



The Wellness Column

by Amanda J. Butler

In the evolving landscape of wellness, there is a growing curiosity about what lies beneath the surface of our everyday awareness. Beyond mindset, beyond talk therapy, beyond even the body – there exists a quieter, deeper space where insight, memory and healing may reside.

It is within this space that Mirjam Leslie Pringle works. A practitioner of Quantum Healing Hypnosis Technique (QHHT), a powerful method developed by Dolores Cannon – to access the subconscious mind to help bring clarity, insight, and healing to the surface. Mirjam guides clients into a deeply relaxed state where the subconscious mind becomes accessible – offering a pathway not only to understanding, but potentially to healing and transformation.

But what does that actually feel like? I recently experienced it for myself.

Where Curiosity Meets Scepticism

I have long been fascinated by the concept of past life regression and the work of Dolores Cannon. The idea that our subconscious might hold answers – insights into patterns, behaviours, even physical conditions – has always intrigued me. So when I was introduced to Mirjam and learned she had trained at Dolores Cannon's school in the USA, I was very excited.

Yet, despite my curiosity, I held a quiet doubt. Not about the practice itself – but about me. "I have such a busy mind," I remember thinking. "Surely this won't work for me."

Mirjam, with her calm presence and gentle reassurance, smiled knowingly. "Most people get something from it," she said softly. "You just need to be open minded and allow".

And so, with equal parts curiosity and scepticism, I arrived at her home in the Mallorcan countryside – a setting that in itself felt like a gentle exhale.

Letting Go of the Thinking Mind

The session began simply. A conversation first – an unhurried exploration of life, questions, and intentions. It was longer than I expected, but I later understood its purpose: to soften the edges, to dissolve any surface tension, to allow the mind to settle.

Then came the transition – lying comfortably, eyes covered. I was guided by Mirjam's voice – steady, calm, almost rhythmic. She led me through a visualisation I can't fully recall, but I remember drifting into a space above the

"Most people get something from it," she said softly "you just need to be open minded and allow".



THE ANSWERS WITHIN: A Personal Journey into QHHT and Inner Healing

clouds, looking down at the earth below. From there, she gently brought me back. Back into a place. A moment. A scene.

An Unexpected Familiarity

"Look down at your feet," she said gently. And suddenly, I was there. "Describe the ground you are standing on. What are you wearing on your feet, and your clothing?"

The ground felt familiar. The air, the surroundings... all of it carried a strange recognition. I realised, with a quiet sense of surprise, that I was in Egypt – the land of my birth.

But not as I knew it. This was another time entirely – I was wearing leather sandals, along white robe – beside the pyramids. And this is where my mind did what it does best. It questioned everything.

Am I making this up? Is this just imagination? Am I creating a story to prove I can do this?

The internal dialogue was loud. Persistent. Until, at some point, I made a conscious decision. To stop analysing. And simply follow.

When Emotion Becomes the Truth

As the session unfolded, Mirjam guided me through the experience, asking gentle questions, allowing the narrative to reveal itself.

Before the session, I had sent her a list of personal questions – areas of where I felt blocked, uncertain, or in need of clarity. Work, relationships, finances... the quiet undercurrents we all carry.

It was through these moments that some-

thing shifted. Because while the story itself felt almost dreamlike, the emotions were unmistakably real.

There were points where I felt a deep emotional response – unexpected, unfiltered, and undeniably authentic. And in those moments, I realised: This wasn't something I was consciously constructing. There was something deeper at play.

Beyond Understanding, Into Clarity

QHHT differs from traditional hypnosis in a fundamental way. As Mirjam explains, it is not about suggestion or surface-level change. Instead, it allows the individual to access their own inner wisdom – the subconscious mind leading the experience, not the practitioner.

By bypassing the analytical mind, it becomes possible to reach the root of patterns and behaviours – whether from this life or beyond. "Awareness alone can be incredibly healing," she explains. And that was certainly my experience.

By the end of the session, I felt a sense of clarity around certain situations in my life. There was a softening. A release. Forgiveness. A new way of understanding certain aspects of my life and some past obstacles. Not in a dramatic or overwhelming way – but in a quiet, grounded sense of understanding.

A Space for Insight, Not Belief

One of the most interesting aspects of QHHT is that belief is not a prerequisite. You do

not need to believe in past lives. You do not need to consider yourself spiritual. You simply need a willingness to explore.

Many of Mirjam's clients arrive with no specific issue at all – just a sense of curiosity. Others come feeling stuck, disconnected, or searching for purpose.

What they often find is not necessarily what they expected – but something they needed. A new perspective. A deeper connection. A shift.

The Power of Being Guided Inward

What struck me most about the experience was not the concept of past lives or the mechanics of hypnosis. It was the act of being guided inward.

In a world where we are constantly looking outward for answers – through advice, analysis, or external validation – this felt like a return.

A reminder that perhaps the answers are already there. Waiting. Not in the noise of the thinking mind, but in the quiet beneath it.

An Invitation to Explore

QHHT is not about escaping reality. Nor is it about replacing traditional approaches to well-being.

It is, rather, an invitation. An invitation to explore the deeper layers of who we are. To question long-held patterns. To access insight beyond logic.

And perhaps, to reconnect with a part of ourselves we have long overlooked.

As Mirjam so simply puts it: "The answers you're looking for are already within you. Sometimes you just need the right space and guidance to access them."

A Final Reflection

As I left the 2 hour session, recording in hand to revisit later, I felt both grounded and reflective. Not entirely certain of what I had experienced. But certain of how it had made me feel. And perhaps, in the end, that is where the true value lies. Not in needing to fully understand.

But in allowing the experience to gently reveal what it can.

About Mirjam Leslie Pringle

Mirjam has been practicing QHHT since 2017. She is also a Psychotherapist specialising in ACT (Acceptance and Commitment Therapy) and offers both individual sessions in person and online, as well as group sessions in both Mallorca and Holland. The next group session will be in Mallorca in May – date to be advised. To find out more go to mirjamlesliepringle.com

Amanda J Butler is the founder of MallorcaWellnessLiving.com, writing about Mallorca's evolving culture of wellness, lifestyle and conscious living. Discover more at www.mallorcawellnessliving.com or follow IG @amandabmallorca

Healing begins with care
www.juaneda.es

5 hospitals & more than 50 medical care centres

Leading private healthcare group in the Balearic Islands

Patient care in more than 20 languages

24H Emergency Service

Doctor visits in your hotel or holiday home

We accept private and travel insurance

 **Juaneda**
Hospitales

Doctor 24H
+34 971 222 222