With Jenny McFadden

The Quantum Freedom Formula

Intuition and Healing Evolution

Foundation Practitioner Training 2026

Workshop 2

Questions to Connect the Dots

QFF Practitioner Guide

As a practitioner, part of your job is to **support the client with questions that help them receive more information about the memory or experience** connected to a frequency level.

Often, what comes through at first is small. It might just be an image, a feeling, or a thought. That's normal, and it doesn't mean that's all there is.

There is usually a lot more information available to the client than what arrives in that first moment.

Sometimes it comes through all at once. More often, it comes through in pieces, and the client needs help finding the flow of it.

That's where your questions come in.

We ask more questions because we're looking for depth. We want a fuller picture of the experience, not just the first thing that surfaces.

The reason depth matters is this: **we're trying to connect the dots between this experience and what the client started with at the beginning of the session**.

We are looking for the connection.

- Why is this particular memory showing up now, creating nervous system resistance.
- What is it protecting the client from?

Somewhere, the intelligence of their system has decided that moving toward what they actually want is unsafe, and this pattern is the protection response to that.

So as you ask questions, you're listening for things like:

- The feelings that were present in the experience
- The decisions the client made because of it
- The rules about life they formed from it
- The identity they took on as a result of it

If the frequency level is epigenetic or fractal, the questions shift slightly. You're not necessarily asking about the client's own direct experience. You're asking about what the other person was experiencing, or what was happening in that other life.

One more thing worth naming: these questions aren't there to fix or heal the memory. They're there so the client can put their attention on it and observe it. Often it's you, as the practitioner, who ends up connecting the dots, because you're outside the experience looking in. That outside position makes it easier to see how the two things connect than it is for the client, who is inside it.

What follows are some questions you can use to help a client go deeper when they aren't receiving much at the start.

An Example

Let's say the client say the memory is from two years old – and so far the only piece of information they've received is something vague, like “I'm getting the sense my parents are there.”

You might ask:

- *"Is there any emotion present?” (You or them?)*
- *"Do you get a sense of what's happening there?”*
- *“Being only 2, you probably didn’t understand what was going on – is there anything else you notice?”*

Move to 3rd person view:

Using specific language ask the client to move outside their body and observe.

For example:

- *"When you look from the outside at your two-year-old self and the situation, what did she decide in that moment - about herself, or about life?*"

What we're looking for

We're looking for something that describes this moment, because even though the client may not consciously remember it, it's significant.

It may be the first time they ever felt this particular emotion, and being pre-verbal, they had no way to understand it or express it. So it becomes a silent, remembered point in time, one the system will now do anything to avoid repeating, because it wasn't safe.

Maybe they felt:

- Unloved
- Unsafe
- Unimportant
- Scared
- Unsure

Connect the dots

As each pattern/experience is revealed, look back at what they started with at the beginning of the session - the emotions they listed and the thoughts they had.

You'll probably notice a link between them - even though the situation and the age are completely different.

For example: a coach feels uncomfortable putting themselves out there on social media. It's just too uncomfortable being visible, and something pulls them back from it every time. In the session, a memory surfaces of being two years old, feeling insignificant or unimportant while their parents argued. Putting themselves out there now goes against that early feeling of not having anything important to say, of not valuing themselves.