

My QHHT experience with Anna was incredible. I went in there with an open mind and came out with an overwhelming experience. I learned about my past, my present, and my future. This experience has changed my life and I would like to share it with others. My session lasted almost 3 hours, but it felt like 30-45 mins.

Planet blowing up or warfare?

Once in the hypnosis state I immediately was surrounded by red dust and rocks. A thick cloud that I could not see through. I did not see myself in a physical body. I was floating. I saw the red dust and rocks blowing everywhere. I saw flames and fires far from where I was at. I did not know what I was seeing.

Black space, white energy and yellow energy

As the red dust and rocks started to clear up, I saw white and yellow energy/entities nearby. I tried to communicate with them, but was not able to. So I got closer. I then saw masses of yellow and white energy surrounding a planet, maybe earth?

Planet Lithius, Lithuis, Lithias

With Anna's guidance, I went "home". I followed some of the yellow and white lights. Initially I was confused as the area I was in was dark, filled with canyon-like gray stones, no vegetation. I then saw a humanoid creature in front of me. This one had the body similar to a middle-aged man with a snake head. He had a uniform on that was form-fitting on him. His uniform was gray and navy blue. He stood out because he had a red cape. As I was able to focus more, I saw more creatures, not just a few, but hundreds of them. All similar in the bodies but several different types of heads. They all looked like reptile creatures, muscular humanoid bodies, with scaly and soft skin, yet peaceful.

I didn't feel scared. It was a calm environment. The creatures were peaceful and were all congregated as if waiting for orders. Some acknowledged me while others' did not. I tried to talk to them to find out where I was. I was not able to communicate with them. I tried to communicate telepathically and was not able to.

"That can't be me...I'm an ugly alien"

When I was guided to look at myself, initially I was shaken. I remember saying, "That can't be me. It's ugly." I was looking at another humanoid creature wearing a body suit uniform, but my head was of a creature I had never seen before, ever. I felt it had male characteristics. When trying to describe myself, I had a hard time, because there is no creature here on earth that looks like what I saw. The skin was that of a catfish or stingray, not slimy, but moist. I did not have scales. The top of my head looked similar to a triceratops dinosaur but without a horn. I had eye lids, with dark eyes, and small lips. I did not see ears or the inside of the mouth. My skin was light beige and I had dark "freckles" on my face and shade a darker color of brown. My head had small spikes that were soft, almost like soft whiskers or tentacles

on my head. My feet looked like shoes, but were covered with the body suit. The body suit covered me from my feet to my neck. My bodysuit was gray and dark navy blue.

Beautiful planet

As I was guided to go to my home I saw how beautiful the planet was. It was a beautiful land. The sky line was a beautiful shade of red, pink, and purple. There was a large lake in front of me that had white lights coming from the lake, it shimmered. There was an abundance of vegetation in my view, trees, plants, and flowers that I have never seen anywhere. They looked exotic in their color and nature. I was in awe at my view.

Advanced city and my house

As I went to my home, I stopped in front of a large rock cliff with entrances. It was the bottom of the city and of one of the buildings. As I got to my floor and looked from my apartment/house window I saw that I was hundreds of feet above the ground. I was able to see clouds below me. In front of me was an advanced civilization. It was a futuristic city with futuristic structures and buildings. The buildings had soft edges, no sharp ones. There were flying cars with multiple layers of traffic flow, every car flying past in a synchronized form.

As I turned around and looked at my house, I noticed it was small, with minimal material items. It was big enough to fit what looked like a sitting area/living room, a small kitchen with an eat-in area/dining area and what appeared to be bedrooms in the back.

My family...OMG I have a family!

As I turn to explore my home, I see a loving figure and 3 children. I cannot tell the sex of any of them as it appeared they were all unisex, not having female or male parts. Although I felt my significant other with the children was my wife. I felt overwhelming love for my family. I cried.

Horticulturist...My work.

When guided to see my line of work I was standing around teaching about plants and vegetations. The class was full and I had other beings sitting and standing up, the room was full. I had pictures of different types of plants and vegetation around me as I taught. I don't know if I was teaching about medicinal plants or general information about plants.

Attack of city/planet... I lost my family

Anna guided me to a significant day in that life. On that day I was mediating on top of a cliff or rock, not too far from my home. As I'm meditating, I see several small spacecrafts coming towards me. We are being attacked. In these spacecrafts there's one being in each vehicle. They are fighting with advanced warfare technology. I begin to fight along with my people. I'm using an advanced bow and arrow. I witness the chaos of the war. And in the end, I see the flames and red dust I saw at the beginning of my past life regression.

