**During a session, Higher Selves gave answers about what different levels of the HS during QHHT:**

`The frequency vibration of the vessel enables the relevant levels to come through and

 speak. It is as if there are numbers of levels or layers reaching out from each person,

 all present and listening. Any of these may be accessed and may respond depending on

 the vibratory speed of the individual.'

 `High speeds of vibration will mean that contact may be made with high levels of

 wisdom, as necessary and desirable. But equally, even in a fast vibrating person,

 a less high level may respond either because the client is asking something which may

 easily be answered on a less high level, or because certain emotions such as fear

 are inhibiting access to the higher level by momentarily lowering the person's vibration.'

 `Persons who have a great need for control, being very left-brained, block the the

 process of access by their lack of trust and therefore lack of letting go. Their conscious mind then intervenes, and the level of information drops further, even though at soul level they may hold a' high vibration.'

 `So there are many factors involved. The client's vibratory rate is paramount, because no amount of deepening will allow access to levels beyond this range, as any information in those places will be beyond their level of advancement.

 The opposite is also true, that high vibrating souls may be inhibited by circumstances, emotions, or personality traits from accessing levels of information that they should rightly be in tune with and resonate to.'

 `Furthermore, if the question pertains to the subconscious level of the person, it is the Higher Selves who will answer,

 and there will be no need to go higher. Likewise, if the question is of a higher nature and has universal application or is pertinent to the universal, galactic or cosmic plan, then spokespersons from levels appropriate to answer these will step forward to speak'

 `Many of those who are being drawn to these sessions are light workers enquiring on a deep level about their role and purpose within the plan. These will receive answers or information from very high places, such as Oversoul, Council, other highly evolved Beings or Source.'

 'But there are also others who come simply seeking healing for a particular physical or emotional problem, and these will receive their words of wisdom from their Subconscious or perhaps from their Higher Self. They may only receive at the level of their need and degree of evolvement. Does that answer your question?'