comes, go with it. We can clear whatever you're ready to let go of. This time is variable.

**Hypnosis** - this could take 1 to 2 hours based on what we discover and what questions you want answered. It may lead to deep exploration or it may just be a fun adventure. During this time, your Higher Self and guides will be asked to perform a body scan to determine if any healing is needed. They will perform the healing process as we continue to work. Your Higher Self and your Guides will direct this portion and we'll go with whatever comes up. You will always be in control and will always be safe. This time is variable.

**Integration** - once the session is complete and you're ready, I will gently bring you back and we'll spend some time talking about your experience. This may take 15 to 30 minutes.

## **How Do I Know If This is Right for Me?**

Each IQH Practitioner infuses the process of healing with their own intuitive gifts for healing and spiritual counseling.

Clients are guided to the most appropriate Practitioner who has the skillset and style to meet their needs. Once you set the intention for having an IQH session, you'll find the Practitioner who has the skillset and style that is most beneficial for your process.

If you have any doubts or questions, please feel free to contact me prior to scheduling at 804-904-2292 or [julie@innerradiancecoaching.com](mailto:julie@innerradiancecoaching.com). I will be happy to have a conversation with you to be sure all your questions are answered. If we are not a good fit, I will happily refer you to other sources.

## **How Can I Schedule a Session?**

Once you're ready, please [click here](#) to go to my calendar to schedule your IQH session.