I'm frantic as I'm looking for my family. I can't find them. I begin to get emotional. I can feel myself panicking and crying. I have lost them. They are gone. I feel the overwhelming sadness of their loss.

In line to enter a cave with yellow light...a vortex?

I then proceed to where I am in line waiting to enter a cave. The cave has an opening big enough to fit one being at a time. It has an immense yellow light coming from cave. Is this a vortex?

As I'm in line awaiting my turn, I feel the pain and sadness of losing my family. I know that I must go through this vortex. It is something I have agreed to do, am at peace with doing so, and do so with calmness and sadness.

It's my turn. I'm next. I enter the vortex.

Earth... Early 1900's in Pennsylvania

As I cross the vortex, I recognize where I am at. This is earth. I know this earth because I recognize the tall evergreen trees, the grass, the blue sky, white clouds, and a beautiful lake in front of me. I am walking through acres of land on a dirt road carrying two buckets of water in wooden containers. I walk to my home, it is a small comfy cottage surrounded by wooded fences. I'm on a farm.

I sit on my porch and a beautiful woman comes out with a baby. I can't see the sex of the baby, but it's a happy baby. I am a man. I see two children run to me from the fields; it is my daughter and son. I can't focus on their faces. I'm trying to see if I recognize their faces, I can't.

Train station and work

As I am guided to see what I do for work, I see myself at a busy train station. I am wearing nice trousers, a vest, nice shoes; I have a stopwatch that I put in my pocket. I look around and see that I'm in Pittsburg or Philadelphia. It's a busy train station. I have a bag, almost like a briefcase with me. I'm a middle aged man, with black hair, black mustache, and round metal glasses. As I walk through the busy city, I stop at a 3-4 floor building. I enter and walk up several flights of stairs until I enter the desired door. I see myself fixing a typewriter. I am a repairman.

My accidental death in 1919...Guilt

I am working on a machine, I can't tell what it is, but it is in the ground. Maybe an incinerator of some kind. My left foot gets caught and I'm losing a lot of blood fast. I'm alone and I know I'm going to die. There is no one to help me.

As I'm dying my wife and one of my children (I see a girl) are on a Ferris wheel. She is hanging off and about to fall off and I'm worried she is going to die.

I have lost too much blood. I die. I'm feeling the guilt of letting my family down, knowing they will struggle and have a hard time with my loss.

Higher self communication

Anna guided me into a deeper relaxation and then asked permission to communicate with my higher self. I agreed. She began to ask me several questions that I had requested her ask. I remember answering some of her questions with "We..." when responding. And some of the questions were answered with "we feel this is not appropriate time for you to know this." This part of the hypnosis was unique in that I remember some of what transpired and not other parts. Something else I found unique about this part of the session, was I could feel my mouth moving, and could hear the words coming out of my mouth, but some of the information coming out of my mouth was new information to me.

One example was when she asked me about the new Earth:

Description of New Earth

I described it as being a different dimension and being a beautiful place full of abundant vegetation, clear blue water, clear blue skies, bright sun, beautiful animals and beings. We as humans will have a different dimension and vibration. Filled with unconditional love and peace. Because we will be different densities, we will not need to eat nor drink. I told her some of the souls have already moved on to the new earth, some from some of the natural disasters we've had here already on earth. I told her we were on the right path and that eventually we would all make it there, each at their own pace.

Follow up: 24hours later

I went there looking for answers regarding my personal life: past, present, and future. I left there with many questions answered and a new look on my life. I now know the fear that I have been harvesting of losing my family during a natural disaster or war was because of my past. I have to let that go. I will let it go. I have closure.

I have shared my experience with my husband and a close friend, each one of them amazed. While talking with my husband, I began to search the planet on several search engines such as Google, Alta vista, and bing. I wanted to make sure I wasn't going crazy. You can imagine my surprise when I found an article written August 2012 (9 months ago) about a planet that got eaten up by a star several light-years away that released red dust in the galaxy and lithium. Was that the planet?

I searched 3 different forms of spelling of the planet *Lithius*, *Lithuis*, *Lithias* and found several mentions of the planet Lithia in "science -fiction novels". I remember stating that the planet was not in our galaxy, so I may not be able to find information online right now. Thank you.